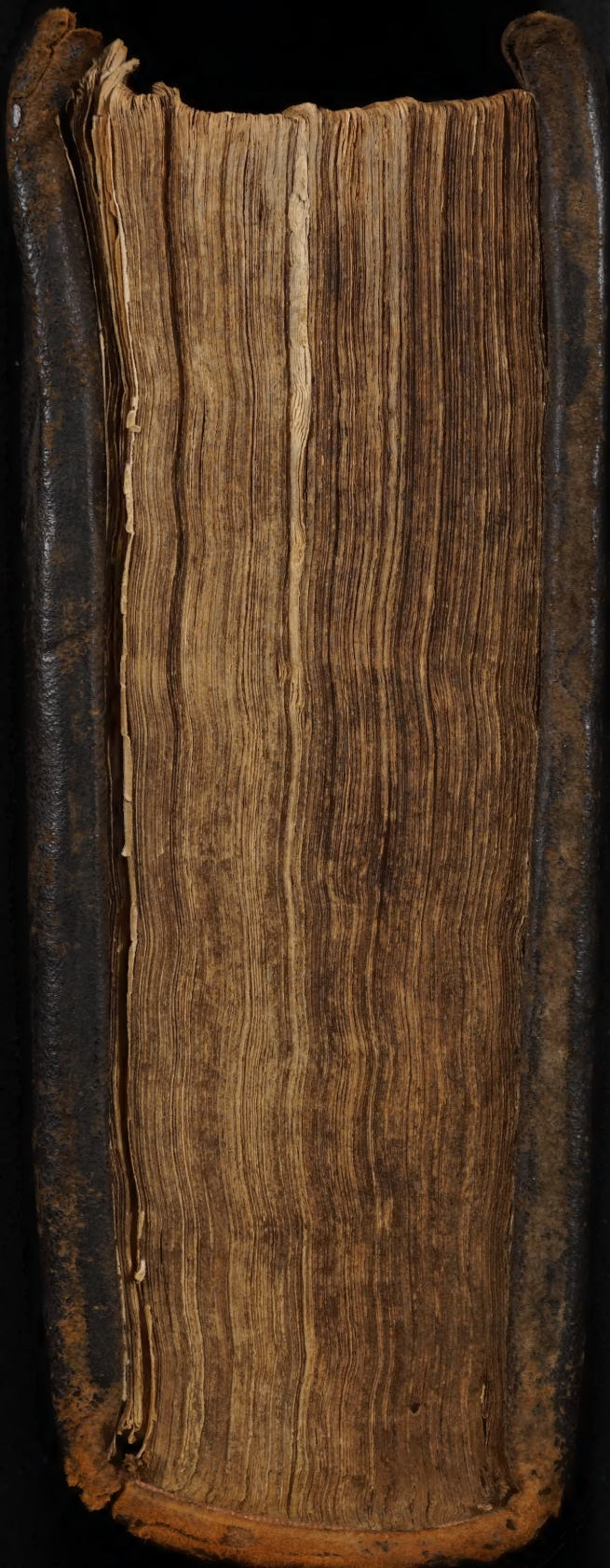
PRACTISE
OF
PHYSICKE

LONDON
1598



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Autograph of "Robert Southey" at the foot of the Title Page.

638 **OLD MEDICAL.**—THE GENERAL PRACTISE OF PHYSICKE. Conteyning all inward and outward parts of the body, with all the accidents and infirmities that are incident vnto them, even from the crowne of the head to the sole of the foote. Also by what meanes (with the help of God) they may be remedied. Written by the most famous and learned DOCTOUR CHRISTOPHER WIRTZVNG, in the Germane tongue, and translated into English, with many additions, by IACOB MOSAN, thk. folio, **black letter**, SOUND AND PERFECT COPY, *in old calf*, **5 guineas**

*London, Printed for Thomas Adams*, 1617

The address to the Reader testifies this book to be the first in English on the General Practice of Medicine. Lowndes has no mention of it, and the work is rare, like the Herbals of the same period.

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# *Praxis Medicinæ vniuerſalis*;

Or

## A generall Practiſe of Phyſicke:

*Wherein are conteined all inward and outward parts of the body,*
with all the accidents and infirmities that are incident vnto them,
euen from the crowne of the head to the ſole of the foote;
*Alſo by what meanes (vvith the help of God) they may be remedied:*
very meete and profitable, not only for all Phiſitions,
Chirurgions, Apothecaries, and Midwiues,
but for all other eſtates whatſoeuer.
The like whereof as yet in engliſh
hath not beene
publiſhed.

Compiled and written by the moſt famous and learned Doctour *Chriſtopher Wirtzung*, in the Germane tongue, and now Tranſlated into Engliſh, in diuers places corrected, and with many additions illuſtrated and augmented,

*By*

IACOB MOSAN Germane, Doctor in the ſame facultie.

Imprinted at London by *Edmund Bollifant*. 1598.

Robert Southey Sevenoaks Dec 13. 1823

S the true ſcope of all actions and indeuors ought chiefely to tend to the glory of God, and to the good and common vtilitie of many: ſo are theſe men worthy of great prayſe and commendation, who not regarding their priuate gaine or glory, haue laboured their wits, and ſpent their ſtudies, in compoſing, tranſlating, and publiſhing in our vulgar tongue either their owne works, or ſuch learned writings of others, as they thinke moſt neceſſary for the publique weale; imitating therein the moſt famous Authors of auncient and moderne age: namely ſuch as *Hippocrates, Galen, Auicen, Paracelſus,* and others, that haue in their natiue toongs opened and reuealed to poſteritie the very depths and ſecrets of that excellent arte of Phyſick: which as it is more auncient, more neceſſary, more profitable, and more pleaſant, then any other arte or knowledge whatſoeuer (except the knowledge of true felicitie:) ſo it may boldly be ſaid (though not without apprehenſion of griefe) no arte more falſified nor more abuſed in theſe dayes, as well by the preſumptuous intermedling of audacious and vnskilfull perſons; as for lack of good and wholeſome writings in engliſh for the inſtruction and ſafe direction of all thoſe that haue not alwayes a good and learned Phyſition at hand. Therefore (gentle Reader) that you may the better auoyde theſe and ſuch like miſchieuous inconueniences, heere is preſented to your view the learned worke of that worthy Phyſition *Chriſtopher Wirtzung*, firſt written and publiſhed by himſelfe in the high Durch or Germaine language, wherein it hath beene more often printed there, then any other Worke of like nature: Afterwardes tranſlated

into the low Dutch or Flemiſh tongue, by *Carolus Battus* Doctor in Phyſicke, whoſe iudgement and experience, the City of *Dort* in *Holland* doth willingly acknowledge: and now likewiſe engliſhed for the publike benefit of our countrey, by *Iames Moſe* Doctor in Phiſicke. What paines and labour hath beene taken in the tranſlating, it is referred to your owne fauourable cenſure, after you ſhall haue peruſed and made tryall of it. Only this for the preſent may with your good fauour be boldly added out of the teſtimonies of men learned and skilfull in this facultie, that there is not publiſhed in our engliſh tongue the like worke, wherein the whole body of Phyſick is ſo ſuccinctly, ſo abſolutely, or ſo artificially digeſted and compiled. For whether you conſider the matter therein deliuered, or the manner of the deliuery it ſelfe, which as it is altogether profitable, ſo is it eaſie and methodicall, deſcending from the head to the foote, ſhewing all manner of diſeaſes incident to each part of our body, and ſetting downe firſt the cauſes from whence they ſpring, ſecondly the ſignes and tokens whereby they are knowne, and thirdly, the remedies and helps whereby they may be cured and eaſed. There is no doubt but when you haue indifferently peruſed and heedfully noted the ſame, you will not only concurre in iudgement with others, but alſo accept in all kindnes the worke it ſelfe, and make ſuch fauourable conſtruction of the good indeuors of thoſe that haue laboured for your preſeruation, as your ſelfe would looke to be rewarded withall in the like.

*Farewell.*

# ¶ The Contents of this Booke in *generall.*

## *This present Worke, or practice of Physick, is diuided* into nine partes.

The first part is a very necessary in-*troduction, which is maruellous needefull for* this whole Worke, and is subdiuided *into eleuen Chapters, and* 25. §.
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THE first Chapter, speaketh of the manifold miseries and calamities of mankinde. *ibidem.*

✲ The second Chapter, sheweth the causes of mans miserie and wretchednes. 3

✲ The third Chapter, declareth the necessitie, profit and prayse of Physick. 4

✲ The fourth Chapter, maketh a diuision of the whole worke. 5

✲ The fift Chapter sheweth how all manner of rootes, barks, hearbs, flowers, fruits, and such like may be gathered. 6

✲ The sixt Chapter is of the preparation of some things for Physick. 8

✲ The seuenth Chapter, 1. §. hath a generall rule to be obserued in purging. 17

The 2. §. teacheth what persons shall abstaine from purging, and the impedimēts thereof. *ibid.*

The 3. §. declareth what is to be obserued in and after the taking of a purgation. 18

✲ The eight Chapter, 1. §. maketh mention of Phlebotomy in generall. 20

The 2. §. is of the causes that prohibite phlebotomy. 21

The 3. §. at what time and in what signe a vaine is to be opened. *ibid.*

The 4. §. is an admonition to those that let others bloud. 22

The 5. §. what is to be done before, in, and after the letting of bloud. 23

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The 7. §. of the head vaine *Cephalica.* *ibid.*

The 8. §. of the lyuer vaine *Basilica.* *ibid.*

The 9. §. of the median or middle vaine. 25

The 10. §. of the armepit vaine called *Axillaris.* *ibid.*

The 11. §. of the Spleene vaine or *Salua-tella.* *ibid.*

The 12. §. of the Hip vaine. *ibid.*

The 13. §. of the wombe vaine. *ibid.*

The 14. §. of the hamme or knee vaine. 26

The 15. §. of the vaine in the forehead. *ibid.*

The 16. §. of the eye vaines. *ibid.*

The 17. §. of the vaine in the temples of the head. *ibid.*

The 18. §. of the vaine vpon the nose. *ibid.*

The 19. §. of the vaines in the lips. *ibid.*

The 20. §. of the vaines of the almonds or kernels in the throte. *ibid.*

The 21. §. of the vaines vnder the tongue. Pag. *ead.*

The 22. §. of the vaines in the neck. 27

✲ The ninth Chapter, of cupping. *ibid.*

✲ The tenth Chapter, of the diminishing of bloud by horseleaches. *ibid.*

✲ The eleuenth Chapter, of the sixe not naturall things called of the Physitions *Res non naturales.* 28

✲ The twelfth Chapter, of all the weights and measures which commonly are vsed in Phisick. 29


The rest of this booke is diuided into *eight partes : whereof*


The first conteyneth the Head, with all the *partes thereof to the very necke, as face, haire,* beard, scull, brayne, nose, eares, lips, mouth, toong, teeth, speech, &c. with all such accidentes as are incident vnto them, and their appropriate remedies. 30

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The 4. §. heate of the head with melancholy. 34

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The

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# A very meete and necessarie introduction, for the better vnderstanding of all such things as are handled in this present Practise of Phisicke.

## The Contents of the Introduction.

THE miserie of mans life caused by sinne, hath constrained vs to thinke on such meanes, by the which the diseases, that daily are incident vnto it, might be eased: which truely by the mercie of God, and Phisickes rule, at length haue beene found out. The profit and necessitie whereof togither, are iust causes, why phisicke may thorowly be praised. And bicause the sicknesses are manifold, and the bodie of man also diuided into many and sundry parts and members, but principally into fower: The Head, the Brest, the Bellie, and the externall or outward parts: Euerie maladie hath hir due remedie: also where, when, how, and in what sort euery remedie is to be gotten, gathered, and kept: likewise if any superfluitie were in it, how and what is to be separated from it, what regiment or order is to be obserued in Purging, Letting of blod, Cupping, or fastening of Horseleaches. Then is shewed the due and true vse of the Aire, of mouing, and quietnes: of waking and sléeping, of meate and drinke. At length also are expounded the weights and measures, which are vsed in Phisicke.

## Of the manifold miseries and calamities of mankinde.

### The first Chapter.

THe innumerable miseries, calamities, dangerous diseases, and sores, which the life of man is daily and howerly subiect vnto, hath euen from the beginning of the world, vntill this day, moued, nay rather constrained diuers learned men, to examine and trie whatsoeuer the earth and nature hir selfe hath yelded, by that meanes to finde ease for the disease and wretchednesse of mankinde. Some philosophers there be, that wholy haue imploied and applied themselues, to amend and heale the infirmities of the minde, haue extolled vertue, aduaunced honestie, and planted reason in the hart of man: they haue also set forth vice in a most vglie shape, so to feare men from it, and to induce them to leade an honest and vertuous life. But bicause all this was grounded onely vpon the reason of man, and altogither without a sure foundation, it hath pleased God of his infinite mercies to supplie the wants by his spirit in the holy scripture, and there to teach whatsoeuer is necessarie vnto a vertuous and honest life: yet is the nature of man by sinne so ouertaken, so by the first fall ouerreached, so wrapped and roted in iniquities, that at no time in him any goodnesse either is or may be found.

Others there are, that haue taken no lesse pains, in séeking out the meanes to cure and helpe the innumerable maladies, accidents, sicknesses, and sores of the bodie, and therefore are forced to trie and approue all the creatures of God, as Rootes, Herbes, Flowers, Fruites, stones, woods, mettals, all liuing beasts, yea euerie element, each by himselfe, to finde out the hidden vertues and properties, and to knowe to what vse they might rightly be applied. This was the first finding and foundation of this noble science of phisicke, and hath beene from time to time by diuers and sundrie experiences of the olde Phisitions diligently obserued, truly taught and written: and at the last also imparted vnto vs, and shall be reserued vntill the end of the world.

The wretchednesse of mans life.

And indéede, if we behold our owne wretchednesse, we shall euidently perceiue, that we in the whole course of our short life in this world, are as it were swimming in a boysterous and bottomlesse sea, where waue vpon waue vncessantly couereth vs, and is ready to swallow vs vp: where we are tossed to and fro, not finding any place to rest our foote, or free our head from water: and albeit at length (with much adoe) we do from stormie seas arriue on shore; yet there we finde as many thistles and thornes, calamities and miseries about vs, which do pricke and plague vs on euery side, vntill our miserable flesh at the last returne (whence it began) to the dust and wormes meate. This it is, that the prophet *Esay* acknowledgeth, when he saith: *What is man? All flesh is grasse, and all the glorie thereof is as the flower of the field. Behold, the grasse withereth, and the flower falleth away, for the breth of the Lord bloweth on them.* And *Dauid* saith: *What is man, that thou art so mindfull of him, and the sonne of man, that thou visitest him? Man is as it were nothing: his daies passe away like a shadowe.* With many such like sayings in diuers places of his Psalmes. And in very truth, if we rightly waigh our estate, what is our life (so long as we remaine on earth) more than a continuall anguish and paine, labour, feare, sorrowe, and alas altogither troublesome? Behold our wretchednesse, euen from the howre of our birth: we are brought forth not onely in perill and danger of our selues, but hazarding also our mothers life. But granting that happily we are borne, yet are we not able in any wise, or any way to helpe or aide our selues, but are as it were thrust headlong into an euerlasting and terrible prison: for we are no sooner come to the world, but presently we are fettered and bound both hand and foote: then must we eate and drinke what others command, we must sléepe and awake when others will: there lie we wrapped in our owne filth, then do we abide paine in the belly, gnawing of the wormes, ache of the gums and téeth, neither can we (which is the greatest miserie of all) complaine and shew our paine and griefe, but lie wéeping and wailing euermore. Beside all this, how long créepe we vpon all fower, not hauing vse of leg or hand? how long liue we, before we chat or prate any whit at all? Thus without hand, without foote, without tong, yea without any ioint that doth his dutie aright, liue we (though not séeming to liue) some yéeres togither: and thus we spende Infancie in miserie. Afterwarde comming peraduenture a little further, what followeth more than stripes and blowes, braulings and chydings of the parents, schoolemaisters, and ouersées, till at the last (if so it please God to preserue vs) we, with no small sorrow, care, and trouble of our parents, leaue childhoode and enter into youth? But now alas with much trauell and paine being come to youthes estate, we are in ten thousands of perils both of bodie and soule: for now we growe wanton and lasciuious, stubborne and obstinate towards our parents, vicious and vngodly in the sight of God, as by experience daily we finde and sée, and néede not any further proofe. What sorrowes and cares after all these, bring mans yéeres with them? great labour and paines taking do they againe require to maintaine himselfe, his wife, his children and familie to féede and finde them honestly and well, to supplie their wants, to estéeme of friends, to beware of enimies, and to take care for the Commonwealth. If then at length peraduenture he come to any preferment, office, or gouernance in that place where he liueth, he is not onely constrained to set behinde and omit his owne affaires and businesse, but is hated also and enuied of others, now sorroweth, now ioyeth for his countries estate, now with one thing, now with another troubled and vexed in minde. Furthermore, the turmoile and paines he taketh, resteth neither night nor day, otherwhiles called vpon for one matter, straightway for another, and then at the last reapeth his paines for his labour, and is rewarded with ingratitude, yea oftentimes he is indangered of goodes, of honour, of life and all. Thus with much trauell, with many perils, and with great paines gaineth he nothing but gray haires, and olde age. And to conclude, what is olde age else than a very sickenesse it selfe, féeble, weake, full of sorrowes, and an heape of cares, not regarded and estéemed of those that should most account of it? I will not rehearse here the temptations of Sathan, vexations and troubles in minde, pricking of the conscience, and many other heauie matters, which age is subiect vnto, but end with this, that the olde man goeth with one foote in the graue, and hath nothing more surer than death at his doore. When we begin to bethinke with our selues, either what sicknesses we haue had & withstood, or what we haue séene in others, and what diseases we are subiect vnto, what strange, how diuers, and what incurable calamities, euen from the howre of our birth, till our dying day are incident vnto vs, as leprosie, falling sickenesse, lamenesse, blindnesse, deafnesse, &c. Out of all which we may easily gather, and euidently sée, that our short

Wretchednesse of new borne babes.

Of youth.

Olde age a sickenesse of it selfe.

life

life is nothing else but a long dying day, in the which all miseries méete: This may wel be a iust cause to admonish vs to thinke vpon another home, which is promised and prepared for vs, of that most cunning phisition and sauiour of our soules Christ Iesus, which we shall finde to be without all troubles or cares, without wants, and without end.

## *The second Chapter.*

## The causes of mans miseries and wretchednesse.

THe reason of man (as alwaies it hath done euen from the beginning) séemeth to complaine greatly, that our nature should be subiect vnto so many infirmities, miseries and calamities: yea it doth as it were chide with God, and accuse him of tyrannie, for creating of man so wretched. And in very déede, a worldly minded man that neither acknowledgeth God, nor the cause of his naturall imperfections, might easily be brought, and carried away with such like opinions, and with great reason bewaile the infinite wretchednesse of mankinde, séeing he findeth no creature on the face of the whole earth, that is vexed with so many aduersities, but man onely: But contrariwise, they that are indued with the knowledge of God and godlinesse, will not accuse him of tyrannie that is most gentle, will not accuse him of euill, that hath created and made all things most perfect and good, nay that neuer could or would do harme. *Adam* was created in the beginning sound and whole, perfect, wise, absolute and without any blemish or spot whatsoeuer: but by disobedience, transgressing the commandement of God, in that he would without contradiction be made like vnto God, and knowe both good and euill, which he did of his owne stubborne head, and in despite and contempt of his creator: Herewith hath he not onely brought and wrought vnto himselfe, but vnto all his posteritie after him, an euerlasting mishap and infelicitie, as a well worthie and deserued punishment for his and our misdéedes togither. Wherefore sinne is the first and onely cause of all our distresse, of all our sicknesses and heauinesse here on earth: which hath brought vs to that estate, that after all our turmoyling & paines taking, we must at the last, taste and take death as a merit and paiment for our sinnes. The cause of mans wretchednesse.

This if a godly man consider with himselfe, and (as Saint *Paule* saith) sigheth for sinnes sake, then doth he beare the crosse patiently, acknowledgeth it to be a fatherly warning and rebuke, vseth due and true meanes: First calleth to God euen from the bottome of his hart, committeth both his life and his death into his hands: Afterwards commeth vnto phisicke, the which it hath pleased God of his mercie to ordaine for the behoofe and néede of man, and hath taught it his seruants the phisitions: Also it is his will and pleasure, that we should vse his creatures in our necessitie, and giue him praise and thanks for them. And to the end the aforesaid meanes might the better be vsed, he hath mercifully lent and sent vs the Phisition and phisicke, and hath shewed vs a way, by which those meanes might best be wrought. Christians beare their crosse with patience.

And to the end, this might in our natiue language be better published and shewed abroad, I thought good not to burie, but to imploy this little talent of mine, which for this end and purpose I haue receiued of God.

In which worke, my purpose and intent is, to begin and diuide the bodie of man orderly from the crowne of the head, and so descend downward from ioint to ioint till I come to the sole of the foote: and withall to shew, what infirmities euery part and member is most subiect vnto: And lastly, how, and by what meanes they may be cured.

But séeing this cannot be done without phisicke and phisitions helpe, I thought it best, first to shew the iust dignitie and worthie praise of them both, before we go forward with our intent and purpose.

3: chap.



## *The third Chapter.*

# Of the neceſſitie, profit, and praiſe of Phiſicke.

The neede and praiſe of phiſicke.

SEeing it hath pleaſed almightie God, that we ſhould, with many infirmities of bodie, and with great and heauie troubles and verations of minde, run on and continue this our race and pilgrimage on earth; and that we might preſerue this lumpe of clay, flie and auoide thoſe things that might harme it, take away the incident infirmities, and to keepe our bodies a pure habitation for God and his holy Spirit, as it pleaſeth him to grant vs life: He hath alſo of his infinite mercie and goodneſſe created (as is aboue ſhewed) naturall and effectuall meanes, reuealed them, and in pitie, ſo bountifully by the art of phiſicke imparted and communicated vnto man, that *Ieſus Sirach* ſaith in this manner: *Honour the Phiſition with that honour that is due vnto him, becauſe of neceſſitie: for the Lord hath created him; for of the moſt high commeth healing, and he ſhall receiue gifts of the King. The knowledge of the Phiſition liſteth vp his head, and in the ſight of great men he ſhall be in admiration: The Lord hath created medicines of the earth, and he that is wiſe will not abhorre them: was not the water made ſweete with wood that men might knowe the vertue thereof? So he hath giuen men knowledge, that he might be glorified in his woonderous workes.* And giueth thereupon a good leſſon well to be noted and kept, as that we ſhould leaue off from ſinne, and not faile in our ſickneſſe, that we ſhould pray vnto God that he would heale vs, and afterwards giue place to the Phiſition.

What greater praiſe alſo can we haue of phiſicke, than that onely example of Chriſt our Lord and Sauiour? what elſe was his whole life, whileſt he was amongſt vs heere vpon earth, but firſt, as it were a ſpirituall curing and healing of the ſoule, and afterward alſo of the bodie, ſhewing thereby that he was the true Phiſition, the onely healer and helper both of bodie and ſoule of man? He made the blinde to ſee, the deafe to heare, the dumbe to ſpeake, the lame to go, he cleanſed the lepers, ſtaied the bloodie flixe, which all phiſitions could not do, draue the diuels out of the poſſeſſed, and (to conclude) he raiſed the dead. Such expert and cunning Phiſitions after him were his Apoſtles: who oftentimes haue expounded this healing of the ſicke, to be a ſhadow of our ſaluation, and myſterie of his holy word, and a rule or pathway for the whole life of a Chriſtian. Is not this a ſufficient praiſe and commendation of this art?

The heathen and wiſe men heretofore, haue ſo eſteemed of this great gift of God, that they haue not onely aſcribed the art it ſelfe vnto the gods: but alſo haue reuerenced all thoſe that were ſkilfull in it, with ſuch honour, as was due vnto their gods; as we may reade of *Apollo*, *Æſculapius*, *Chiron*, *Machaon*, *Paon*, and alſo *Hippocrates*.

Phiſicke is a ſure pawne.

If thou regard riches: what expert Phiſition euer lacked wealth (as *Galen* teſtifieth) that reſpecteth and careth for it? Moſt true it is, that phiſicke is a moſt firme and ſure pawne, that defendeth the poſſeſſor from extreme pouertie: An approued Phiſition may go whither he will, euery where findeth he ſtore of ſicke and diſeaſed people, and if peraduenture ſome ſpeake not well of him, yet others will, ſo that neuer he can want, where euer he be. Neither is there any vocation vnder the ſunne, that is leſſe hated and enuied, than the eſtate of a Phiſition: for the greateſt tyrant in the world, if he fall into an extremitie of ſickneſſe, and knowe a renowmed Phiſition, whom he hath euer hated and greatly iniuried, his counſell will he ſeeke in the time of his infirmitie, forgetting all rancour and euill will, and laying aſide all the iniuries that paſſed betweene them, yea he will commit both life and death into his hands, and afterward reward him honorably. A godly Phiſition alſo may ſaue the ſoule of an vngodly and vicious man: for although he were neuer ſo wicked, that neuer had once thought on God, or his iudgement to come, and falling into a great ſickneſſe of bodie, very ſeldome ſeeketh for God, but ſendeth onely for the Phiſition of the bodie: who comming may very conueniently mixe ſpirituall phiſicke with his corporall medicines, admoniſh the diſeaſed to repentance, to ſorrow for his ſinnes, and to leade a more righteous life hereafter: The ſicke taketh his counſell kindly, aſſuring himſelfe

that

that it proceedeth from a good minde, and spoken by him that seeketh not onely to saue and prolong his life, but also, by Gods helpe, to cure him of his present infirmitie. And indeede we finde by daily experience, that in such a case a godly Phisition more effecteth, than a good diuine or preacher: It is also an euen pathway for the Phisition to obtaine the blessing of God, when he saith: *Come ye blessed, inherite the kingdome of my father, which hath been prepared for you euen from the beginning of the world: for I haue been sicke, and you haue visited and comforted me, &c.*

Phisicke is thus defined or described: Phisicke is an art, which doth no lesse maintaine health, than cure and take away sickenesse. The definition of Phisicke.

Phisicke is a supplying of that which is wanting, and a diminishing of that which aboundeth: If any one list to heare a longer and larger discourse of this, let him reade *Galen* in his booke *De Arte medendi*.

And albeit, that there haue beene some learned men heretofore, and peraduenture yet are, that do seeme to scoffe and mocke at phisicke and Phisitions: as *Cato*, *Plinie*, and the rest: yet let them say what they list, the art of phisicke shall vnto the end of the world well and worthily be esteemed and accounted. Neither needeth any one to be offended, for that there are many, that falsly vse and abuse the name and title of the Phisition, thrusting themselues into phisicke, that neuer learned the art, neither studied or made any one thing in it: deceiuing all men vnder a colour of faire speeches, and flatterie, with costly apparell, with chaines of golde and ieuels so bedecked, and so adorned with euery costly thing, that many are induced to wonder at them. In Egypt were all Phisitions very gallantly and well maintained, although they had but one particular remedie for one onely disease. A Phisition (as *Homer* saith) is a man, that is to be esteemed as a great number of men: and *Seneca*, speaking in the commendation of phisicke saith, we buie of the phisition an inestimable treasure, namely, life and health of bodie: and we do daily finde by experience both in court and countrie, that there is not a more ample vocation, than that of phisicke: for certainly we see that euery one striueth to be a Phisition: and no sooner can any one either be pricked with a pin, or stung with a Bee, yea scant bitten with a flea, but euery one straightwaies giueth his counsell, and as it were presenteth himselfe to be Phisition for the aggreeued patient.

## *The fourth Chapter.*

## The diuision of this present worke.

THe causes that haue induced me to compile and make this present booke, I haue partly shewed before: partly also intreated and very earnestly requested by such persons, whom I could not, and willingly would not denie a greater matter than this was: as that I would comprehend in writing, not onely such things, as by long experience my selfe haue approued, but also whatsoeuer I had either seene, read, heard, or duly and truly obserued and noted, amongst the most expert and learned Phisitions of all nations, as well the ancient as later writers. And that I would not onely write according to the common custome: *Fiat secundum artem*: but as much as is possible, and as neede shall require, adde also the preparation of euerie remedie: for in this if a little error be once committed, a great displeasure and fault might easily insue, the operation of the medicine weakened, and oftentimes altogither lost and perished. The diuision of the whole worke.

In fine, this whole worke was made, to the intent, that euery good houshold in the time of sickenesse: hauing neither Phisition nor Apothecaries neere him, or at least, none skilfull in that art, might himselfe knowe how to prepare and vse any medicine that might serue for his disease, or what he might as best and meetest send for at the Apothecaries for his purpose. In like sort also may he iudge of the properties and vertues of compounded or mixed medicines, as Electuaries, Syrupes, Pils, Powders, &c. and which of them in euery disease might rightly be applied and vsed. Furthermore, I haue very diligently obserued and noted the iust dosis, proportion, or quantitie of euery medicine that is at one time to be vsed, and what things are to be auoided and shunned. And for this cause, haue I parted it into fiue treatises or parts, named and shewed diuers kindes of poysons, to the end that better heede might be taken in shunning them,

and if by some mischance they had beene taken inwardly, how to infringe and breake the force and violence of them. And albeit some things there be noted and set downe in this booke, which might seeme better to haue beene passed ouer in silence, yet was it done to such an end, that the deceits and knaueries, by which the common sort of people is oftentimes illuded, might be disclosed and bewraied, to teach them also to take heede hereafter of those that would deceiue them, and onely to regard those things that are grounded on reason and skill.

All such things as are noted with Latine names, are either those that haue no English name as yet knowen, or else that are not growing here in England, but are commonly found at the Apothecaries.

The method we haue obserued in this booke, is according to the customes and orders of the ancient phisicall writers, who diuiding mans body into fower generall parts, to wit, the Head, the Brest, the Belly, and the externall or outward partes: So also haue I diuided and cut this present worke into fower bookes: The one for the head: the other for the brest: the third for the belly: and the fourth for the outward members: as at large in the beginning of euerie of them shall be shewed. Vnto these fower first are adioined other fower bookes and not without cause, for that the method and order I haue obserued, requireth and asketh no lesse, as shall be shewed hereafter.

The ancient Phisitions haue (as is already saide) for sundrie and very necessarie causes, diuided the bodie of man into fower generall partes. The first part conteineth the head, and stretcheth no further than vnto the necke: the second part hath the brest vnto the midriffe, or to the lowermost short ribs: the third part is the belly, with all that is in it, euen vnto the hips: the fourth part are the outward members, as Armes, Hands, Thighes, Legs, Feete, &c. with all their particular parts and ioints. This very same method (if God of his infinite mercie giue me grace) do I purpose in this my worke to follow.

And this may suffice, to let vs see the wretchednesse of mans nature: the fountaines and causes of all infirmities, and also the necessitie, profit and praise of phisicke. But before I proceede any further in describing of diseases with their appropriate remedies, I thinke it were very meete and necessarie to giue a more clearer instruction in some points of phisicke, to the ende that such as shall vse this booke might haue the better vnderstanding in the preparing of medicines.

## *The fift Chapter.*

## How all manner of Rootes, Barks, Herbes, Flowers, Fruits, and such like may be gathered and kept.

The best time to gather rootes.

THe best time and most conuenient to dig or plucke vp rootes, according to some mens iudgement, is the haruest or Autumne, when the leaues do wither and fall away. Others suppose the spring time to be most meete for the same intent, when the herbe doth first begin to appeere and creepe forth of the ground: But the greatest and fittest obseruation in the gathering of them is this, to note the place or ground they growe in, the time when they are sappiest and fullest of iuice, and the vse, as either that we must needes haue them, or that we must haue them greene and fresh. We must endeuour also to haue them fresh new digged out of the ground, to wash them cleane, to separate the small haires and lesser branches from the roote, to crop off the stalkes and tops, to cut away that which is rotten and wormie eaten. All these rootes which are woodie within, as of Fennel, of Cichorie, of Perslie, &c. shall the hard and woodie hart be taken out of. The biggest rootes must be split asunder, and afterwards dried in the shade and in open aire. And if it be moist and wet weather, they are to be put in a warme place, where no ill smoke commeth, with often turning them vpside downe. They must also be kept free from sunne, moisture, dust and smoke, and be hanged vp in such a place, where the winde and fresh aire may sometime come to them. The lesser rootes, as of Sparage, Valerian, *Azarabacca* are kept longer than a yeere, and continue of like force and vertue: The great and hard rootes, as of Brionie, Gentian, and *Aristologie*, as also amongst the lesser, both

both kindes of *Nieswoort* may well be reserued three yeres togither, without any let or hinderance to their vertue: The rindes of the rootes being separated (as is aforesaid) from the innermost woddie parts, shall in like sort be dried and kept.

As concerning herbes, it is the common opinion, that they ought to be gathered within thirty daies, as from the 15. of August vnto the 15. of September. But seeing that some herbes do soner come to their full perfection and growth, other some later: (which difference for the most part dependeth on the diuersitie of the countrie, or else of the ground and place where they growe) the best time of gathering them shall be either when they beare their flower, or when the leafe is at the biggest, and when they smell strongest and are best coloured. They must bee dried in the shade, or else in a reasonable warme place, where neither dust nor smoke can come at them. They continue not in their full vertue and strength aboue one yeere. Herbes.

All manner of Flowers shall be gathered when they are full blowen and wide open, while they be fresh and not withered, not when they haue lost their smell. Roses must be gathered when they begin to blowe, and as yet not full blowne: None of them all may be kept aboue one yeere, except the flowers of Cammomil, and that is by reason they be naturally drie: The sweete smelling flowers are longest preserued and kept in boxes of Lentill wood. Flowers.

Concerning Fruites, Nature it selfe teacheth vs, that they ought to be gathered or plucked from the tree, not bruising them, at such a time when they are at the ripest: those that haue stones in them, may haue the stones (if it so seeme good) taken forth, afterwardes throughly and well dried, or preserued and confected in honie or sugar, as is taught in the 8. part of this booke. Fruites.

Seedes are ripest and of most vertue, when the fruits are full ripe, and when herbes are at their full growth, all dust shall be sifted or fanned from them, then bound vp in paper, which longest keepeth them good. Some seedes may be kept longer in their full vertue and strength, others must be new gathered euerie yeere, but easily it may be discerned by the taste, which of them hath lost his vertue, and which hath not. Seedes.

## Addition.

*For the gathering of simples and their partes, there be almost as many mindes and diuersities of opinions, as authors that write of them. The one will haue them gathered when they beare their flower: the other before, or when the leafe is at the biggest, and they readie to haue flowers: the third sort, when they are but yoong and new come foorth of the ground. Some do gather one and the selfesame herbe at sundrie times, as when it first springeth out of the earth, when it beareth his flower, and when it beareth seede: adding, that the first is for children and yoong folkes, the second for middle aged, and the last for oldemen. Other some woulde haue the leafe, the stalke, the roote, the flower and the seede each gathered and reserued apart, affirming each part of them to serue for sundrie vses. There are yet others, that gather all manner of herbes in their seuerall moneths, beginning the moneth still when the sunne entereth into one of the twelue celestiall signes, saying, that euerie herbe hath most vertue when it most flourisheth: some adde vnto this the full moone. But howsoeuer it be, this I knowe by experience, that not onely the diuersitie of the time in gathering them, in preparing and in reseruing them, but also the manifold vses of them, are iust causes of sundrie, nay, cleane contrarie effects and operations in them. For this I haue seene, that one and the selfesame simple being gathered at sundrie times in one and the selfesame place, shall purge and binde, which are quite contrarie effects. And therefore it is no maruell, if sometimes we misse of our expected purpose and hope, in not finding those vertues in the simples, that by* Hippocrates, Galen, Dioscorides *and others are ascribed vnto them, seeing they are of diuers men gathered without regarde of time or place, prepared without care, reserued and kept they passe not how nor how long. I remember, that as I trauelled through the Dukedome of Brownswick, I heard of a woman that vvas very famous (in the towne there called Gosler) for vvomens diseases, but especially in staying and prouoking their menstruall flixes: vvith vvhom vvhen I had conferred about hir art, I found that it vvas one onely herbe,*

*but gathered at ſundrie times. The reaſon of all theſe opinions and ſundrie operations, becauſe it is not our intent nor meaning here to recite them, vve vvill defer them, till a more fit opportunitie be offered.*

*The ſixt Chapter.*

## Of the preparation of ſome things for Phiſicke as followeth.

The preparation of ſimples.

IT is alſo very neceſſarie and conuenient, to knowe the true preparation of diuers and ſundrie things and ſimples, that are vſed in phiſicke, and to take away, or diminiſh, or at the leaſt correct that which is and might be hurtfull in them. For if this ſhould not be done, they would oftentimes, by reaſon either of their ſharpneſſe or venemous nature, do a great deale more harme than good. Neither ſhall it be amiſſe, to ſhew and declare the nature and properties of the principall ſimples and drugs in phiſicke.

What Aloes Hepatica is.

*Aloëpatica* is the iuice of a very ſappie herbe, which groweth in the countries that lie eaſtward, and is in taſte maruellous bitter. The beſt is that which gliſtereth, is light, cleere, like a liuer, without ſand or grauell admixed, and as yet cleauing to the ſkin wherein it is brought. There is another kinde of *Aloes*, called *Aloes Caballinum*, which in colour is very blacke, and not vſed in phiſicke.

The vertues of the ſame.

*Aloes* is hot in the firſt, and drie in the thirde degree, purgeth gall or choler, and watериſh fleame. It is corrected two ſundrie waies, as followeth.

His preparation.

Take of very fine powdered and ſifted *Aloes*, as much as thou wilt, put twiſe as much raine water to it, ſtir and mixe them well togither, let it then reſt all a night, that the ſand, ſtones and other filth may fall to the bottome: in the morning after, ſtraine of the cleereſt, couer it with a linnen cloth, and ſet it in the hot ſunne, or in ſome other warme place till it be ſomewhat dried, then make little rowles of it.

The other manner of waſhing of *Aloes* is done with ſpices, thus: Take of *Aloes* (as afore) powdered and ſifted ſix ounces, of the ſweet wood called *Caſſia Lignea*, Spikenard of India, *Aſarrabacca*, ſweete Cane, *Cubebes*, *Lignum Aloes*, Cinnamon, *Xylobalſami*, Saffron, Maſtick, prepared *Lacca*: of each one ounce and a halfe. Boile all theſe togither in a glaſſe or pot in water, vntill all the vertue be boiled out of the ingredients, and gone into the water: then ſtraine it through a cloth: after this, diſſolue your *Aloes* in this water, ſtirring it continually, and at the laſt ſtraine and drie it as is aforeſaid. This is called of the Apothecaries *Aloe Lota*, or waſht *Aloes*, either with or without ſpices: of this may boldly without any danger be giuen a quarter of an ounce at once.

### To make burned *Allum*.

How to calcine Allum.

Take of the beſt Allum, as much as thou wilt, beate it not very ſmall, put it into an earthen pot vpon a little cole of fire, boile it till it be thicke, white and light, and ſtir it well in the boiling, if it were not altogither drie: then take it out by peeces, and lay it in the hot fire, and it will be dried incontinently.

Ammoniacum.

*Ammoniacum* and ſuch like gums, that cannot be beaten ſmall, and are very vncleane, are cleanſed as followeth. Put ſtrong vineger vpon them, and let them melt togither on the fire, ſtraine and preſſe them through a ſtrong linnen cloth, to ſeparate peeces of wood, ſtrawe, and whatſoeuer elſe is with it, let it afterwardes boile till it be thicke, powre it out on a ſtone that is beoyled, and make it vp as pleaſeth thee beſt.

Oile of oliues.

Sallet *Oile* or Oile of Oliues: it is oftentimes commanded to vſe old oile of Oliues: in place of which (if it be not to be had) thou ſhalt take one part of Oile and two partes of water, and let them boile togither eaſily on the fire, til the Oile become as thicke as hony, and ſo vſe it. Others adde more water to their oile, but that commeth all to one end.

Pitch.

*Pitch* is ſometimes vſed in forme of powder, and is prepared on this manner: Take one part of Pitch and twenty parts of water, let them boile togither in a great pot, till ſuch time, as that the Pitch do no more ſmell as it was wont to do, and be molten againe togither: then let

fall

fall one or two drops vpon a colde stone, and if (it being colde) thou canst rub it to powder betweene thy fingers, it is sufficiently prepared. After the very same manner is also *Turpentine*, *Rosine*, and such like things prepared. Turpentine. Rosine.

*Pearles* shall be beaten very small, and searced thorow a lawne searce, then moule or grinde them on a morter or marble stone with rose water, vntill thou finde or feele no sharpnesse or sandinesse betweene thy fingers, then let them drie in such a place where no dust can come at them: On this manner are all other pretious stones prepared. Pearles. Pretious stones.

*Lead* being burned to ashes is vsed to many purposes, and it is thus to be burned: Take as much Lead as thou wilt, put it in a little pipkin, and stop it very close, set it in a potters fornace, there let it glowe and burne whiles his pots be abaking, then let it cole: if it be not calcined or burned ynough, lute it and set it in the fornace againe, and so burne it till it be so fine as ashes. Lead is also washed and prepared thus: Take Lead and beate it in a leaden morter, put raine water to it, and beate them both togither a good while till the water begin to be very thicke, and troubled like puddle, straine this thorough a cloth very well, and let it drie in a warme place. Lead calcined. Lead washed.

Take Bloodstone which now is in vse at the Apothecaries, is the myne of Quicksiluer, powder it, and searce it finely, then put it in a morter, & powre clere fresh water on it: stir them well togither, and let it settle to the bottome, then powre away the fowle water on the top, and put more cleane water to it, and do as before, till it be cleane washed, but much better it is, to wash this stone with plantaine water. Bloodstone.

The preparation of Bucks blood is this: In the sommer time when the sunne is in the Lion, thou shalt then take a black bucke or hee goate, that is some three or fower yeres olde, keepe him by himselfe the space of three weekes, & fede him with nothing else but these herbs, as Smallage (which is so good for the grauell, that of some for that cause it is called the hand of God) Persley, Hallowes, Pimpenell, Iuie of the oke, Paules Betonie, Saxifrage: Saxifrage of the wall, and such like herbes with their rootes: Item Strawberie leaues, Beane huskes, the lesser branches of the vine: giue him these herbes one after another: Thou shalt also giue him red wine to drinke, but euery third day giue as much faire water as he is able to drinke. Now when he hath thus been fed three weekes togither, he shall at the first full moone be killed or stucke: The first blood shalt thou let passe away, and receiue that which is the middlemost or second, drie this in the sunne vntill thou canst powder it: or else if it cannot be done at the sunne, drie it in an ouen, and so reserue it in some drie place, &c. Bucks blood

Those that take great delight in distillations, do fede the bucke with meate and drinke, as is before said, onely excepted that they giue him no water at all: They take ten pounds of this blood, and fiue pounds of wine vineger that hath beene twise or thrise distilled, one pound of salt, of Radish, of *Cicorie*, *Pimpinell*, of each of them three ounces, *Valerian*, *Cichorie* rootes, *Ginger*, *Winter Cherries*, *white Amber*, *Sulphur viue* that hath been well washed in wine, *Cinnamon*, *Anniseedes*, *Fenell seede*, *Commin seede*, *Wilde Rape seede*, *Persley seede*, of each two ounces: of the iuice of *Agramonie*, *Rue*, *Penniroiall*, and of *Paules Betonie*, of each sixe dragmes: These things being cut somewhat small, and well mixed togither, they shall be put into a pot close luted and stopped, and buried in horse dung for one fortnight or three weekes, then distilled in a glasse limbecke: The first water that distilleth is very clere, and so sone as the colour of the water altereth, thou shalt change thy recipient or receiuer: this iterate in changing of recipients as often as thou seest the colour of that which distilleth to change. Others distill it all ouer togither into one receiuer, and afterward reiterate or repeate their distillations twise or thrise, till neither the taste nor the smell do offend them: In the first and second distillation ascendeth also some oile with the water, which shall be let alone with the liquor: and albeit the liquor do seeme nothing troubled or thicke, thou shalt not regarde that, for it is but so much the stronger. This liquor and oile togither, if it be kept close stopped, remaineth good and vertuous two or three yeres after the first making of it. Of this maiest thou giue at one time two dragmes, or halfe an ounce in wine or meade, against grauell and dropsies before meate: it doth also wonderfully prouoke sweate. The distillation of bucks blood.

*Bolus Armenus* or *Bole Armenacke*, is a red stone or earth that is brought from *Armenia*: This hath an especiall vertue to purge melancholie: the waight of a crowne at once is sufficient, for it purgeth somewhat violently: but if it be washed, thou maiest exhibite the waight of two crownes at one time, for then purgeth it gently. Bole Armenacke.

Beate as much of this Bole as thou wilt, powre vpon it Rhenish or French wine, or faire water,

water, ſtir and mixe them well togither, let it ſettle againe, powre of the humiditie or water, or wine, and put on freſh and ſtir it againe as before: this do as long as thy water commeth coloured from it, which will be ſome ſixténe or twenty times: after this, waſh it yet ten times with roſe water. Some there be that do adde ſuch things as do comfort and ſtrengthen the hart, which in very déede is not to be miſliked.

Camfire. *Camfire* will in no wiſe be beaten to powder, except it be rubbed and chafed in a morter, in the which morter hath firſt béene beaten ſome péece or part of an almon or almons, according to the quantitie of Camfire, which thou wilt prepare.

Caſſia. *Caſſia* which is in the pipe, quill, or cane, is one of the beſt purging medicines, and is ſufficiently knowen. The beſt pipes are choſen by waight, & in which the kernels do not rattle, which is a ſure ſigne that the pith or marrow in them is ſucculent and moiſt, and nothing withered or dried. It is vſed on this manner: Take as many of the pipes as pleaſeth thée, beate vpon them ſoftly from one end to the other vntill they rent or ſplit aſunder, take out all that is in it with a knife, into a hairen ſtrainer, & lay it ouer a boiling pot of water, that the hot vapour may come to it: When the *Caſſia* is reaſonable warme, take off the hairen ſtrainer or ſieue, hold it ouer a diſh, and with a round peſtell ſquiſe it thorough the ſtrainer, and all the blacke pith will paſſe thorough and hang on the outſide of the ſtrainer, which thou ſhalt ſcrape off with a knife and kéepe it: then ſet thy ſéeue or ſtrainer ouer the boiling water, as is aforeſaid, and afterwardes ſquiſe it thorough againe as at the firſt. This worke ſhalt thou do againe ſo long, till no more pith paſſe thorough, and nothing but kernels remaine in thy ſtrainer: this prepared *Caſſia* is called by the Apothecaries *Caſſia cribrata*.

Note, that when thou wilt vſe this *Caſſia*, it muſt alwaies be new taken out of the pipes: for being reſerued out of the pipe, preſently it waxeth ſower, and eſpecially in the ſommer time. Of this ſtrained *Caſſia* maieſt thou exhibite at one time one ounce, or one ounce and a halfe, in hot burning agues vnto children and women in childbed, to euerie of them more or leſſe, as they are able to beare.

Alſo if thou wilt haue this *Caſſia* to purge more effectually, then put either the bloſſomes or leaues of the Peach trée in the boiling water, before thou hold thy *Caſſia* ouer the vapour of it. The vertue of *Caſſia* is, to purifie and clére the blood, to quench thirſt, and to alay heate, being taken with Endiue water; alſo to purge the ſtomacke, to driue out choler and flegme without any danger: for it hath no ſharpneſſe or corroding vertue in it. In like ſort it is very comfortable for the breſt and liuer, and is very good for the kidneies, being mixed with the appropriate waters that driue out grauell, and beaten Licoriſe, then miniſtred, it doth ſcower away the grauell, and hindereth the growing of the ſtone. It is vſed in a confection with Manna, and it is alſo prepared for *Cliſters*.

Coloquint. *Coloquint* is a very bitter apple, and is oftentimes ſowen in gardens for pleaſure ſake, yet it is found very ſeldome to be ripe. The vſe of that which is brought vs from Venice or other places, is this, and no otherwiſe. The innumerable white kernels being caſt away, the reſt ſhall be beaten very ſmall, and ſifted thorow a very fine ſearce, and ſo be brought to as fine a powder as poſſible may be: when it is wet, it ſwelleth as if it had neuer béene powdered: and for that cauſe it is ſtraightly charged to be reduced into ſo fine a duſt: for if neuer ſo little a péece ſhould by chaunce remaine in the ſtomacke or guts, it would eaſily excoriate and hurt them, ſo that hereby the ſinewes might take ſome harme, yea lameneſſe and crampes enſue of it. The right preparation of it is this that followeth.

Take of the aforeſaid fine powdered *Coloquint* two ounces and a halfe, rub it a great while with two ounces of oile of Roſes, then take of the gum *Tragacanth*, of gum *Arabecke*, of *Bdellium*, of each of them ʒ ß, ſtéepe them in a little roſe water vntill they be diſſolued: put of this mixture vnto the beaten *Coloquint*, and forme little cakes of it, let them drie, beate them ſmall againe, and faſhion your cakes againe with the gum water, and kéepe them: On this wiſe prepared are they more ſafe than the crude *Coloquint*, and are called *Throciſci Alandali*: To what end they be vſed in phiſicke, ſhall be ſhewed hereafter.

This prepared *Coloquint* may be exhibited fro ℈ j. to ℈ j. ß. ℈ ij. but it purgeth vehemently, it drawweth the tough flegmaticall humors from the head and other partes.

*Coloquint* is ſuppoſed of ſome to be hot and drie in the ſecond: of others, in the third degrée.

Corrall. Corrall both red and white is prepared in that manner as is aforeſaid of the Pearles.

Coriander

Coriander sed being hurtfull vnto the braine, both by his hot nature and by his strong smel, is very profitable for many vses: ye shall correct it as followeth. Steepe it the space of twelue howers in good strong wine vineger: afterward euaporate or drie away your vineger from it in a warme place, then it is prepared. Black Coriander is the sæde of *Nigella*, and is prepared as that aboue said. Coriander sædes. Nigella sædes.

Dates both sweete and sower do purge very easily, especially in hot diseases & great drithes: being prest close togither as they are brought vnto vs, they are kept good a long time: you may minister of them from two ounces to sower at once. They nede no preparing or correcting at all, for that they purge so gently, and can do no harme. Dates.

Gems or pretious stones are prepared as is aforesaid of pearles. Gems.

Horsleaches, the blod sucking water worme, shall be kept some daies in fresh water before they be vsed: putting a little blod and bran into the water for their fode, then do they lose their venome. Horsleaches.

*Scoria ferri*, the refuse of iron, shalt thou cast into faire water: wash it, and let it settle to the bottome, powre of the water from it vntill it remaine very cleane and pure, afterward put it in an earthen pot that is well leaded or glassed within: put as much vineger to it, as will wet it onely, and not ouerflowe it: let them stand so both togither the space of thirtie daies, in the meane while oftentimes stirring them: afterward moule or grinde them on a marble, as thou didst the pearles. Scoria ferri, Refuse of iron.

*Polipodium*, little ferne or polipodie doth willingly growe on olde wals and mossie stones, but the best groweth on okes: it purgeth gall and slimie superfluities: it is somewhat hurtfull to the stomacke, it is therefore corrected with Annise sædes, Fennell sædes, Cloues, Cumine sædes, and is administred either with hony water, or else with the water of grapes, and very seldome by it selfe alone. Polipodie.

*Epithymus* Dodder is vsed in many profitable medicines: the golde coloured and strong smelling Dodder is the best: sower dragmes of it in powder, or at the most fire, driueth out melancholie and choler. It is almost neuer giuen by it selfe, but alwaies admixed with other things, but specially it is sodden in drinks or potions, at which time thou maiest vse one ounce at once. It is put in last of all into the boiling potion. Dodder.

The iuice of wild Cucumbers (called in Greeke *Elaterium*) is prested out of the wild Cucumbers: the Phisitions command that it should not be vsed, till it be two yeres olde, it may bee kept ten yeres togither, the older it is, the better: and when it is moistened it is like vnto milke: being put to the fire, it doth presently burne. It purgeth flegme, water, and all superfluous humidities most violently, and in like sort gall and choler also. It ought not to be vsed vnaduisedly, or without the counsell of a skilfull Phisition, for that an error might be committed in a fewe graines. Elaterium.

*Euphorbium*, is a strange gum so called, amongst all the purging simples the strongest and hottest, very sharpe and biting on the tong, it seemeth to burne in the nostrils, and prouoketh neesings, it stoppeth the breth, as if it would choke one, if the dust of it be receiued. Therefore great hede is to be giuen: for two or three dragmes of it is ranke poison. In extreme diseases of flegme and dropsies, when no other remedies will helpe, thou maiest vse it from sower graines vnto twelue, but no more: Mastick and Spike of India do greatly diminish his hurting qualitie. The ancient Phisitions did minister it with meade or honie water. Euphorbium.

Sewets and marrowes of sundry beasts are prepared as followeth: First wash them cleane and often in colde water, then chop and melt them togither with a little fire in a seuerall pot with boiling water and wine, or else with rose water: after this presse and straine them thorow a cloth, and keepe it in a vessell or pot of pewter in a colde place. The marrow must especially be taken out of the bones in the beginning of winter. Sewets. Marrowes.

Iuorie is thus prepared: take of it in quantitie as thou please: cut it in thin chips, put them into a new pot, and stop him close with a pot lid that is vnbaked: put him into a potters fornace amongst other pots to be burned. When your pot is colde, take out your Iuorie, beate it to a small dust or powder, and searce it thorow a fine hairen searce: put it into a leaded or glassed pot, powring as much rose water on it till it be cleane couered. Afterwardes, take for euerie twelue ounces of Iuorie halfe an ounce of Camfere: moule or grinde them on a marble togither, and when it is hard like dowe, forme or make little square cakes of it called *Trochises*: keepe them Iuorie.

them in a glasse well stopped, that they lose not their smell. Note also, that if thy pot be not very closely luted and couered, that thy Iuorie cannot be burned white, and that it loseth a great deale of his vertue. This is vsed against all manner of poisons.

Hermodactils. *Hermodactils*, some suppose it to be our Daffodils, and indéed I do take it to be a kind of them, but the Grækes do call their *Hermodactilon*, *Ephemeron*, and *Colchicon*, of the place where it groweth. And although this rote may kill a man in one day (as also our Daffodils do excitate a flure or laske in the belly euen till the very blod do follow) yet hath it his vse, as in other places shall be shewed. This rote shall be digged vp out of the earth in the beginning of the sommer, and those that are sappiest and whitest within, shall be reserued. Those that are withered and soft, haue lost their vertue: such as growe in wet, watrish and lowe ground, are very venemous. And albeit, that they be very cleane and drie, yet shall they not be vsed in halfe a yére, and are very seldome in request. One dragme, or one dragme and a halfe at the most is sufficient at one time. Cinnamon, Ginger, Mastix, long Pepper do greatly correct their venemous qualitie: they are giuen in the vineger of Squils, honie of Roses, or Drimel.

Harts horn. Hartshorne is prepared as is aforesaid of Iuorie.

Lacca. *Lacca* the gum or sap so called, do we not vse very often, notwithstanding that, we will not passe ouer hir preparation, which is as followeth: Take of Hartwort, of Fenegreke, of each one ounce: boile them in a sufficient quantitie of water, vntill the fourth part be consumed, and that there remaine but ten ounces: being strained, put into this liquor eight ounces of the aforesaid *Lacca*, boile them togither on a little fire, till the water become as red as blod, and all the best of the gum be dissolued in the water: then straine it thorow a cloth, and let your blodie liquor boile in a glasse in water, till it become thicke vnto a sirupe, and more thicker and harder: make it vp into little cakes, and drie them.

Agaricus. *Agaricus*, a kinde of well knowen Mushrome: the white, compacted light and soft, is alwaies the best: that which is hollow, full of holes and blacke, is reiected. The one is taken to be the male, and the other the female kinde: the best is at the first in taste swæte, but presently afterwards very bitter. Being giuen by it selfe, one dragme or one dragme and a halfe, is ynough at once: but being boiled in drinks, or other decoctions, thou maiest vse halfe an ounce. It is hot in the first, and drie in the second degrée. It doth purge tough flegme, and openeth all obstructions. When thou wilt administer it, thou shalt adde a little salt Gem and Ginger to it, also Drimel and honie of Roses, by the which his venemous qualitie is very much delaied. The Apothecaries do diuersly prepare this *Agaricus*, as followeth: Take of it as much as thou wilt, cut it small, mole or rub it in a mortar (for it will not be beaten to powder) make it in forme of a dowe with wine, in which ginger hath béene steped eight or ten howers, and then make little cakes or *Trochiscos* of it. The other manner of preparing is this: Take Malmsey or Muscadell fower ounces, vineger of Squils three dragmes, white ginger two dragmes, Spike of India halfe a dragme, let them boile togither with a soft fire: straine it, and stepe in this liquor three ounces of the beaten *Agaricus*: but not to fine powdered, and let it stand and drie very well, in a glassed pot; and when it is almost drie, make little cakes of it with the slime of Polipodie. They purge the head and the brest of superfluous and stinking humidities, they are called at the Apothecaries *Trociſci de Agarico*.

*Trociſci de Agarico*

Manna. *Manna* may we call (as it is indéede) a deaw of heauen, séeing that this pretious liquor falleth in the morning with the deaw from heauen. This is now in great quantitie and very good brought vnto vs out of Calabria, situated beyond Italie. The best is that which is a little yellow, and somewhat perspicuous, or clére like Mastick, in taste swæte, and without any filth admixed. This Manna is an easie, harmlesse, cooling and fine purging medicine, which may be giuen to women in childbed and to yong children, with distilled waters, or any broth of meate, from one ounce and a halfe vntill two ounces and more at once; when it is moulten in the waters on hot coles, straine it thorow a cloth, that all the vncleannesse might be separated. It néedeth no correction, for it hath no venemous or bad qualitie at all with it.

Mirobalani. *Mirobalani*, these are strange fruites, of the which there are fiue sortes: of some of them are the rindes or barkes dried: of others is the whole substance dried and brought vnto vs. All of them do purge and drawe tough flegme from the head; they drie the braine, &c. But euerie one of them hath an especiall and seuerall vertue, which ought to be noted.

*Citrini*, these are yellow, hauing a thicke skin or rinde with a harde stone or stonie kernell.

They

They purge cholericke and hot humors.

*Emblici* do comfort and drie the braine, and are confected or preserued.

*Bellirici* haue the same vertues with the first.

*Kebuli* are big, blacke and somewhat long, darke and of a Chestnut colour: the heauiest and thickest of rinde are the best. They purge flegme, and may also be preserued.

*Indi*, of these are the barkes onely brought vnto vs, which are in colour blacke, for which cause they are also called *Nigri*: they are waightie as the others also are: they do purge melancholie.

The powder of either of them by it selfe (which is not vsuall) may be giuen the weight of one dragme or twaine: they be commonly vsed with an admixtion of many things: with Almonds, Currants, Fennell seedes, Spike of India, in the whay of goates milke, and the iuice of Fumitorie, they may very meetely be administred.

Nœselwort, of this are two sortes or kindes, the white and the blacke, and it is concluded amongst Phisitions, that the best time to gather them is the time of haruest: they purge both vpward and downward, and must therefore be very warily vsed: yea if it be possible it is good to refraine from them altogither. The whiter that one of them is, the better it is: it ought also to be soft, vnperished, and not too sharpe or biting on the tong. With this rote haue ancient Phisitions done great maruels, and haue had many strange opinions of it, that it should strengthen memorie, sharpen the wit, and should be very commodious against the falling sickneese. They compare it to a captaine, who placing his soldiers to the battell, is himselfe the first that forsaketh the field. Both of them may be vsed, but (as is aboue said) with great circumspection; for that they be venemous, as presently appeareth in the digging of them vp: for if the sent of them chaunce to ascend into the face and nostrils of the digger, it doth greeuously disturbe his braine, and causeth both a great paine and swelling to follow: And for this cause shall they be digged vp in haste, and he that diggeth them shall stand with his backe to the winde, that the smell of them may not annoy him; and before he begin to dig he shall eate garlicke, and drinke some wine. The white Nœselwort purgeth very violently by vomit, and is not so hurtfull for beasts, as it is for man; of neither of them may be giuen aboue a dragme at a time, and that in no wise vnprepared, that the patient be not choked with it. It is corrected by the addition of pepper, Persley seede, Annisedes, Mariorane, and wilde Mints. Nœselwort.

The blacke Nœselwort killeth horses, oxen and hogs, and purgeth by stole. In fine, these rotes may the ancient Phisitions praise as highly as they list, yet it is forbidden that neither women nor olde men, nor children, nor men of a weake constitution, nor those that haue a short breth should in any wise vse them. To what other vses they are put, shall be shewed hereafter.

*Opium* is the iuice of a strange kinde of poppie dried, being too much vsed, it killeth by sleepe: it hath a strong and vnpleasant smell, which may be corrected as followeth: take a little paire of tongs, which is somewhat broad before, make it red hot, hold a little peece of *Opium* in it, and lay it downe againe presently, and so do as much as thou wilt. Opium.

*Rhabarbarum*, Rubarbe, how far this pretious rote is esteemed aboue all other purging simples, shall openly appeere in this booke. The best is that which is without, of a Chestnut and darkish colour, but commonly that which is brought vnto vs hath the rinde taken off, and is yellow coloured. That is also commended which is reasonable heauie, in the breaking spongious, and not hard, very red, with white specks, also that which hath yellow spots, and in chewing coloureth like Saffron. The preparation of it is very easie, for that it is so harmlesse that it may be vsed without any addition, yet do Phisitions commonly vse to adde to euerie dragme of Rubarbe three or fower graines of Spikenard, Squinanth, or sweete Cane, or Mastick, and most fitteth with whay of goates milke; in the winter time with wine the weight of one dragme, or one dragme and a halfe being finely powdered; but steeped, two or three dragms, according to the state and abilitie of the patient. Rubarbe.

The saps or iuices of herbs, flowers and rotes, for sirupes and other compositions, are thus prepared: Presse out your iuice into an earthen pot, let it boile on the fire three or fower bubbles; then let it settle from the fire, till all the thickest drosse be sunke to the bottome, powre of the cleerest from the top by inclination, which onely shall be reserued and vsed, casting away the vnpure setlings. Iuices.

Wilde Saffron, or *Carthamus* is very offensiue for the stomacke, and is hot in the thirde degree. Wild saffron

degrée. Of this is vsed the innermost part or kernell of the séede, it purgeth all superfluous humidities, dropsies and flegme. It is giuen to the weight of halfe an ounce in barly water sodden, and well expressed, but not without the admixtion of such things as do comfort the stomacke. It is also vsed to other intents, as hereafter in this booke shall appéere.

Scammony. Scammonie or *Scammonia*, is a strange iuice, and vsed in many compositions and purging medicines, to increase and sharpen their purging qualitie: the best Scammonie is brought to vs from Asia: when it is prepared, it is called *Diagridion*. It is giuen from fower grains vnto twelue at the most in one day, or at one time. The best is discerned by that, that it is blacke, leane, or not gummie, shining, & with many little holes, much like vnto bread; and as soone as it is touched with the tong, that presently becommeth milkie white, not sharpe or biting, not sandie, not heauie or weightie, and very brittle. In the second yéere is Scammonie in hir flower and most vertue: afterward doth it decay, and waxeth obsolete and olde. It is thus prepared: Take two ounces of Scammonie, powder it very finely in a mortar, put a little oile of *Ireos* to it, to bring it to the consistence of dowe; then make hollow a Quince, in which thou shalt put thy Scammonie, and stop the hole with a péece of a Quince very close; wrap thy Quince in dowe, and let it bake in an ouen. Afterward take one ounce of yellow Myrobalans, stéepe them fower and twenty howers in two ounces of the iuice of Quinces, setting it on warme ashes; then presse them very hard thorow a cloth, mingle it with the Scammonie, & let it drie in a warme place. Some men do admire some Mastick with it; others take nothing else but the iuice of Quinces: but the former preparation is that which is commonly vsed.

Iuice of Sloes. The iuice of Sloes is euerie where taken and vsed likewise for the strange sap *Acatia*, yet it doth not agrée in all points with the vertues of *Acatia*. The true *Acatia* is the sap of the trée, from which the gum Arabeck is taken. Notwithstanding if any man would make a mixture that might haue the same vertues with *Acatia*, *Valerius Cordus* doth teach it him thus: Take the kernels of fower Dates, séede of Sumach, of each one pound: bruise them, and put vpon them thrée or fower pintes of raine water: let them stéepe togither fower and twenty howers, then straine them thorow a cloth, boile that is strained till one thirde remaine, clarifie it with the white of egs, set it on the coles againe, and let it boile softly, till it be as thicke as the iuice of Sloes, which then may boldly be vsed.

Brimstone. Brimstone is thus prepared: Melt thy Sulphur or Brimstone at the fire, then powre it into the water of Lettice: this reiterate eight or nine times: when it is drie, beate it to powder. This is commonly vsed to stop the blod, as hereafter shall be shewed.

Sene leaues Sene leaues with the huskes and their séede is a common purgation for euerie man, for that it purgeth all bad humors, and especially choler and flegme. Great store of it is brought from Florence. It is also set in our gardens, but the very best is brought from Alexandria. The huskes of them are of more force and vertue than the leaues. Two dragmes of them in powder is a sufficient dose at once: but either stéeped or sod, an ounce is little ynough, as in this booke shall appéere. They are corrected with Ginger or salt Gem: and may be giuen in the decoction of Borage, Bugloss, Violets, Mastix, Cloues, and Cardimonie, or else being powdered, may any of these be admixed with them, and so exhibited.

White Mustard séede. White Mustard séede may in no wise be inwardly vsed, except it be first corrected as followeth: Stéepe it one day and a night in good *Aqua vitæ*, and then euaporate or drie it away from it: then powre vpon it fresh *Aqua vitæ*, that hath béene made of the best Malmsey, or of some other strong wine with Lauander flowers in it: then let it stand and soke as before, and afterwards also euaporate: then is thy séede prepared. This séede may be made vp in Sugar, or confected and so vsed, or by it selfe, but very little of it at once. It is very good to be mingled with any stomachicall powder: it drieth vp all moistures of the braine, it helpeth the swimming in the head, falling euill, and the dead palsie: but vnprepared may it in no way be vsed.

Mezereon. *Mezereon* of some Spurge, or *Chamelæa*, of the Apothecaries *Coccognidion*. The ancient Phisitions were wont to giue seuen or eight of the séedes of it, wrapped vp in a gréene fig or date; but experience doth teach vs, that thrée of the séedes are sufficient ynough to purge the bodie. Sops of bread may be vsed in stead of the figs or dates: for it is onely done to the intent, that they by reason of their extreme heate should not harme the throte. They also commanded a good draught of water to be presently drunke after them. But flie the vse of such medicines, which are described for none other cause, than that we might knowe & shun them: let Empericks and

the

the outcasts of phisicke vse them.

Take the filings of Steele, cast them into faire water, rub them well betweene thy handes in the water, powre away the vncleane water from thy Steele remaining on the bottome: this washing reiterate so often, that the water come cleere from it. Then put the Steele into a well glassed earthen pot, powre strong wine vineger vpon it, as much as will onely moisten it and not couer it: let them so stand togither thirtie daies, but in the meane while oftentimes stirring it; afterward beate it to powder, and mole it on a marble, as is before said of the pearles. Steele.

Turbith is the barke of a roote, and at the Apothecaries well knowen and very common, for that it is added vnto manie purging confections. It is thought to be a kinde of Wolfsbane. It is giuen in powder from one dragme vnto two at once; but being decocted, halfe an ounce euerie time. It purgeth flegme mightily. All his maliciousnesse is corrected by the addition of one third part of Ginger, and so, either with honie of Roses, or the water of grapes, exhibited. When it is vsed in powder, it must not be beaten very small. Turbith.

*Tutia*, Tuttie is commonly vsed for the eies, and in all kinde of infirmities where exsiccation is required: and is thus prepared; Make it red hot in a Goldsmithes crusible or melting cruse: then extinguish it in the vrine of a male childe: this reiterate the seuenth time, afterwards also fiue times in Fennell water: then powder it as thou didst the pearles. Item glowe it, as is now said, fiue or sixe times, and euer cast it into rose water, and powder it as aboue. This is the common preparation of *Tutia*. Tutty.

Wolfsliuer must be taken fresh out of the wolfe, and be washed with good warme wine: cut it into little peeces, put it into a pot, and set it into a warme Bakers ouen: keepe it in a drie place well wrapped in wormwood, least the wormes do spoile it. Wolfsliuer.

*Esula* is taken for the roote onely at the Apothecaries. It is a strong purging roote, and ought not to be vsed vnaduisedly: being prepared, not aboue the weight of a dragme or lesse, as occasion serueth. There be seuen kindes of it called *Tithymalus*, and are all more fit to be vsed outward, than inward in the bodie. It purgeth choler and melancholie. Take either the bigger or the lesser rootes of *Esula*, steepe them fower and twenty howers in wine vineger, and let them drie againe. When thou wilt vse them, cut off and cast away all the hairie and hard partes of them, and beate the rest to fine powder. Esula.

The seede of *Palma Christi* or *Ricinus*, being purified, doth by his purging vertue driue out choler and flegme. The ancient Phisitions do command not aboue ten in number at once to be exhibited: but bicause they are very greatly hurtfull to the stomacke, they shall in no wise be vsed: but in place of them, other things which are lesse hurtfull. There is a false opinion amongst the common sort of this *Palma Christi*, to wit, that if the seede in the gathering of it be plucked vpward, it prouoketh vomit: if it be plucked downward, it should moue stooles; but howsoeuer they be gathered, by reason of their venemous and hurtfull qualitie, they may purge both vpwards and downwards. Palma Christi seedes.

*Laureole*, *Daphnoidis* and *Laureola*, Laurell. These leaues haue a sharpe purging qualitie, to driue out flegme and choler. Of the powder of them prepared may be taken from fower graines vnto sixe, and no more: and with other spices and simples corrected, not aboue one dragme. There is nothing of it in vse, but onely the leaues: it is prepared by steeping of it fower and twenty howers in wine vineger, and then dried. Laurell.

Sugar is vsed in many things, as hereafter in this booke may appeere, but to boile it there be diuers and sundrie waies: and first of all shall be shewed, how the common and course Sugar must be seuered from his filth and dregs, and clarified for sirupes, and other necessaries in phisicke. Sugar.

Take (for example) two pounds of common Sugar, put it into a certaine quantitie of water: set it on the fire vntill it be ready to boile or seethe: then haue in a readinesse the white of fiue egs, beaten to water with a little rod, and sprinkle them with thy rod into thy boiling Sugar: let it boile afterwards a pretie while, then doth the filth of the Sugar adioine himselfe to the whites of the egs: then set it from the fire, and when it ceaseth boiling, take away the filth from it with a skimmer, boile it againe, besprinkle it, and skim it as before, so often, vntill thou finde it bright and cleere. For sirupes and other confections let this Sugar boile somewhat longer, let two or three dropps of it fall on a cold stone, dip thy finger in them, and see if it do string or glewe or drawe out in a thred, which is a signe of a sufficient cocture. How to clarifie Sugar.

For

Manus Christi.

For to make Sugar cakes or *Manus Christi*, the foresaid Sugar must boile yet longer: and if thou wilt knowe if it be sufficiently boiled for this thy purpose, take a little of it on spattens or skimmer, and throwe it from thee into the aire: if it flie very white and firie from it, then is it boiled ynough: set it from the fire, stirring it continually vntill it begin to be stiffe or hard, then adde and mixe those things with it, which thou wilt: then very spedily cast it on a colde stone, whereupon a little flower hath beene cast or sifted before, least they should sticke or cleave fast to the stone.

*Saccharum Penidium*, called Sugar pennets, is best made of the whitest sugar that is brought from the yland of S. Thomas. Take of this (if thou canst tell how to worke it) from two vntill fiue pounds at once, powre vpon it a good pretie quantitie of water, and if it be very vncleane, clarifie it as afore, continue the boiling easily vntill it begin to be thicke, and that it rise vp in great bubbles: then haue a spindle or the like little round sticke being wet with colde water, thrust it into the boiling Sugar about a fingers bredth, that some of thy Sugar may cleave to it, and cole it in colde water: if then it easily come from thy spindle or sticke, if it be reasonable hard, and if in the biting or chewing it sticke and cleave not to thy teeth, then it is ready to be wrought: Take it from the fire, let the bubbles settle themselues, powre it out vpon a stone or table, that is moistened all ouer with the oile of Oliues: when it is run flat or abroad, take vp the ends, corners, or edges of it, and throw them vpon the middest of it: this continue, vntill such time as it all do remaine in a heape or lumpe: then dip thy hands in fine flower least the Sugar sticke to them; hang or fasten the whole lumpe of Sugar vpon a strong hooke or crooked naile fastened in a wall, and drawe one part of thy Sugar towards thee about a cubits length: fasten the end in thy hand on the hooke againe, and pull againe; thus continue pulling and fastening, vntill thy Sugar become very white. There must at the least be a couple to worke it, that the one being wearie, the other may go forward with it; besides that by reason of the great heate of the Sugar, it is not possible that one should do it well alone. Now when it wareth white and colde, thou shalt drawe it out in long ropes, and lay them on a table whereupon a little flower is sprinkled, and so make it vp in rowles. This whole worke must be done in haste: for otherwise the Sugar will ware too harde, which notwithstanding, it is not spoiled: But if thou wilt bring it into Sugar pennets againe, it will be somewhat blacker than otherwise it would bee.

This shall suffice at this present concerning the principall purging simples, and after what sort they are best prepared and corrected: and those things that haue as yet not beene spoken of, shall hereafter (as neede shall require) be shewed and intreated of at large.

## Addition.

Succus rosarum, *the iuice of Roses, or their infusion, purgeth choler gently, and cooleth withall. It may be giuen from one vnto two ounces very safely.*

Serum lactis, *whay of milke or of cheese, is a lenitiue and laxatiue medicine, it doth also purge choler. It is exhibited from three vnto fiue ounces.*

Mechoaca *(in English Mechecan) is an Indian roote of some called white Rubarbe. It may be taken in substance from two scruples vnto one dragme with broth, wormwood wine, or sweete wine, as followeth: Take Mechecan one dragme, Gentian one scruple, Cinnamon ℈ ss. beate them into a fine powder, and exhibite it three howers before meales with vvormwood wine. It purgeth flegme and waterish humors without any molestation or trouble vnto the patient. It is giuen for the paine in the head, that hath continued long; for agues, for the collicke, for the dropsie, and for the shortnesse of the breth.*

Opopanax *is the iuice of the herbe* Ferula. *The best is white within and yellow without, bitter, brittle, and of a strong sent. It is commonly giuen from one vnto two dragmes. It euacuateth the grosse and tough flegme, that is inherent in the braine, nerues, brest and ioints.*

Sagapenum *is a certaine iuice or gum so called, of a darke yellow colour, white within and strong in taste. It may be giuen from halfe a dram vnto a whole, with the vvater of Rue, or of*

*Elecampane.*

*Elecampane. It doth in like manner purge grosse and tough humors. Both these gums are corrected vvith Mastick and Spica,&c. Taken out of* Dioscorides, Mathiolus, Wekereus, *and others.*

*The seuenth Chapter.* §.1.

## A generall rule to be obserued in purging.

A rule for purging.

FOrasmuch as the especiallest point in sanation is to vnburden the bodie of man of abounding superfluities, and clense it of all corruption and vncleannesse; which indede may be done, either by prescribing a moderate diet in meate and drinke, by leading a well ruled life, or rather, if in these any thing be wanting, by purgations: Therefore it semeth nedfull here to set downe a generall rule, which euery man is to obserue and kepe, that purposeth to purge, as thus: He must haue a great regard of the nature of the disease, of the diseased, of his age, of the time of the yere, and such like: And where (as it is alreadie said) all sicknesses and inward griefes do procede of corruption of the blod and bad humors (as in this our worke doth appere;) necessitie therefore doth require, that such superfluities and corruptions should be expelled and banished out of the bodie, which for the most part is perfected by drying or purging medicines, whereof now shall be mentioned. The best counsell therefore is, that not vnaduisedly, but very warily thou meddle with strong medicines. For as in all infirmities purgings are very nedfull and profitable; so also the vse of bad and too strong purgations, is very hurtfull and dangerous. Wherefore, in sharpe and perilous diseases, shall the aduice of a learned Phisition be asked, or else in his absence to chose and vse things that are easie and safe, of which in this booke euery where maiest thou haue choise.

## What persons shall abstaine from purging, and the impediments thereof. §.2.

What persons are to refraine frō purging.

ALl such as vse a moderate diet, and eate nothing but that which engendreth good blod, they haue no nede of any purgation.

Those that do abound in blod, may in like sort omit purging: but good it is for them to be let blod.

If any matter or bad humor do settle it selfe in the concauitie or hollownesse of the articles or ioints and is inherent, as in the Lepzie, and such like happeneth: In vaine it is also for them to purge; for if such humors be moued onely, and not wholy expelled, they might easily be drawen to some noble and principall part of the bodie, whereby the diseased might be greatly weakened, and fall into a worse inconuenience than before.

In great heate or cold maiest thou not purge: for the heate diuideth and spreadeth the matter ouer all the bodie, and weakeneth greatly; at which time if thou purge, thou doest stir and moue the humor, and doest ouerthrowe the strength of nature. In great colde is the matter tough and thicke, and altogither vnapt for phisicke to worke vpon.

It is also forbidden in weake persons, whether their weakenesse procede from nature or some other accidentall cause, to purge strongly; although gentle purgations for their ease in some sort be allowed.

Hot and drie natures must forbeare purgings: for all purging medicines for the most part are hot and drie; and by that meanes do they augment heate and drought, and hurt the bodie.

Very nice and daintie persons shall not take any strong purgation: for in them are the humors easily moued.

In like sort might fat bodies, which commonly are but weake, by strong purgations incur the danger of stifling.

Young children and olde men shall shun purgations: and those also that labour much, and carie great burdens: for they are alwaies wearie, which is contrarie to all purgations.

## What is to be obserued, in, and after, the taking of a purgation. §. 3.

In, and after purging.

After the taking of a purge, is a moderate motion vp and downe, and stirring of the armes commodious, that the matter fall and remaine not all vpon an heape in the bodie. But if thou feare that thou shalt cast vp the purgation, thou shalt be at rest and quiet, till thy stomacke be staied.

If the purgation that thou hast taken be gentle and a little potion or drinke, thou shalt forbeare to sleepe after it: but vpon hard or solide medicines, as Pils, Tabulats, and such like, is sleepe and rest granted, that by the inward and naturall heate the substance of the Pils might the soner be dissolued and dispersed.

The purgation being taken, it is not amisse to vse some sower thing after it, as a Pomegranate, vnripe grapes, Oranges, &c. For that strengtheneth the stomacke, that it draweth no ill humor to it, and it staieth all the vomiting. It is also good after the taking of any purgation, to drinke a draught of whay or warme beere; it helpeth the operation of the medicine, and dulleth hir sharpnesse. It is also good to keepe the belly warme, least by force he drawe away the medicine from the stomacke. To this end is nothing more commodious, than warme water to set thy feete in: for that warmeth all the bodie. The belly may also be couered with a little bag, and some bran in it.

When the medicine beginneth to purge, it is not much amisse to moue the bodie somwhat: for by that motion descendeth it downwards, and all the harme or badnesse which the medicine hath with it, is thereby taken away: the motion helpeth also to expell the humors.

Whilest the medicine doth yet purge, thou shalt neither eate nor drinke, least it hinder the operation thereof. Notwithstanding if the patient cannot forbeare so long, let him vse the broth of a hen, or some such like thing, or else the sirupe of Violets, to delay the heate of the stomacke; and to preserue him from an ague. For a great quantitie of choler being drawen into the stomacke by reason of hunger, might easily cause such an accident, as might be very hurtfull for the diseased. Secondly, if a great hunger should ouertake him, he may boldly take a peece of a toast and dip it in good wine, or any such like liquor, but not so much in quantitie, that the medicine might be hindered of hir operation.

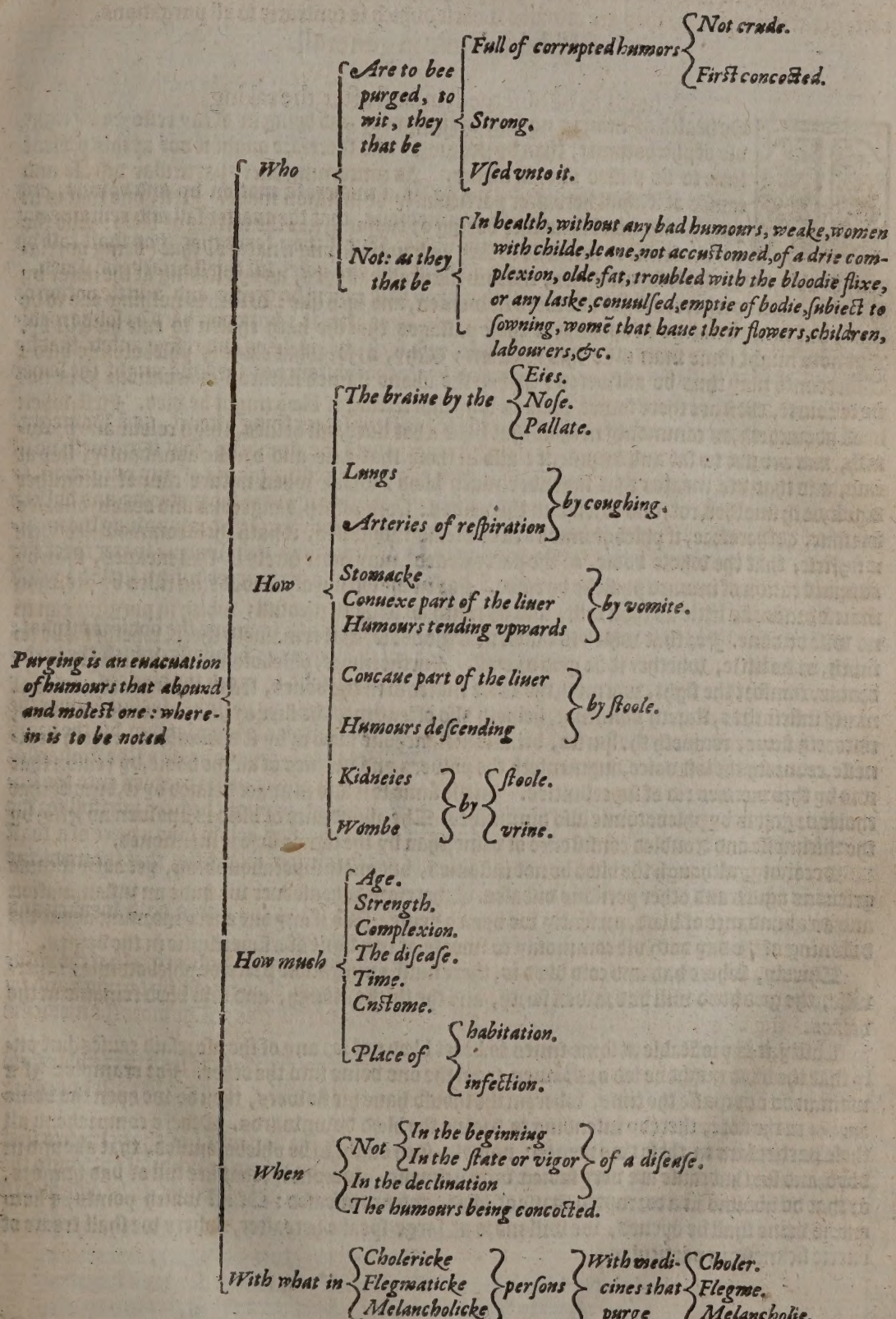
Sleepe, after the operation of the purge, is permitted: for as the purge doth weaken and distemper the bodie; so doth rest and sleepe strengthen it againe.

After thy sleepe thou shalt make but a small and easie meale: for considering that the naturall powers and vertues of the bodie be somewhat weakened, they might by to much and to hastie eating be quite ouerthrowen. So that this is a generall rule; The more the medicine hath purged, the lesse ought to be eaten after it.

The next day after purging, is good to bathe in warme water, if at the least the feeble estate of the patient do not dissuade from it. For thereby are the relicks that are left after purging moistened and digested, and it soupleth also the drie bodie.

On the third day shall a veine be opened: by the which the vapours (of the humours that were moued and expelled) are taken away, which otherwise would be no small hurt vnto the bodie. This shall suffice as concerning the rules and ordinances that ought to be obserued in purging.

## An addition for the better and more expedite vnderstanding of this Chapter.



*The eight Chapter.* §. 1.

## Of Phlebotomie in generall.

Phlebotomie.

THe health of man is no lesse maintained, and being in decay restored by right vse of phlebotomie, than by purging; and therefore ought it not at this present time to be passed ouer in silence. As concerning euery particular disease and causes of it, shall hereafter particularly be mention made. First, one that is in good health, needeth neither boring or cupping, nor the letting of blod: Also the phlebotomie is fruitlesse to such as haue so strong a nature, that (being ouerladen) is able to expell all superfluities, thorow naturall passages, as by bleeding at the nose, by the piles or hemorrhoides, by the flowers in women, and such like: to such is nothing else to be done, but to aide nature in opening of those passages that she hath chosen to ease hir selfe by. But now might some man aske this question; Why, or for what cause is phlebotomie vsed? Whereunto may thus be answered: When the aboue named naturall euacuations haue not their course, then are there fower reasons why this letting of blod might be vsed. First, when blod aboundeth, as commonly in those that haue a hot liuer, full veines, a high colour and brownish, and are not too fat and corpulent: also in those that eate and drinke abundantly, liue at ease, and that vse meates that ingender much blod; which when nature cannot altogither digest, doth smother, rot, and corrupt in the veines: from which, dangerous and deadly diseases do insue. Wherefore, if phlebotomie be in due season adhibited, it hath these commodities with it: First, that the whole bodie, or the part affected, may more surely by this meanes, than by administration of inward phisicke be eased. For in the letting of blod, being ruled by art, thou maiest drawe as little as thou wilt, and as much as seemeth needfull; which in purging can in no wise be done. For that which is taken into the bodie, that remaineth there, whether it be too much, or too little, whether it do good or euill. Furthermore, phlebotomie doth strengthen the braine, comfort the sight, warmeth the colde marrow in the bones, freeth the inward partes of many infirmities, staieth vomiting, helpeth also oftentimes the flixe or lare, cleereth the senses, restoreth sleepe, reuiueth the spirits, bicause melancholie blod is by it diminished, cureth deafnesse, reduceth the lost voice, augmenteth the powers and vertues of all the bodie, by reason that it is by this meanes rid of superfluities. In the same sort also is anger delaied by it, bicause that choler or gall is by phlebotomie also diminished. The abundance of blod is knowen no lesse, by the thicknesse and troubled consistence of vrine, than by the signes before mentioned.

Secondly, although the blod be not inflamed, but onely superabounding, yet doth it cause greeuous agues and other perilous diseases. Wherefore, whensoeuer we finde an inflammation and an abundance of blod, presently we open a veine. Also if any one euery morning about the dawning of the day doth vse commonly to sweate, it is a signe of a superfluitie in the veines.

Thirdly, where bad and cold blod is, there must a purgation precede phlebotomie; otherwise, the good blod will be drawen forth, and the thicke, tough, and cold blod remaine in the veines.

Lastly, it is profitable at some times to be let blod not for any of the aforesaid causes, but only that the blod might be led or drawen from the one veine into the other. For example: If a woman do ouerpasse the time, wherein she should haue hir flowers, then do we open the veine *Saphena* in the foote, thereby intending to drawe the blod downwards. Others comprehend all these particulars in these two points: namely, such ought to be phlebotomised, that abound in blod, and for that cause are very subiect vnto sicknesse. Secondly, that are full of bad humors, or that do abound in a corrupted masse of blod, and are diseased: Of all which points, & how euerie veine shall be opened, we will more at large speake hereafter, where we shall treate of euerie sickenesse in particular.

Of

## Of the causes that prohibite or forbid phlebotomie. §. 2.

WE haue before shewed, what persons ought to be phlebotomised: also what profit this letting of blod causeth. Now we will declare what persons must forbeare it, and what might hinder it. First, *Galen* commandeth, that no bodie before the 14. yeare of his age, should be let blod: but his successors the latter Phisitions, will that no man should haue a veine opened before the seuententh yeare: also those that are aboue seuentie yeares olde, should in no case meddle with it: adding, that youth being hot and moist, doth consume much, and therfore needeth much blod for the sustenance of life. In like sort also haue olde men small store of good blod, but rather great store of bad humours: where the letting of blod might take away the best blod and leaue the worst behinde: Beside this, they are weake, and their strength doth daily decay. But those that are of a middle age, from thirtie to fiftie, may most safely vse phlebotomie: for that they neither incline to the one, nor to the other. Causes that hinder phlebotomie.

To those that are colde of complexion is phlebotomie forbidden, as also to such as dwell in colde countries: for their blod lieth deepe in their bodies, is thicke, and vnapt to be educed. Also where there is a great paine, shall it be omitted, except it were in a hot ague: and there shall so much be drawen, that the patient do swoune, to the intent the whole bodie thereby might be cooled, and the heate taken away.

Also it is not good presently after a bath to be let blod, nor after the vse of Venerie, nor after any long lasting sickneſſe, vnlesse the patient do abound in vncleane blod. Neither must any one that hath ouerladen his stomacke with meate or drinke, and as yet is vndigested, vse phlebotomie. They that are constrained to much vomiting of choler in the stomacke, must also forbeare it, otherwise it will greatly weaken them.

Lastly, no man shall after much bleeding at the nose, or much bleeding of the hemorrhoides or piles, or after great store of the flowers in women, be phlebotomised; for it will cast him downe and weaken him: bicause the blod is the treasure of life.

## At what time, and in what signe a veine ought to be opened. §. 3.

FOr the preseruation of health, it is best to be let blod in Aprill or in May, bicause at that time man doth most abound in blod: and it shall be done on the right side, either in the hand, arme or foote: for in these monethes, and in sommer also increaseth choler, which proceedeth from the liuer and gall, that both lie on the right side. When phlebotomie ought to be vsed.

In haruest groweth melancholie blod: and then must the veine of the splæn be opened on the left side, and in winter also.

In like sort it is ordained to be let blod for diseases of the hart in the spring, of the liuer in sommer, of the feete in haruest, and of the head in winter. And to the end it might more clearely appeare, at what speciall times phlebotomie may be vsed, it shall now be shewed from moneth to moneth, which times are most conuenient, and which are not.

In Januarie shalt thou by no meanes be let blod, except necessitie constraine thee, and that in diseases of the head. Januarie.

In Februarie, if necessitie require, maiest thou vse it. Februarie.

In March, it is altogither forbidden. March.

In Aprill it is alwaies conuenient to open a veine, but not the median. Aprill.

In May it is very good and conuenient, but not in legs nor feete. May.

In June (if neede require) thou maiest somtimes phlebotomise. June.

In July it is hurtfull, by reason of the heate. July.

In August likewise, vnlesse it be towards the later end of the moneth. August.

In September it is as conuenient, as it was in Aprill or May. September.

October. In October and Nouember maiest thou also phlebotomise.
Nouember. In December is phlebotomie prohibited, partly by reason of the extreme colde, partly also
December. bicause at such time there is small store of blood in the bodie of man.

There is a great abuse among the common people committed, to loke for the signe in the Almanacke, and so where the mone resteth. They make also great difference, betweene the heighth and lownesse, drithe and moistnesse of the signes; also whether the mone be new or full, increasing or decreasing, and diuers things more, which of some very superstitiously are obserued. Furthermore, if the mone be in *Aries*, then it is forbidden to let blood in the head veine and vnder the tong. And if the mone be in *Taurus*, it is thought vnmete to open any veines in the necke, or to bore or cup about the necke or shoulders. When the mone is in *Gemini*, which rule the armes, and is supposed to be a hot and moist signe, the places gouerned are not to be touched. *Cancer* is cold and moist, where if the mone be, neither the hand nor the left arme ought to be touched. Bicause *Leo* is hot and drie, no phlebotomie is permitted concerning the hart. *Virgo* is thought to be a very bad signe, and to be colde and drie, and to rule the guts: at which time ought neither phlebotomie nor any purgation to be vsed, but all kinde of phisicke to be abandoned.

But I take it to be a great deale more mete, that euerie Phisition examine well the estate and manner of the diseased patient, and to iudge wisely thereof: and first to fele the pulses, and seke out the infallible signes of the infirmitie, before he run vp to heauen to se the celestiall signes: for in sharpe and very hot diseases, there is no leisure to expect a good signe celestiall, but immediately to open a veine, and that so often reiterated, as nede shall require. But in such like infirmities must the counsell of an expert Phisition be alwaies vsed: for if phlebotomie in the like extremities be not in time adhibited, life it selfe might oftentimes be indangered.

## An admonition to those that let others blood. §. 4.

All those that let others blood, must take great hede they enter not too deepe with their launcet, for feare of pricking an Arterie or sinew, bicause they are placed very nere, vnderneath and about the veines. And if a sinew be wounded or hurt, great danger is like to ensue, as *Spasmus*, great tumors and swellings, or other more greeuous accidents, and at the last a terrible and hard death, or at the least a resolution or lameneste of the whole member so greeued; for a wounded sinew is counted incurable, as at another time and place at large shall be shewed. Also if an Arterie be touched, then either gusheth forth that excellent blood of the hart, in which the soule of man resteth; or else *Sinouia*, which very hardly will be stinted, bicause rest and quietnesse in all consolidations and healings are required; where indede all Arteries are in continuall motion. But to stay the running of the *Sinouia*, thou shalt haue very good and expert remedies in the fift part of this booke. Notwithstanding it is sometime permitted to open an Arterie, but onely when the greatest nede requireth, that may be, bicause (as is already said) it can by no meanes be done without great danger. But bicause there is no such perill in the opening of some veines as is in others, let this instruction that followeth be diligently obserued.

Head veine safe. The Cephalicall or head veine is without danger, for that there is neither Arterie nor sinew nere it.

Median somwhat dangerous. The Median is somewhat perilous: for there lieth a sinew iust vnder it, which is to be regarded.

Liuer veine dangerous. *Basilica* or liuer veine is not without danger: for vnder it is placed both an Arterie and a sinew.

The Spleen veine. The Splene veine hath no other danger, but that it is small and hard to be pricked: and therefore shall the hand first be laid in warme water. But whatsoeuer is more to be said of these and the like other veines, shall immediately hereafter be declared.

Incision great or small. In this point all Phisitions do agree, that wheresouer is great store, and very thicke and grosse blood, there must the incision be made the larger, that the vapours & bad blood might the better issue forth: for if it be not large ynough, then commeth forth the thin and subtile blood, and that which is grosse and bad remaineth behinde. But if the patients be very weake, then of necessitie

necessitie must the issue be made the lesse, that their little strength be not ouerthrowen, and their vitall spirits let out.

## What is to be done before, in, and after the letting of blood. §. 5.

WHensoeuer thou dost purpose to be let blood, vse some fower daies before meats that are subtile, light and easie of digesture, especially if thy blood be grosse, thicke and heauie, that thereby it be made thinner, more flued and subtile, and so much the easier issue forth: neither is it amisse to bathe thy selfe two or three daies before, but not on the day appointed for letting of blood. It is also good in the precedent daies to vse the syrupes of vineger.

Note also, that thou be not phlebotomised presently after awaking out of thy sleepe, but rather two or three howers after it, and when thou hast walked before. All the learned Phisitions also do counsell (although it be against the common custome) not to open any veine, the patient being fasting, or not hauing eaten a new laide eg, and drunke a good draught of wine vpon it; then to be let blood, and three howers after to breake his fast againe: the cause whereof is, that when the stomacke hath taken a little foode, nature is most strong.

The member likewise, which is to be phlebotomised, ought first to be somewhat chafed and rubbed with warme clothes, that the humours thereby might be drawen thither. It is also not amisse to binde the member with a band: for that in like sort draweth the humours into the veines.

It befalleth oft in phlebotomie, that the blood by no meanes can be stenched or stopped: for the which thou shalt finde in the fift booke diuers approued remedies; but for the same is the powder of calcined or burned Vitrioll very highly commended, being cast vpon it.

If the patient chance to faint in the letting of blood, let him drinke a cup of good wine: for that reuiueth the vitall spirits, strengtheneth the hart, and refresheth the blood. Vse also for the same those things that do comfort the hart, which thou shalt finde in the second booke.

If the opened veine should swell and puffe vp, then boile Rue in the oile of Olives, and apply it to the veine. This also is very good to be vsed after cupping, if the place shoulde begin to rankle.

After the letting of blood the patient shall forbeare sleepe at the least sixe howers, and not eate in the time aboue specified, that the humours now stirred and troubled in the bodie, might be setled againe in the meane while. Afterwards, let him vse light meates, abstaine from milke or any thing that is made thereof, and then at the last commit himselfe to sleepe. Lastly, he is not to vse any thing either inwardly or outwardly, but that might warme and comfort the bodie, and to follow that most learned man *Ioachimus Camerarius*, who excellently and briefly obserued these rules after the letting of blood.

*Prima cœna die sit misso sanguine parca:*
*Lux abeat lætis aucta secunda modis.*
*Tertia sed placidæ debetur tota quieti:*
*Quarta & quinta sibi mollius esse volunt.*
*Balnea sexta petit: mox septima colligit auras,*
*Fertq; vagos circum rura nemusq; pedes.*
*Octaua amplexus dilectæ coniugis: & quæ*
*Antè fuit, vitam restituisse solet:* That is,
The first day not much meate be spent:
The second day to mirth be bent:
The third day vse thy rest and ease:
The fourth and fift eate what thou please:
The sixt day bathe in any case,
The seuenth walke from place to place:
The eight maiest thou lie with thy wife,
And after liue thy wonted life.

## What veines ought in euerie diſeaſe to be opened. §. 6.

SEeing that the bodie of man is euerie where full of veines, here ſhall now be ſhewed which of them ought to be opened for the eaſe of any one member, or for cure and helpe of any diſeaſe whatſoeuer. Firſt therefore ſhall be noted, that phlebotomie may be vſed in diuers parts of the bodie, partly as the diſeaſe requireth, partly alſo according as the veines are apparent. Amongſt others, there are fiue from the arme pit downward to the elbowe, with thoſe on the hand, that may be opened. The firſt is called *Cephalica*, the head veine: the ſecond *Baſilica*, in Latine *Hepatica*, the liuer veine: the third *Mediana*, *Cardiaca*, *Corporalis*, *Nigra*, *matrix*, and *Communis*, that is, the Median, hart, corpulent, blacke, mother and common veine. The fourth *Axillaris*, the veine of the arme pit: bicauſe in the armepit it moſt plainly appeareth. The fift on the beginning of the hand, which now is no longer phlebotomiſed. The firſt is alſo on the outſide of the hand betweene the little and the fourth fingers, which of the Phiſitions is called *Sceiles*, *Splenetica*, *Saluatella*, that is, the ſpleene veine.

The lower partes of the bodie (as the legs and feete) haue three ſpeciall veines. The one *Iſchiadica*, the hip veine: the other is *Saphea* or *Saphena*, the wombe veine: the third *Poplitis*, the knee veine, which is the iuſt middle veine. They are the ſpeciall veines that commonly are opened: of which, and others more, we will hereafter ſpeake at large.

## Of the Head veine *Cephalica*. §. 7.

THis veine is alſo called *Humeralis*, the ſhoulder veine, bicauſe it eaſeth all the veines that are aboue and beneth the necke, whenſoeuer it is opened. This veine being opened, it doth much helpe the headache called *Hemicrania*, madneſſe, and ſuch like, that proceede of an extraordinarie heate. It beginneth to appeare about the arme pits, and paſſeth along by the left arme.

To the end then that the reader might more cleerely vnderſtand and knowe, in what infirmities this veine may conueniently be opened, I will briefly rehearſe out of other places of this our booke, and ſhew when it is vſually opened: as for example; in Headaches with agues, heate and fluxes: in tumors of the arme pits: in the paines, inflammations, and apoſtumations, with other impediments of the eies: in frenſies or madneſſe, in the night mare or hag: in all accidents of the mouth and throte: in all rheumes, in hot agues with an infection of the lungs. Here maiſt thou perceiue and ſee manifeſtly, that this may iuſtly be called the head veine.

## Of the Liuer veine *Baſilica*. §. 8.

AMongſt all others is this liuer veine *Baſilica* the principalleſt, whoſe name is ſufficiently knowen, both in Greeke and in Engliſh. This being opened, vnburdeneth all the partes belowe the necke, as breſt, liuer, &c. of their ſuperfluous blood, ſo that if any of theſe be any kinde of way diſeaſed, it may by that meanes be recouered againe. It taketh hir beginning of the arme pit veine or *Axillaris*, and goeth downe to the elbowe. The diſeaſes, in the which it is vſually phlebotomiſed, are theſe: In tumors of the eies, in vnmeaſurable bleeding at the noſe, in whiſſing or ringing of the eares, in extreme melancholie, in rheumes with heate and agues, and in all infirmities of the lungs, in broken veines or varices of the breſt, in the panting or beating of the hart, in great faintneſſe, in ruptures, in bleeding of the hemorrhoides, in barrenneſſe of women that proceedeth of heate, in an obdurated or hardened liuer, in melancholie, in hot ſwellings of the ſtomacke, in obſtructions of the vrine, in impoſtumes of the wombe, in the paine of the hips, in the goute, in wrenchings of the ioints, in broken veines, in great inflammations, in the pore, and in the meaſles.

Of

## Of the Median or middle veine. §. 9.

THis is for the most part of all our Phisitions and Chirurgions called by the Latine name *Mediana:* bicause it lieth betweene the abouesaid veines, and taketh his beginning also from them both. This being opened in all infirmities doth most good, for that it easeth both the vpper and the lower partes of the bodie; for which cause it is called *Vniuersalis*, the common veine, and not as some suppose, bicause it commeth from the hart. Here is to be obserued, that if the head veine or *Cephalica* should be opened, and it no where appeareth; in stead of it the Median shall rather be vsed, than the Liuer veine: likewise if the Liuer veine be not seene, open rather the Median, than the head veine. As for example; this veine is conuenientlie opened in swolen eies, bleeding at the nose, outragious melancholie, hot rheumes, panting of the hart, ruptures, to procure childzen in women of hot complexions, bleeding of the hemorrhoides or piles, and to procure the flowers in women, &c. by which euerie skilfull man may guide himselfe.

## Of the armepit veine *Axillaris.* §. 10.

THe fourth veine is called (as is aforesaid) *Axillaris:* it is a branch of the great Liuer veine, called *Vena caua*, the hollow veine, which commeth from thence into the armes, and sheweth it selfe in the bending of the arme. It hath great correspondence with the head veine, as is already sufficiently shewed. After the same sort it is with the fift, which is on the end of the arme: so that all that hath beene said before, and which shall be said hereafter of the Splæne veine, the very same may be said of these two.

## Of the Spleene veine or *Saluatella.* §. 11.

THe first principall veine lieth betweene the little and fourth fingers, on the outside of both hands. It is oftentimes opened, bicause it cleanseth the splæne, liuer and brest, cleereth the voice, preserueth the internall partes, but specially the stomacke and mouth from all accidents whatsoeuer; easeth the paine of the hart, and taketh away all the superfluous blood of the before named inward partes. The later Phisitions make this distinction: they call this veine on the left hand *Splenetica*, the splæne veine; and on the right hand *Saluatella:* for this cause haue diuers opened that on the left side, letting it bleede, till of it selfe it stanched, supposing thereby to heale all infirmities of the splæne. It is also opened in blood spittings, in obstructions of the splæne, and in the French pore. That on the right hand in infirmities of the liuer, in shaking palsies, in contractures of the mouth, in all manner of stitches, in the goute, in the pocks: and in fine, almost in all other diseases.

## Of the Hip veine. §. 12.

AFter the description of the veines that are in the armes and hands, it followeth now to treate of the three principall veines apparent in the legs & feete. The first and vppermost of them is called in Greeke *Ischiadica*, and in English the hip veine. It is commonly opened vpon the left foote, thereby to drawe the blood downwards, and to ease all the maladies of the same side, of the kidneies, of the wombe, and such like: also to make the piles bleede, to helpe the paine of the hip, to cease the raging of the goute, if it be opened hard by the little toe, although it specially appeere vpon the ankle on the outside of the leg.

## Of the wombe veine or *Saphena.* §. 13.

THis commeth from the great liuer or hollow veine, and descendeth from the foreside of the leg downe to the inward ankle, where it very manifestly appeereth: for the which cause also it is called *Manifesta*, the apparent or manifest veine, otherwise *Saphea*, and not *Saphena*. This is especially opened, to drawe the blood downwards, from the prime partes

of

of man, from the wombe in women, in sore eies, in madnesse, in the palsie, in the night mare, falling euill, blod spittings, womens flowers, and barrennesse of them, in the suffocation of the matrix, or the rising vp of the wombe or mother, in the goute, and in the plague.

## Of the ham or knee veine. §. 14.

THis also is a Median or middle veine, which descendeth downwardes thorow the calse of the leg into the sote, as the Median of the arme doth into the hand: and it is more méete to be opened to the aforesaid infirmities, than either the hip or wombe veine, bicause it is nérer adiacent to the wombe with hir annexed partes than either of them, and therefore draweth with more force.

## Of the veine in the forehead. §. 15.

IN the middest of the forehead is also a very apparent vein, which vsually was opened in all parts of the hinder part of the head & necke, although it haue continued very long; also in all paines of the eies: but first of all ought the head veine to be opened. It is also vsed in the frensie, night mare, and palsie.

## Of the veines of the eies. §. 16.

THese little veines appéere in the corners of the eies, hard by the nose vpwards toward the forehead. They are commonly opened in inflammations of the eies: but first of all open the veine of the head.

## Of the veine in the temples of the head. §. 17.

IN the temples of the head are veines, which some men do counsell to be opened in the paine of the eies, if the same procéede of hot humors or windynesse, as is before said. But it is not without great danger, bicause there is an arterie hard by it which easily may be felt. The same may be said of the veines behinde the eares, which also are very commodiously opened in great paines of the head, as *Hemicranea*, in a continuall paine and swimming in the head. But *Auicenna* supposeth, that such as vse it, thereby are made barren or vnfruitfull.

## Of the veine vpon the nose. §. 18.

IN like manner also is there a veine vpon the nose close by the forehead, which may be opened: but first must a towell or napkin be tied hard about the necke and throte, that the veine may swell or puffe vp, and be the better séene.

## Of the vaines in the lips. §. 19.

THese are opened in all putrifactions and rottings of the gums, and many other infections of the mouth: but not before the head veine.

## Of the veines of the almonds or kernels in the throte. §. 20.

THere be fower of these veines apparent, the which being opened, helpe very greatly in all rheumes and defluxions, as also in the tothache, but it is not good to open them, but when the rheume beginneth to fall.

## Of the veines vnder the toong. §. 21.

VNder the tong also are some veines, which in dangerous diseases may well be opened, and especially in the squinancie, and in all other flegmaticall tumors of the throte, in the night mare, and all maladies of the tong.

Of

### Of the veines of the necke. §. 22.

TO conclude, there be certaine veines in the necke called of the Arabians *Guingedes*, which vsually were opened in the beginning of the leprie, in the paine of the throte, called *Angina*, in shortnesse and oppression of the breth, impostumes of the lungs, in affections of the splæne and sides. Thus ending this Chapter of the opening of all kinde of veines: we will treate of boring or cupping, which also is greatly commended in phisicke.

## *The ninth Chapter.*

## Of Cupping.

THis is the second meanes whereby the abundance of blod in mans body is diminished. *Galen* did so highly esteeme of it, that he termeth it a pretious helpe, and commendeth it in many diseases, but especially where flegme and windinesse doth exceede. He ascribeth vnto it the attraction of humors, ceasing of paine, diminishing of flegme, dissipation of windynesse, to prouoke hunger, to withdrawe and to stay rheumes, & to stanch bleeding. He aduiseth also to vse it in a great paine of the belly proceeding of winde, as the most true and present remedie, namely, to fasten a great bore or cup on the place pained, and often to renew it: for thereby is the winde maruellously drawen forth and dissipated: and not onely for this, but for the hardnesse and other accidents of the splæne, but without picking or opening of the skin. But note, that this boring or cupping ought not to be vsed, except the patient haue first of all thorowly bæne purged: otherwise it doth drawe the superfluous humiditie, which lieth dæpe vnderneath, outward to the skin. These bores also are not to be set iust vpon the place affected, but hard by it thereabout, that by them the matter might be dissipated and withdrawen. As for example; if a woman had too many of hir flowers continuing, the cups or bores shall be set vpon hir brests. In too much bleeding at the nose, vpon the nauell, and so in more other places contrarie still to the course of the blod, or else vpon the veines, whence the cause proceedeth: likewise to prouoke or moue the termes in women, the cups shall be fired vpon the thighes: in sore eies, behinde in the necke, as in many places in this booke shall be shewed. Thus much for the cupping without opening the skin.

But if thou wilt open the skin also, as commonly is vsed in diuers partes of the bodie, and especially in any hard tumor or *Schyrrhus*, or other swellings with a great distention and paine: in like manner when thou wilt drawe the *peccant* matter from the infected place to another: as to remoue headache, the cups are fired on the caues of the legs with opening of the skin: which also is done if the termes or flowers in women be staied, and in such like other accidents, as hereafter in this booke at large shall appeare.

## *The tenth Chapter.*

## Of the diminishing of the blood by Horsleaches.

THe third meanes whereby the blod is drawen forth of the bodie, is that blod sucking water worme, which the ancient Phisitions by their experience for the helpe of man haue found out. These Horsleaches are of diuers and sundrie colours, some black, some red, some greenish, and of many other colours. They are all of them somewhat venemous, but especially those that be partie coloured with greene stripes, big, and liue in standing poles, which altogither are to be auoided. Others that appeare in May, and most of all about none, abide in other poles and waters where also they are taken: How to prepare them for to vse, hath bæne shewed in the six Chapter.

Before they be fastened, the place must first be well chafed, with water moistened, and well scratched with the nailes; then take they the better holde. When they are fast, annoint the place with

with warme oile that it cole not: and if they be fixed to either hands or feete, then put that part into lukewarme water, wheron they be faltened: but if they drawe or sucke not strong ynough, clip off a little peece of their tailes, that the blod may passe thorow them; for they will not leaue sucking for all that, vnlesse a little salt or a few ashes be cast vpon their heads, or that they be stricken on the head with a little wand or rod, or that they be burnt with a ware candle. After they be fallen off, thou shalt fasten a bore or cup vpon the same place, to drawe out the remaining blod and venome, or else moisten it with a warme sponge: and if it continue bleeding, cast some meale on it, and lay sheepes woll dipped in oile vpon that, or some other thing; as in the fift part of this boke is taught how to stanch blod.

Here is also to be obserued, that these Horseleaches do not drawe the blod out of the inward partes of the bodie, but onely that which lieth in the flesh thereabout, so that they can onely be vsed in place of bores, and especially in blacke melancholie blod, which by nature they onely suck forth. And this is all the difference betweene the vse of them and of cups.

In the application or fastening of Horseleaches, they must be put into a quill, reede or cane, that they take hold of no other place, but where they should.

It is furthermore well knowen, that great store of superfluous humidities are expelled by baths, sweate, rubbing, vomiting and such like: but bicause these things must be altered, augmented and diminished according to the estate of the person, great heede ought to be giuen, what here and there in this boke is spoken of them.

*The eleuenth Chapter.*

## Of the sixe things not naturall, called of the Phisitions *Res non naturales.*

THe cause why we make no mention of these sixe things is, for that by them a generall rule of the life is to be obserued: but most of all in the time of sickneſſe, when euerie one, according as necessitie requireth, is taught what order is to be kept in euerie of them.

The first is aire, to wit, what aire ought to be elected, what to be refused, and if neither of these may be, by what meanes to correct it.

The second is mouing or motion, which is not a little to be regarded, bicause some diseases require much mouing, others little, and some none at all.

The third is sleepe and watching, which is of no lesse account, than motion.

The fourth is fulnesse and emptinesse, which teacheth what order is to be followed in meate and drinke, as also in hunger and abstinence: the meanes also to restore that which either is wanting in the one, or in the other.

The fift, the accidents or motions of the minde, as anger, feare, gladnesse, sorrow, loue, hatred, &c. which oftentimes cause great change and alteration both in sickneſſe and in health.

The sixt is meate and drinke, which is meete for euerie disease, which vnmeete. Of the which in euerie particular disease, seuerall instructions shall be giuen: this generall rule presupposed, that no man diseased shall ouerlade his stomacke with meate or drinke, except it were to vomit it vp againe. It is also better to eate thrice a day and a little at once, than but twise abundantly.

If of all these things thou wilt haue a more iust explication, loke in the second part of the whesing and stopping of the breth, by the which thou maiest also rule thy selfe in other infirmities.

Furthermore whatsoeuer might be said of the fower complexions or humors in mans body, as Blod, Choler, Flegme and melancholie, with their incompassed mixtures called *Intemperies*, which are eight fold, and what else doth appertaine vnto them, shall sufficiently as opportunitie serueth, hereafter be declared.

An

*The twelft Chapter.*

## An explication of all the weights and measures which commonly are vsed in Phisicke.

THere be two sortes of pounds: the common pound conteineth sixtéene ounces, but the phisicall pound hath but twelue ounces. It is abbreuiated thus lib. but to auoide all errors, we haue set downe the worde pound: and where a phisicall pound was ment, there are twelue ounces specified.

An ounce conteineth eight dragmes, which euery where is noted by the name ounce.

Halfe an ounce is fower dragmes, which is noted by the Phisitions and Apothecaries with this marke ʒ.ß. which might breed error, and therefore do we set the name of halfe an ounce.

*Dragma* is the eight part of an ounce, which we write thus dragme or drag. least by the character some error might be committed.

*Scrupulus* is the thirde part of a dragme, and shall be written after this manner, scruple or scrup.

*Granum* a graine is the weight of a barlie corne, whereof twenty do make one scruple: but bicause that barlie cornes are bigger in one countrie than in another, thou shalt in stéede of them vse pepper cornes, and so take twenty of them for a scruple. This shall be noted by the name graine.

*Manipulus* is a handfull of herbes, flowers or séedes: and this shall be marked thus with an M. and halfe an handfull, which is called of the Apothecaries *Pugillus*, shall be noted thus, halfe M.

Measures of water, honie and such like liquors do we estéeme euery wine pint at eightéene ounces.

Note also, that if thou happen to finde any vnknowen name or word in this booke, either in Latine or English; that thou shalt finde it in the table or *Index* at the end.

After all these instructions we will by Gods grace come to the principall, and beginning at the vppermost part of the bodie, that is the head, and descend downward to the fote.

The most high Phisition God our most déere father, through Iesus Christ our onely Sauiour, giue vs his blessing and grace to finish it.

The end of the Introduction.

# The first part of this booke conteineth the Head with all *the parts thereof, to the very necke, as Face, Haire, Beard,* Scull, Braine, Nose, Eares, Lips, Mouth, Toong, Teeth, Speech, &c. with all such accidents as are incident vnto them, and their appropriate remedies.

## *The first Chapter.*

## Of paine in the Head.

THere are many paines of the head, by the Arabians commonly called *Soda:* which as they proceede of diuers causes, so do they also differ in nature. They are deliuered vnto vs either in particular, proper, principall, or vniuersall affections, vnder which all the other are comprehended, as *Cephalalgia, Cephalæa, Hemicrania,* and *Congelatio.*

Of giddinesse of the head, falling euill, dead palsie, and such like infirmities shall be spoken hereafter, where we intreate of the braine: for that these and diuers other diseases are caused for the most part of a debilitie and weaknesse of the braine.

Of all outward accidents, as blowes, bruises, wounds, and fals on the head, shall be shewed in the Chapter of the braine pan or scull.

Cephalalgia. *Cephalalgia,* by the Grækes so termed, is such a disease, that almost affecteth the whole head: which sometimes is very violent, otherwhiles more tolerable, and either continueth long or passeth ouer spædily.

Cephalæa. *Cephalæa* is an intolerable headach, which (notwithstanding that it hath some communion with the aforenamed *Cephalalgia*) doth maruellously weaken all the powers of the head, and at sometimes ceaseth, seeming as though it would not returne againe, yet (in manner like vnto the falling sickenesse) by fits returneth with such violence, such noise in the eares, such beating in the forehead, such thrusting forth of the eies, and finally with such swelling vp of all the veines of the head, that both hearing and sight thereby decaieth: yea taketh diuers with that extremitie, that it seemeth vnto them, as if something did beate on the inside of their head with a hammer, and would rent and teare their head asunder. This ache sometimes commeth in the sinewes of the eies, and doth opilate and harme them greatly, and at the length induceth blindnesse altogither: and albeit, this affection of the head oft times groweth of a light and small cause, yet procureth it diuers times very heauie and grieuous accidents.

Hemicrania. *Hemicrania* is also an headache, wherewith either the right or the left side, the backe or forepart of the head is infected: it taketh commonly the one side of the head, euen from the middest of the forehead, and so passeth thorow the boll or concauitie of the skull to the very backe part of the head. It doth also very often so disease the eies, that it perisheth the sight of them: insomuch that this paine is so like to the aboue named *Cephalæa,* that *Galen* and many others do not onely describe them both togither, but vse also one and the selfesame remedies for them both, as hereafter may appeere.

Congelatio. The fourth kinde of headache is *Congelatio,* as it were a colde nummednesse: this proceeding from the backe part of the head taketh away all sense and feeling of the patient, and therefore it is not vnlike vnto that heauie and drousie disease *Lethargus,* and *Stupor,* wherein also the affected bodie is suddenly depriued both of sense and feeling.

Of

## Of the causes of headache. §. 1.

THe common causes of headache in generall, are innumerable: as heate of the sunne, bathings, change of aire, a continuall south winde, a strong sent of spices, whether they be hot or cold by nature; also the smel of wine, drunkennesse, stinking meate, garlicke, onions, mustard, strokes, or blowes, bruisings or great motions of the braine, sleepe presently after dinner, much bleeding, wormes in the eares, nostrels, or stomacke, choler in the stomacke, fumes and vapours out of the same, too much repletion of the stomacke, *Intemperies* or vnnaturall mixture of the humours, with many more, which for breuities sake we omit, and will treate of more necessarie matters. But for the most part (as hath already beene said) this paine in the head proceedeth of the intemperature of the lower humors, namely of blod, choler, flegme and melancholie. The Phisitions haue found out eight kindes of this intemperature with their appropriate and due remedies, as hereafter at large shall be shewed. As concerning the aches and paines of the head, we do diuide them into hot or cold aches, in which all others that we purpose to treate of, are comprehended, and so begin with the hot paines of the head.

## The signes of a hot headache that proceedeth from choler. §. 2.

IN this kinde of headache are these common signes, belching or breaking of winde vpward with lothsomnesse and thirst, drithe of the mouth, tong, and nostrels. The paine is pricking, sharpe, and rather in the right, than in the left side of the head, heate ouer all the bodie, but especially in the nostrels, no appetite, no sleepe, the pulses hastie and quicke, the vrine reddish, the face yellow. The surest notes are, if the time of the yere be hot and drie, the patient yong, and hath vsed those things that procure heate and drithe.

The causes and signes then being knowen, now follow the first and especiallest meanes to ease it, namely in shunning those things that in any way might either procure or continue it, as hot wines, the sent of hot and strong things, the vse of meates hot in operation: then to begin (not onely in this, but in all other infirmities whatsoeuer) with the easiest remedies at the first, and most of all if this hot paine of the head be but new and of no continuance: at which time, to delay the heate, thou maiest safely vse these things that follow.

## Applications, ointments, plaisters, lotions.

OXyrrhodinum applied outwardly, is greatly commended, that is, oile of roses, water and vineger of roses, of each a like quantitie: in this mixture, dip double linnen clothes, and lay them so cold and wet to the forehead, from one temple to another, and as often as it drieth, must it be refreshed againe: others make it stronger thus: Take of Rose water fiue ounces, of Melilot water fower ounces, water of Nightshade two ounces, Oile of Roses one ounce and a halfe, Rose vineger one ounce: vse it as the other before. These two compositions, by reason of the oile and vineger of Roses which are in them, are called *Oxyrrhodina:* vnto which (if the heate be very extreme) thou maiest adde one dragme of Camfere. Also take the white of an eg well beaten, Rose water one ounce, water of Elder, and Fennell water, of each halfe an ounce, fiue small Nuts well beaten in a mortar, a little Saffron: Lay this to the forehead with wooll. Another that is more stranger: the water of the white water Lilie, water of Endiue, of each three ounces, red, white, and yellow Saunders, or one of them, of each one dragme, beaten Rose leaues halfe a dragme, beaten Camfere halfe a dragme, mixe them all togither, and vse them as is aboue shewed. This coleth greatly, and easeth the paine of the head.

The

## The ointment of Roses described by *Mesues*.

TAke fresh or new hogs grease, as much as thou wilt; wash it very often with warme water; afterwards with colde water: then take as many Roses in weight as thy grease waieth, beate them both togither in a mortar, let them so rest the space of seuen daies: then straine it thorow a cloth, and beate as many Roses with thy grease as before, and so let them stand other seuen daies; straine them againe, and adde to thy grease, halfe the weight of the iuice of Roses, and the first part of the oile of swéete Almonds, and boile them togither vntill all the iuice be consumed, which thou shalt knowe thus: Put one or two drops of it into the fire, where if it make no noise or hissing like vnto water, then it is sufficiently boiled: then take it from the fire, stirring it continually with a woodden pestell, vntill it waxeth stiffe and white: some adde a little *Opium* vnto it, to make it cole the more; but it is needlesse: for if it be necessarie, thou maiest adde it at all times afterward. This ointment is an especiall good remedie in *Cephalalgia*, and heate of the head, it staieth flegmaticall rheumes and flegmons, it mitigateth the canker, it is also good for the heate of the stomacke, liuer, kidneies, &c.

## A cooling vnguent, *Infrigidans Galeni*.

TAke two ounces of white or virgine waxe, melt it easily, and wash it often with faire water, and at the last with white vineger: then adde vnto it fower ounces of the oile of Roses, which also hath béene washed as before. It may also be made vp in forme of a plaister or *Ceratum*. It easeth both the heate of agues and of the head, being applied to the forehead and temples: it is also very good against the paine of the kidneies. If thou wilt vse it for paine of the head, melt it on a little fire, then wash it with vineger and with the iuice of Plantaine and Nightshade, annoint the forehead with it, especially on those seames of the scull: then lay Vine or willow leaues vpon it, and thou shalt finde great ease. To the same intent is the Poplar vnguent or *Vnguentum Populeum* also vsed, which is found readie made in all Apothecaries shops. Likewise take Rose leaues, Willow leaues, water Lillies, Mallowes, of each one handfull, boile them in water, and irrigate thy head with it. Also take Violets, Barlie beaten in a mortar, beaten Gourd sédes or the barke of Gourds, Poppie heads, sédes of Hollihocke, Purslaine sédes, Lettice sédes, of each one handfull: boile them in water, and let the decoction being warme drop from on high vpon thy head. Note also that if necessitie and the violent paine should require stronger remedies, then vse the iuice of such herbes as are colde and drie, as of Plantaine, of Shepheards purse, of Night shade, of Houslécke, of Pomegranates, and in the greatest extremitie adde a little *Opium* vnto it, of Henbane: adding the iuice of Southernwood or of Poppie vnto it, and applying them to the head as is aboue said. Here is also to be obserued, that these stupefactiue or narcoticall things are not to be vsed, but onely in the greatest extremities. Neither may any such cold remedies be adhibited to the backe part of the head, but only to the forehead. In fine, whersoeuer these & such like may be omitted, there are they not at all to be vsed: notwithstanding if the extremitie be such that no other remedies would serue the turne, & any danger might ensue of any obstupefaction or numming of any one part, this shall be somtimes vsed: Take the wood of *Cassia* small beaten one dragme, mixe it with oile, and drop it into the eares and nostrels: and if peraduenture the patient should lose both sense and feeling, then mixe halfe a dragme of Beuer Cod, a scruple of Saffron, and a little oile of Oliues or rather oile of Chestnuts togither.

Also make this emplaisters: Take of the Vine buds, beate them smal, and adde as much oile of Roses and Barlie flower as shall suffice: then lay it plaister wise to the forehead: in the want of Vine buds take Houslécke, or the iuice of Nightshade, of Shepheards purse, or of Lettice. Or else take yellow Saunders, Roses, water Lillies, of each halfe an ounce, Camfere one scruple, *Spica* of India halfe one scruple: wet them togither with Rose water, boile them, and receiue the vapours at your nose through a funnell: likewise take Roses, the blossoms of the Pomegranate trée, shels of Pomegranates, sédes or berries of the Mirtle trée, shels of Citrones, of each one dragme, Agarick as much; boile them in ly a little while, and wash the head with it.

This

This coleth, drieth and strengtheneth the braines. Otherwise take Venice hard or cake Sope, slice it small into a flat earthen pan, powre a good strong ley vpon it, couer it with a linnen cloth, and set it in the warme sunne, while the Sope be molten: stir it oftentimes till the ley be euaporated or dried away, then put Rose water vpon it, and let it drie againe; this reiterate so often till the Sope haue lost hir strong and vnsauorie smell, and imbibe the sweete smell of the Rose water. Take of this prepared Sope one pound, white or yellow Saunders, Roses, of each halfe one ounce, water Lillies two dragmes, Camfere one dragme, being all beaten to powder mixe them with the Sope, and make it vp in little cakes, drie them, and reserue them for thy vse.

## Of the paine in the head with agues, and laske or flixe of the bellie. §.3.

Whereas this paine of the head is oftentimes cause of diuers other maladies, it shall not be amisse to describe that headache which raigned in the yeere of our Lord 1564. in Mosbach, and in the whole Dukedome of the Palsgraue of Rhene: at which time I compiled this present worke.

This paine began with a shiuering colde, presently ensued an ague with a little heate, but with great drithe and thirst, which continued about one fortnight or more. It returned vnto diuers, after they had been cleere of it a moneth or twaine, and that twise or thrise togither: others were intolerably troubled in the head, and some so vehemently vexed with a flixe of the bellie without blood, that it could by no meanes be staied, yea they oftentimes very miserably perished with it.

In this headach were these remedies found very effectuall and good. First, if nothing do dissuade from it, thou shalt open the head veine, especially if the patient be yong, full of blood, and be of bodie strong and able ynough to beare it. Children shall then purge with easie medicines, as *Cassia*, *Manna*, sirupe of Roses, Sene leaues decocted with some coling herbes. The bigger sort shall be purged with sharpe pils and other purgations, if they haue no laske withall: and if nothing else could be had out of hand, thou shalt make this decoction or drinke: Take Sene leaues one ounce, Cinnamon, Annise and Fennell seedes, Currans, of each as much as thou canst hold betweene two of thy fingers, Licorise the length of thy finger, if it be a thicke sticke take lesse of it, one fig, both cut small, sweete Marioram, Rosemarie, as much as thou canst take vp betweene thy fingers, Sugar one ounce: boile them all in a quart of water, till halfe be consumed: of this giue to a childe to drinke two ounces, to an olde bodie fower ounces, to a strong bodie maiest thou boile halfe an ounce of Sene leaues with it. For women and children to be bored on the shoulders and legs is very good, or to rub their arms and legs with warme clothes downwards. It is also good for them to bathe their feete in the decoction of Cammomils, Roses and Betonie. Wines of all sorts must be shunned in this infirmitie, and all things that are hot, as Spices, Onions, Garlicke and such like: for daily drinke take two handfuls of Barly, Annise seedes halfe an ounce, Raisins one ounce and a halfe: boile these togither in a pottle of water, till the Barly do burst: then ad ʒ. drag. of Cinnamon, grossely beaten, and let it boile a little, and so cole. Seeing then this sickneese prouoketh thirst, thou maiest not altogither bar the diseased from any kinde of drinke, but let him take ynough of the prescribed decoction, with the sirupe of Roses, of Violets or of Citrones admixed. Thou maiest also giue him the conserue of the same flowers, with the water of Endiue, Succorie, Borage and of Lettise, for that it doth comfort the hart. For his meate he shall commonly vse French Barly boiled with a hen in broth, veale, kids flesh, or stewed Prunes, and such like light meates. But if a flixe or loseneese in the bodie be adioined to the former infirmitie, the affected partie shall in any wise take great heede of such light and losing meates: and onely vse rosted veale, pullets rosted, and other small birdes, stewed Quinces, or any such like thing. Or if he would haue any other meate dressed, it shall be done with stilled water, which is made as followeth: Take as much faire water as thou wilt, set it on the fire, and cast a good peece of steele into it, being made first red hot three or fower times togither: then let the water cole, and vse it as thou wilt. In like sort also maiest thou prepare water of iron, of gold, of siluer, and of flints for the same purpose: thus is wine, the milke of a cow and of goates also steeled.

But to come to our purpose againe: as long as this loseneſſe of the bodie doth continue, thou ſhalt annoint the ſtomacke twiſe a day with the oiles of Maſtix and of Quinces. If it be about the time of the yeere that Sloes be ripe, take as many of them as you pleaſe, put them into a pot, and powre boiling water vpon them; ſtop or couer them very cloſe: giue vnto the infirmed bodie three or foure of theſe a little before his meate: noting alwaies that in foure and twenty howers he vſe not aboue twenty of them at the moſt.

Contrariwiſe, if the bodie be bound, thou ſhalt ſeeke by all meanes thou maieſt, to loſe it: otherwiſe many vapours aſcend vp into the head, and there augment both the heate and the paine, yea oftentimes bereaue the patient of his wits. Wherefore firſt of all thou ſhalt trie to open the bodie by ſuppoſitories, which if they will not ſuffice, vſe common Cliſters, which hereafter in the third part for the binding and ſtopping of the bodie are preſcribed. Otherwiſe, if theſe do not pleaſe thee, vſe ſome cooling purgation, or elſe that purging potion aboue deſcribed. There be aboue ſet downe many vnguents, Salues, and waters, but all are very good for the paine of the head. But in this kinde of headach, this remedie that followeth is expreſſly preſcribed: Take of the water of Lettice, Nightſhade, and of Houſleeke, of each two ounces, water of Cammomill an ounce and a halfe, good ſtrong vineger one ounce, Camfere beaten foure graines: mixe them all togither, or take Roſe water, Roſe vineger, Melilot water, Betonie water, of each, or of as many as are to be had, what quantitie thou pleaſe, wet linnen clothes in them, and lay them to the forehead.

In this infirmitie oftentimes is both the tong and throte very rawe and ſore, by reaſon of the great heate; for the which looke the remedies that are ſet downe in the Chap. 13. §. 6. of this firſt part, for the infirmities and heate of the tong: and the gargariſmes for the paine in the throte in the firſt Chapter of the ſecond part.

The ſirupe of Mulberies with Plantaine, Knotgraſſe, and Selfeheale waters admired, conduceth and helpeth very much: likewiſe, take the ſeede of Quinces, and the ſeede of Fleawort: then take a little ſticke, and tie to the end of it a little Scarlet or linnen cloth with one dragme of theſe ſeedes in it, ſteepe it in the water of Selfeheale: when thou wilt cleanſe thy tong, rub it eaſily with that cloth ſo ſteeped: it cleanſeth, moiſteneth, coleth and healeth all the chops or cliffs in it.

To comfort the hart, vſe *Manus Chriſti* with Pearles, conſerue of water Lillies, Pomegranates, preſerued Citrons, and others ſuch like.

This binding water hath done very many much good; Take a hot wheaten loſe new taken out of the ouen, take out all the crum of it, put a good quantitie of ſteeled water vnto it, with one ounce and a halfe of Nutmegs, ſtop it cloſe, and let it ſo ſtand one whole day in a warme place; then ſtill of the water in a glaſſe Lembecke: giue of this to the patient euery morning two ounces, and let him faſt two howers after it: two howers after his meate, giue him as much more, not forgetting firſt to warme it alwaies, and let him then faſt till night. The third potion or draught he ſhall take the next morning faſting (as before) after the ſame, this is not onely in this kinde of flixe, but in all other flixes experimented and approued. Note alſo, that if the flixe be without heate, thou maieſt take red wine in ſtead of the water; for then will it be of better force and vertue.

## Heate of the head with melancholie. §. 4.

This infirmitie is deſcribed by theſe ſignes following: the paine is not ſo great as the former, but with a dizineſſe and ſadneſſe; the heate is more euident in the left ſide of the face than in the right, it cauſeth diſquietneſſe, and albeit the ſicke ſometimes taketh reſt, yet it is an vnnaturall ſleepe, it maketh the affected faint harted, fearfull and carefull, the colour of the face is red and blew, with a ſower taſte in the mouth if the patient be olde, if it be about the Autumne, then are the ſignes the ſurer. Thou ſhalt vſe thoſe remedies for this maladie which are preſcribed againſt melancholie, as ſufficiently ſhall appeere hereafter. Alſo vſe this Cliſter: Take Mallowes, Violet leaues, Bugloſſe, Fumitorie, Bran, of each one M. Polipodie, *Epithymus* or Dodder, of each one dragm. boile them togither in a ſufficient quantitie of water, take twelue or ſixteene ounces of this decoction, oile of Oliues, three ounces. Stonger Cliſters

ſhalt

thalt thou finde elsewhere described. Thou maiest also make these or the like suppositories: Take Coloquint, Salamoniacke, of each one dragme, Dre gall two dragmes, sodden or boiled honie three ounces: make them reasonable thicke and long: they are very effectuall and strong.

## Headach proceeding from emptinesse of the stomacke. §. 5.

IT befalleth oftentimes, that this headach vexeth many euery day, especially before they eate or drinke any thing, and presently after meales departeth; wherefore to auoide this emptinesse of the stomacke, thou shalt euery morning take one bit of bread dipped in vineger, or in the iuice of Pomegranates, or veriuice.

## The order of diet in hot headaches.

THose that are troubled with a headache that procedeth of heate, must altogither abstaine from wine, as hath beene already said, and not eate any flesh at all or very little: for both of them do ingender much blod. Their meate must be things colde by nature, as Lettise sodden and stewed, Spinage, Purslaine, Panadoes, broths, beere & bread sodden togither, Apples, and Peares stewed, broths of veale, of hens, being sharpened with a little veriuice. Their drinke shall be small beere, whay of milke, Barly water, with a little of the iuice of Pomegranates or Limons.

## Of *Cephalæa* and *Hemicrania* certaine paines of the head. §. 6.

IF this headache do come with quicke and hastie puls, and with heate, then shall it seeme good first of all to purge the bodie: and if the circumstances of the infirmitie permit it, the patient shall vse this lenitiue medicine, which is thus prepared: Take of the greater and lesser Endiue, Lettice, of each one handfull, Poppie heads, two ounces, seedes of Melons, Gourds, Cucumbers, and of Pompions, of each two dragmes, grosly beaten halfe an ounce; Violets, Roses, white and yellow Saunders, of each two dragmes: boile them all in a sufficient quantitie of water, till the third part be consumed, then adde twelue ounces of Sugar, boile it to the consistence of a sirupe, and then clarifie it with the whites of egs. Of this giue to the sicke one ounce and a halfe at once, with the water of Borage, or Endiue, or Buglosse: vse this three or fower times euery morning.

Because there is a great vse of sirupes in this booke, I will now shew and set downe the perfect order and way how to make and prepare them. First see thou haue fresh and cleere water, with which thou wilt make thy sirupe: put into it those things first which are hardest, as rootes, woods and such like, let them boile as long as thou wouldest seethe a couple of egs: then cast into it thy seedes grosly beaten, then thy herbes being cut, after them thy flowers and Currants: let them boile well togither, that their strength may come forth, and if *Epithymus* be one of the ingredients, let it be put in last of all, and when it is sodden sufficiently, adde thy hony or sugar vnto it, and clarifie it with the whites of egs, as hath beene taught in the Introduction, namely, in the clarifying of Sugar: after this manner maiest thou also deale in the purifying of honie. How to make sirups.

But to come to the purpose againe; thou shalt note that if the choler be supple and thin, then shalt thou take sirupe of Endiue, of Violets, of water Lillies, of each three drag. admixed with the aboue named waters: if the choler be grosse and thicke, then take in steade of the sirupes, the like quantitie of *Oxysaccharum compos. Rasis* counselleth to giue this purgation after it: Take Damaske Prunes ten drag. fower Dates one ounce: boile them in a sufficient quantitie of water: in this decoction steepe the rinde or barke of yellow Mirobalans two dragm. grosly beaten, the next day straine and presse out all the liquor, and giue three or fower ounces of it in the morning. Others boile Violets and water Lillies, of each one ounce, Stechas or French Lauander, two ounces, with halfe an ounce of Mirobalans: this alwaies giue at the first. They are both of them easie and safe purgations, for which cause also it is found good sometimes (according to

nede) to adde three graines of *Diagridium* to them, or else to mixe with them of the conserue of Prunes, or of *Electuarium de succo Rosarum*, three dragm. Also in stead of the foresaid potion or drinke, thou maiest vse this confection that followeth: Take of both the confections before named, of each halfe an ounce, sirupe of water Lillies as much as sufficeth to mixe them withall, and cast some Betonie rootes powdered and a little Sugar vpon it.

Likewise if thou hadst rather vse pils: Take two dragmes of Rhubarbe, Mastix one scruple, Scammonie halfe a dragme: make pils of them with the iuice of Rue, or with wine, and take a dragme at one time of them.

For the same purpose are sower Dates approued to be an especiall good remedie, and may in this hot kinde of headache very safely and with very great effect be adhibited. But thou must take three or fower ounces of them at once, as thou maiest behold their description and vertues in our Introduction. This manner of purging is set for an example, which according to the circumstances both of the disease and of the diseased, may either be changed or vsed at pleasure.

The bodie then being purged, the oile of Roses, or of water Lillies shall be dropped, or by some other meanes put into the patients nose, and let him smell to Camfere, Rose water, or the water of Violets. Or take oile of Violets, of Roses, of water Lillies of each halfe an ounce, Camfere three graines: rub them well togither, and put them into his nose.

In like sort also take oile of the seeds of Gourds, Willow leaues, and oile of Roses, and vse it as before: likewise in place of the foresaid oiles, thou maiest vse cooling herbes, as Nightshade, Houseleeke laid to the forehead with towe and double linnen clothes. Also to the same end is womens milke mixed very well with the white of an eg, and so laid to the forehead especially approued: or let the patient bathe & rub his legs with the decoction of Vine leaues, water Lillies, Violets, Gourds, Cucumber, and Melon leaues; and if for all this the paine would still increase, thou maiest mixe two or three graines of *Opium* or Camfere with it, and often iterate the dropping of the oile of Willow leaues into the eares and nostrils: for this purgeth the head greatly. But see thou forget not that which before hath beene said *de Narcoticis* and obstupefactiue things.

A sweete ball for the headache approued: Take Violets, water Lillies, Willow leaues, Roses, of each one ounce, Camfere two graines, beate them all togither, and binde them vp togither in a fine peece of silke or linnen cloth, and wet it often with a little Rosewater. Others beate the foresaid simples into fine powder, and with molten waxe make it vp in forme of a ball; but this is not so good. Many such like cooling bals are described in the treatise of the plague, in two diuers places of the first part, as well to recreate and restore the sicke, as to preserue the sound.

## Headache proceeding of the sunne or south winde. §.7.

IF the paine of the head be caused by the heate of the sunne, then may it easily be remedied with the aboue described *Oxyrrhodinum*, vnguent of Roses, the cooling vnguent of *Galen*, &c. And if those would not suffice, vse the iuices of the before named colde herbes. Also the oiles of Roses, of Violets, mixe with them as much strong vineger, as thou takest of one of the oiles, beate them well togither, dip a woollen cloth in it, and lay it where the paine is. Furthermore, the patient shall obserue and keepe the same diet that is aboue set downe in the Chapter of *Cephalalgia*: eate things light of digesture, abstaine from all things that might any way trouble or vexe the head, and if neede require, to purge with cooling medicines, as aboue is already shewed.

## Headache that commeth of drunkennesse. §.8.

IF the disease that proceedeth from drunkennesse, shall be spoken hereafter: now we will onely intreate of headache without any other infirmitie adioining with it. Needelesse it is at this present to recite any signes of this kinde of headache, for that euery thing is most euident, whether this paine take his beginning of drunkennesse by wine or beere. The first remedie is to vomit; the second, to sleepe long, to fast it out, the broth of Colewoorts, or of Beetes a good quantitie being taken: also to drinke much cold water, and to eate sower fruits; but the best meate is first of all to eate sodden Lentils, Colewoorts and Pullets dressed with veriuice or Limons. The

patient

patient shall also smell to Roses or Camfere: let the vttermost partes of his bodie be rubbed, drinke wine delaied with water, and two daies after eate astringent and binding meates, with Pomegranates. The first day also shall it not be amisse to annoint the forehead and temples with the oiles of Roses, the next day with the oile of Cammomils or of Lillies: and if peraduenture the paine as yet would not cease, he shall (as néede doth require) be purged, especially if any vapours ascend vp into the head. Likewise he may also vse this powder following: Take Colewort séedes, Barbarie séedes, Endiue séedes, Lentils, Roses, calcined or burnt Iuorie, or Elephants toth, of each two drag. make it into a very supple powder, giue of this two drag. at once, Camfere prepared, three graines, with the syrupe of Pomegranates or Citrons.

## Headache proceeding of a stroke or fall. §.9.

IF any one were hurt in the head by a stroke, a fall, or the throwing of a stone without any wound or breaking of the skin, or fracture of the skull, he shall first of all be let blod in the head veine, and afterward (if néede require) take a common Clister: and (if he haue not an ague) he shall be purged with *Pillulæ Cochiæ*. And first of all lay on his head being shauen, this that followeth: Take the shels and flowers of Pomegranates, the iuice of Sloes, *Hippocystis*, fine Bole, *Sanguis Draconis*, *Terra sigillata*, of each one drag. beate them all into powder, mire it with the whites of egs, and lay it vpon the place affected or bruised. Or take the decoction of Roses, of Mirtle séede, or of Willow leaues, applying it three or fower times a day: then take Oile Mirtles, and of Roses, of each one ounce, Mirtle séedes, iuice of Sloes, *Hippocystis*, of each one dragme, mire them togither with a little molten ware, and if there be no suffusion or congealed blod, annoint the place with it two or three daies togither.

Thou maiest also make a pultis of Roses, Cammomill and Melilot flowers, adding a little fine Bole to it, and mixing it with the oiles aboue named. If an ague be present, vse either colde or lukewarme things: also let him smell to cooling things, as Violets, Camfere, Willow leaues, and Mirtle leaues, &c.

*The second Chapter.*

# Of the paine of the head that is caused by colde.

IF the paine of the head procéede of colde flegmaticke humours and continue long, then are these the signes: wearisomnesse of all the partes, and as if all the bodie were beaten and broken into péeces: the paine is not extreme, without any swelling or thirst, slœpinesse, much spetting at the mouth, much moisture at the nose: for such like humidities do daily increase in the diseased; the face is alwaies palely coloured, and somewhat swollen, the eies run, and the mouth is quite out of taste. In such colde headaches, must contrarie remedies be vsed, that is, warming and drying medicines. Also we must begin here likewise with the gentlest and easiest remedies first, as this example following sheweth: which alwaies must be holden in the mouth, chewing it continually, and casting forth the slime and spittle, which thereby is gathered. Take Mastix, Nutmegs, Diptamer of Candie, Pepper, Staueſaker, Pellitorie of Spaine, Cubebs, Ginger, bound vp in a little cloth.

## The manner of purging in this infirmitie. §.1.

SEeing that purging is very néedfull in this kinde of headache, purge therefore both head and bodie in manner as followeth: Take Sage, Lauander gentle, Bayberies, Wilde Mints, Hyssope, Marioram, swéete Marioram, Garden Mints, Calmus, of each one M. séedes of Fennell, Persley, Sparage, Endiue of each two dragmes; Raisins, *Nux Pinea*, séedes of Melons, of Pompions, of Gourds, and of Cucumbers, Roses, rootes of wilde Smallage, Annise séedes, of each halfe an ounce, Cubebs, Pionie séedes, Cloues, Nutmegs, of each a dragme and a

halfe, Spikenard of India, Ginger, Cinnamon, Pepper, of each halfe a drag. boile these things in a sufficient quantitie of water, then presse out all the moisture from them, and boile it the second time with honie or Sugar to the consistence of a sirupe. This if thou wouldest haue to purge, adde vnto it sædes of wilde Saffron, Hermodactils, of each halfe an ounce, Agaricke sire drag. Salt gem halfe one scruple, Turbit two drag: knit vp these togither in a little bag, and boile them in the foresaid liquor. Afterwards sharpen thy sirupe with the vineger of Squils as followeth. Of this sirupe thou maiest giue one ounce and a halfe, or two ounces at once, mingled with good wine, or else with some other distilled waters that may serue to the same end, three or fower daies continually togither.

Oximell of Squils com position.

The composition of the vineger of Squils is as followeth: Take the Squil (called in Latine *Scilla*) take away the externall shels from it, till thou come to the white: these white ones take of by themselues seuerally with thy hand, or else with a wodden Spattin or knife, and not with iron, for that is hurtfull: also leaue out the hart, the innermost part of the Squill, and take onely the middle white shiuers of it: fasten all these on a thred, that the one touch not the other, and hang them vp to drie fortie daies in a cole place and in the shade. But this way that followeth, is much better: Take away all the vttermost partes vntill thou come to the white: then wrap it vp in dowe, and bake it in an ouen: afterwards, part it in shiuers as before, and drie it as is already said. Take of this dried Squils as much as thou wilt, cut it into little peces with a wodden or bone instrument, put fower times as much vineger vpon it in a glasse, and let it so continue forty daies in the sunne.

Hauing taken the foresaid potion as hath bene taught before, thou shalt giue him *Pillula Cochiæ*. If thou wilt haue them strong, take two dragmes of them, Coloquint, *Bdelium*, of each one scrup. make them into pils with the water of Sage: of these giue but one drag. at one time, because they be very strong: to the same purpose likewise serue the pils *Alephangina*, *Aureæ*, and Aloes prepared, being taken a drag. at once. But if the sicke would rather take a potion than these pils: Take Lauander gentle, flowers of Borage and Bugloss, Currans, of each one ounce, Basill sæde one drag. Agarick, Turbit, of each one drag. boile them in a sufficient potion of water, vntill there remaine about ten ounces, steepe in this liquor one ounce and a halfe of the barks of Mirobalans called *Chebuli*, and set it so in warme ashes all one whole night: then presse it out hard, and giue three ounces of it at once. Also take *Hiera picra*, Agarick, of each one drag. Lauander, Saffron, of each one scrup. Salt gem, two graines: mixe them with some broth that Nutmegs and Sage hath bene boiled in. In like manner maiest thou vse this that followeth: Take honie of Roses, sirupe of Stechas, of each three drag. Agaricke, Turbit, of each two scruples, *Spica*, three graines, prepared Turpentine, halfe an ounce; beaten to powder all what thou canst beate, melt thy Turpentine in some hot broth, and when it is as cold that it may be drunken, mixe the powders and sirupes with it, and giue it early in the morning. This must be either diminished or augmented in qualitie, according to the abilitie of the patient.

If the diseased can beare no kinde of phisicke, then vse this Clister: Take Mallowes, herbe Mercurie, Dill, Rue, Bran, of each one handfull, boile them in a sufficient quantitie of water, take of Colatare twelue or sixteene ounces, mixe with it of *Hiera picra*, of white Sugar, of each halfe an ounce or somwhat more, Salt, two drag. oile of Dill and Rue, of each one ounce and a halfe, and minister it warme.

Gargarismes also are very good for this malaladie, because they drawe forth a great deale of slime and filthinesse from the head. Take Mastix, Calmus, Licorice, Currans, of each halfe an ounce, Hissope, Ireos, of each two drag. Pellitorie of Spaine, Saxifrage, Ginger, Mustard sædes, of each one drag. beate them all togither, and boile them in fresh water: vse it three or fower times a day warme.

Some do counsell to take a vomit of Radish water and Drymell, but it is not without some danger, for that it doth oftentimes greatly disturbe the head: otherwise it might do some good.

There are also diuers confections and Electuaries made for the same, which might warme and drie a cold and a moist braine: Take conserue of Roses two ounces and a halfe, conserue of Betonie one ounce and a halfe, greene Ginger halfe an ounce, Cinnamon one dragm. Cloues, Annise sædes, of each one dragme, beate and mixe them all togither: and if it be to drie, adde as much of the sirupe of Citrons vnto it, as shall suffice, or as much of any other sirupe. Of this exhibite euery morning the bignesse of a nut in quantitie.

Another

Another Electuarie of life. This is described by *Paulus Riccius*, head Phisition to the Emperor *Maximilian*, and is very comfortable for the head, for it doth both warme and drie it. Take Currans fyre ounces, Licorice, two drag. boile these in the waters of Bugloss, Scabious, and Betonie, of each twelue ounces; then straine it and presse out all the humiditie, in the which, being yet warme, steepe 1. drag. of Rubarbe, Lauander 5. graines: being bound vp togither in a cloth, put them togither in a pot, and stop it close, and boile it a good while in a kettle with water, presse it out and put into it as much Rubarbe and Spike as before, letting them there remaine all a night, presse it out againe as before, and steepe in it the barks of Mirobalans, to wit, *Chebuli*, *Indi*, *Bellirici*, and yellow Mirobalans, of each one ounce, *Emblici* two drag. boile them all togither, and straine them thorow a linnen cloth, then adde Sugar 6. ounces, Manna 2. ounces, and let it boile to the consistence of a syrupe: when it beginneth to cole, mingle in it Cinnamon halfe an ounce, Cloues, Galingale, Nutmegs, of each one drag. *Lignum Paradisi* halfe a dragme, seedes of Fennell and Annise, of each halfe an ounce: mixe them well togither, and reserue it in a gally pot. This following is likewise greatly commended for the same: Take conserue of Betonie, three ounces and a halfe, conserue of Sage two ounces and a halfe, conserue of Rosemarie one ounce and a halfe, conserue of Borage and Bugloss of each one ounce, of the foresaid confection of life two ounces, Cinnamon two drag. preserued *Chebuli* halfe an ounce, preserued *Emblici* two drag. fyre leaues of beaten golde, adde as much syrupe of Betonie as may suffice. This confection also comforteth the hart: The right *Calamus Aromaticus* of the ancient Phisitions, as it is described in the beginning of the eight part of this present booke, taketh away all cold headaches, and sharpeneth the wit.

Paulus Riccius Phisition to the Emperour his Electuarie.

Calamus Aromaticus.

Another conserue which is greatly commended for this kinde of headach: Take Cinnamon one ounce, Cubebs, Mirobalans, *Chebuli*, and *Emblici* of each two drag. red Rose leaues, red Saunders, red Corall, of each one drag. Cardamonie, Mace, Cloues, Nutmegs, of each halfe a drag. Sugar 16. ounces, dissolue your Sugar in Rose water and Lauander water: boile it till it be hard, and make it vp into a cake or *Manus Christi*.

What vertues the confects of Coriander, Annise seedes, Fennell seedes, Commin seedes, bitter Almonds, Haselnuts, and such like haue to helpe, comfort and strengthen a colde braine, as also how they keepe backe and hinder the fuming vapors that would ascend from the stomacks into the head, is at large declared in the eight part.

## An especiall medicine of the ancient Phisitions for the colde headache.

TAke the rootes of Horseradish small, drie them and beate them into powder, giue of this one spoonefull in wine or broth, and let him sweate in his bed very well, and fast two howers after it. Let his meate be light of digesture, as pullets, and such like. But I must needes mislike of this remedie, for that the Horseradish is very strong, and doth more harme than good to the braine: neither seemeth it any way conuenient to sweate vpon.

## Certaine wines composed for the colde headache.

TAke Rosemarie two M. Nutmegs one ounce, dried Betonie 2. ounces, Cloues two drag. being cut very small, put vpon them eight quarts of good Rhenish wine, let them so stand togither three or fower daies. For the weakneſſe of the stomacke drinke a good draught of it in the beginning of thy meales: but for the headach, at the latter end.

This wine is very good for a colde and moist braine, and hurtfull for yong folks and hot complexions.

Another for the same: Take rootes of Bugloss one M. rootes of Cicorie halfe as many, flowers of Bugloss, of Borage, of Roses, of Rosemarie, Harts tong, of each halfe a M. boile them in fower quartes of wine the space that thou maiest boile an eg hard: let it cole, straine it, and then take fower quartes of wine more, and steepe in it fyre Sage leaues, and as much Rosemarie, long Pepper one ounce, Galingale one ounce and a halfe, Cloues, Cubebs, of each halfe

an ounce, Cardamonie two drag. Cinnamon, Currans prepared, Coriander sedes, of each one ounce: these things being well beaten, tie them in a cloth, and boile them with the wine, but not aboue twenty bubbles; then put both wines togither in a little rundlet, and let the spices steepe in them eight daies togither, pressing them out once a day. If this wine be too strong for thy drinking (as it is most like to be) then mixe other wines therewithall before thou drinke it.

Of other Cephalicall herbes and spices, thou shalt finde a description in the eight part of this booke.

Hitherto we haue abundantly treated of colde headaches with their appropriate remedies internall: now bicause that outward applications oftentimes are of no lesse effect, than the inward medicines, I do purpose at this present to set downe diuers externall remedies.

Pomanders for the colde headach.

A Muske ball for the same: Take *Laudanum* halfe an ounce, *Lignum Paradisi, Styrax Calamita* of each one drag. Cloues, Nutmegs, Basill sedes, of each halfe a drag. Rose water with which a little Muske is dissolued, make it vp into a ball: if thou adde a small quantitie of Amber, it will be the better. Thou shalt finde diuers sortes of these sweete smelling bals in sundry places of this booke described.

These bals are made after this manner: Take a warme mortar and pestell, and put into it a little of the foresaid Rose water, with the *Laudanum* and Waxe: stir them with the pestell togither till they be molten, then mixe the other powders with them except the Muske & Amber, and make it vp in bals of what bignesse thou please: last of all, pricke them full of little holes, but not very deepe, into the which thou shalt put the Muske and Amber mixed first with Rose water: then take some finely prepared cotton, wipe the mortar with it, and wrap the sweete ball in it, or keepe it in a little red peece of sindall. It is also good to snuffe vp some of the foresaid powder into the nose, or else a little muske.

To perfume withall: Take Frankincense, wood of Paradise, Mastix, Nutmegs, *Styrax Calamita*, of each by it selfe, or of them all as much as thou wilt. Also take Frankincense, *Sandaracha*, wood of Paradise, of each a like quantitie: throwe it on glowing coles, and receiue the vapour or smoke.

The manner of making lyes and sopes for the same, with which the head being washed the braine is comforted, his moisture dried, and his ouermuch cold changed into warmth, for which purposes thou shalt vse these things following: Take Roses, Sene leaues, Betonie, Marioram, Agarick, of each one drag. steepe them in hot ly the space of fower or fiue howers: others first boile them in wine, and afterward mingle it with ly.

Take Mace three drag. Stechas, Marioram, of each one drag. blossomes of the wilde Vine, Roses, of each two drag. *Spica* one drag. cut them all into small peeces, put them into a little bag, and then steepe them in the ly: This comforteth the head, braine, and memorie, and helpeth also the swimming or giddinesse of the head.

Also take Spike halfe an ounce, Lauander flowers, Roses, Marioram, Rosemarie, rootes of the blew Flower de luce, of each two drag. cut them into peeces, and being put into a bag steepe them in ly, and wash thy head with it: this strengtheneth the braine, all the senses, and the memorie very much.

Also take wilde Mints, Nep, course Marioram, Hyssope, Bay leaues, of each sort two M. Rosemarie blossomes, Stechas, Golde flowers of each halfe a M. and seethe them in ly: take also Marioram, Sage, Cammomill, Bay leaues, Stechas, of each a M. lay them in steepe in the water of ly, as is aforesaid.

Washing bals for the cold paine of the head.

Here followeth diuers sorts of washing bals very meete and necessarie for the colde, and humors of the head. Take Venice Sope, halfe a pound, bruise it and stampe it in a warme mortar with a hot pestell, and make it somewhat moist with Rose water, or Lauander water, vntill it be like vnto dowe, then beate one ounce of Ireos rootes, Cloues, Nutmegs, Cinnamon, Cardamonie, Stechas, of each a drag. Roses, Basill, Rosemarie, Lauander blossomes, of each halfe a drag. all dried and beaten to powder, and then mingle the same with the dowe of the Sope, and take oile of Spikenard, and rubbing your hands therewithall, then make vp the bals.

Also prepare or dresse the Sope in like sort as before is mentioned, and then mingle therewithall these powders hereafter following, to wit, Lauander halfe an ounce, Roses, Marioram, Basill, of each a quarter of an ounce, Ireos 3. quarters of an ounce, *Benzoin, Styrax Calamita*, Stechas, of each a drag. Spike a quarter of an ounce, and mingle them with Rose water. Then annoint

annoint the temples of the head, and it will giue a very swéete smell or fume, and comfort the head and braine.

Also take of the foresaid Sope prepared in the like manner as before is specified, two ounces, and mixe therewithall a quarter of an ounce of Agarick, Ireos, Cloues, of each halfe a dragme, Camfere a scrup. Then make bals thereof in what sort you desire them.

Also take Venice Sope fower ounces, Ireos, Cloues, Betonie, of each thrée dragm. Marioram, Macis, Galigan, *Lignum Aloes*, Ciperus, Calmus, Sandaracha, of each a scruple, liquid Stirax a drag. and a halfe, Muske fower graines, then dresse the Sope with Lauander water, as before is specified. Also heretofore in Chap. 1. §. 2. is mentioned how the strong smell of the Sope may be taken away and made very commodious and fit for vse to diuers purposes.

Here is to be noted, that if the bals be for présent vse, then are the bags hereafter mentioned, not néedfull: but for the bags, you are to take drie Betonie a M. Borage, Melilote, Millet a little dried in a pan, of each halfe an ounce, Rosemarie flowers, Stechas, of each a quarter of an ounce; make the bag so great, as the place of the griefe: and put the same therein, and lay it to the place where the griefe is. This following is stronger: Take drie Betonie, Rue, of each halfe a M. Rosemarie blossomes, Stechas, of each an ounce, Basill séede, Rue, of each halfe an ounce: beate them in a mortar togither, and put them in a little bag, and lay them to the head. Millet scorched or dried a quartern: the like quantitie of Salt, and also as much Cammomil, put them in a little bag, and lay them warme vpon the head: This is also very good.

Also: Take Stechas, Cammomill, wilde Mints, Marioram, Bay leaues, of each a handful, Sene leaues, Cipres, Citron shels, of each two drag. Cubebs, Nutmegs, Cloues, of each a drag. Macis, Spike of India, Cipres rotes, Calmus, of each two drag. beate these togither in a mortar; then put the same into two little bags: and if thou wilt haue it warmer, then take Doues dung and Mustarde séede, of each thrée dragmes, Beuer cod, and *Euphorbium* of each a dragme.

Note also very specially, that neither Roses nor other stopping things be put in the bags, neither are these plaisters following, in any wise seruiceable; and although they be strong, yet do they but hinder the diuiding of the matter. Therefore you shall not vse the bags in certaine howers after you haue washed it with the Sope before mentioned.

A powder for the head: Take Nutmegs, Macis, Rosemarie, Cloues, Frankincense, Marioram, Lauander, Stechas, of each a like quantitie, beate it small, and rub the head well therewithall vpon the seame of the head, and then couer and kéepe warme the head with a cap, that the smell of the powders may the longer remaine.

Also take Betonie, Marioram, Stechas, Roses, of each a M. Sage, Rue, course Marioram, of each halfe so much, Rosemarie two drag. Citron shels one ounce, Barke of Frankincense, Myrrhe, Frankincense, Mastix, *Sandaracha*, of each halfe an ounce, Cloues halfe a drag. beate them all into powder. This is very good for the moist or rheumatike head, to drie it and to procure warmth.

Plaisters and salues: Take Aloes, Pennirojall, Citron shels, wilde Mints, *Sandaracha*, Frankincense, of each halfe an ounce, oile of Roses one ounce, *Laudanum* sixe ounces, beate these small in a warme mortar, with a warme pestell, put thereunto sixe ounces of molten ware, the other being very small beaten, then spread it vpon leather, and couer it ouer with red Sarsnet: this shalt thou lay vpon the head of the partie grœued in the morning whilest he is fasting: this drieth very strongly, warmeth the head, and comforteth the braines.

Another: Take of the best *Laudanum* two ounces, Maces, fiue drag. Millet that is scorched or dried, two drag. Turpentine and oile of Cammomill so much as shall be néedfull for one plaister, and then vse the same as before is mentioned. Some take fower ounces of *Laudanum*, and Horehound in the place of Mace.

This plaister following is very strong, and of great heate: Take Beuer cod, *Euphorbium*, Pepper, white Mustard séede, *Stirax Calamita*, Rue, Horehound, of each a like quantitie: this beate all togither with wine vntill it be like dowe, and thereof make cakes of a like weight, let them drie. When you will vse them, rub them with oile of *Costus* (otherwise Balsam) or Cammomill oile vntill it be made fit for a plaister or a salue, then lay it vpon the forehead: for it is very good for any olde or colde paine of the head, but lay it not vnto the forehead onely, but also drop some into the eares, and it will be very warme, and therfore I do not counsell you to take

much

much thereof.

This is of ſpeciall account: Treacle, or Mithridate, with the iuice of bruiſed Mints, make it thicke as pap, and then annoint the forehead therewithall in the time of reſt, and principally in *Hemicrania*, and where you finde the head moſt cold, there vſe it oftenest.

Alſo take the rootes of wilde Cucumbers, wormwood, of each two M. ſæthe them togither with a ſoft fire, in three ounces of water, and as much common oile, vntill it be ſodden to a third part. With this moiſture rub the head till it be wet, and of the reſt make a plaiſter, and lay it to the place of the paine.

Alſo take of the vſuall plaiſter Apoſtolicon fower ounces, make it ſoft with the oile of Cammomill, and then rub the place of the paine therewithall. Alwaies vnderſtanding that the haire is to be firſt cut off very cloſe.

Hereunto may alſo of the oile of Spikenard, of *Coſtus*, of Beuer cod, of Cammomill, and Dill be vſed of each a like quantitie, and then ſtamping all the foreſaid herbes and rootes with them.

## Addition.

*The herbes and ſimples that are vſed in a colde headache are theſe: Iris Illirica, oile of the wilde Oliue, oile of Almonds, the ſeedes of the chaſt tree, bitter Almonds,* Lana ſuccida, *water Mints, the iuice of Iuie leaues, Aloës, Mints, wilde Time, Melilot, the leaues of Baccharis, Rue, Scammonie, Anniſe, Dog Fennell, Git, the leſſer Coniza, the yong leaues of Anagyris,* Rhodia radix, *Hippogloſſa, Laurell, iuice of the wilde Cucumbers, Galingale,* Nardus Italica, *Lauander, Valerian with the roote, Cinnamon, Cubebs, Muske, Siuet, Amber, oile of Baies, Mummie, Maſtick, Agarick, water of Veruaine, Verbaſcum, Coloquint. For the heate and hot paine of the head, Priuet bloſſomes, drie Roſes, Purſlaine, the rootes of water Lillies, and of Rhodia, iuice of Poppie, the greater Houſleeke, tame or garden Nightſhade, Vine leaues, moſſe of trees and ſtones, oile of Priuet, iuice of Plantaine, of Lettice, Fabaria beaten, Henbane, Muſcilage of Fleawort, Mandrake, all manner of Houſleeke, white Saunders, the decoction of Sene, Camfere, &c. Some of theſe are vſed only inwardly, ſome only outwardly, & ſome alſo both waies, and for that cauſe they are not to be vſed without great circumſpection.*

Cep

Ceph

## Of neeſing for a colde and rheumatike head. §.2.

MAny do aduiſe to prouoke neeſing, for to clenſe the braine and head thereby: but it is alſo to be doubted that the ſame will rather diſtemper the head, ſo that it muſt prouidently be dealt with, as ſhall preſently hereafter be expreſſed. Therefore it is alſo needfull to ſpeake ſomewhat of neeſing, which doth men much good or ill.

Neeſing, *Sternutatio*, is a motion of nature, or of the expulſiue vertue to driue out all that hinդreth the aire from the braines. Or, neeſing is a ſpeciall motion of the braines expelling ſuperfluous moiſture or matter, and that thorow the helpe of the attracted aire, which driueth out the ſame ſpeedily thorow the mouth and noſe.

Hemi

The cauſes of neeſing are ſharpe things, as Dinions, Lillies, Helleboze, Pepper, Muſtarde ſeedes, and ſuch like, in ſmelling, eating and drawing them into the noſe. To hold vp the noſtrels againſt the ſunne, to tickle in them with ſome ſharpe things. But for more ſafetie this is mine aduice, that Neeſewort be refrained as much as is poſſible, as alſo *Pieretrum*, *Euphorbium*, and ſuch like moe, and principally by themſelues alone. In like manner, although the wilde Cucumber doth drawe forcibly, yet notwithſtanding it is a great deale too ſharpe. But if it be found good aduice to vſe neeſing, then are theſe compounded remedies hereafter following much ſafer and milder to clenſe the head and braines: Take Marieram one quarter of an ounce, Nigella ſeedes, Roſemarie flowers, of each one dragme, Cloues two ſcruples; beate them ſmall, and ſmell thereto.

Con

Neeſing powders.

Item take beaten Marieram one quarter of an ounce, *Pieretrum* one ſcrup. Ginger one ſcrup. white Helleboze nine graines, and beaten all ſmall togither.

Item

Item take *Pieretrum* ten graines, Betonie a drag. Marieram one drag. and a halfe, and beate them all togither.

Item take *Laudanum*, Myrrhe, *Amanacum*, white Helleborе, of each one drag. Frankincense, *Euphorbium*, Coriander, Ginger, long Pepper, of each halfe a drag. these beaten all to fine powder, it is very good for the colde murre.

Item take *Piretrum*, blacke Helleborе, of each halfe an ounce, white Helleborе, Beuer cod, of each two drag. Marierom halfe a drag. beate them to powder: of this vse but a little, and not very often; for it is very strong.

Oile of Spike being put into the nose, doth prouoke neesing. There may also be drawen vp into the nose two ounces of Marieram water, and afterwardes wash the forehead and face warme therewith.

For what end neesing is commodious or hurtfull, you shall perceiue here and there in this booke.

Lotions for the feete. All Phisitions do commend for sundrie sicknesses, and also for colde ache in the head this lotion of the feete: Take Betonie, Roses, Elderne flowers, Cammomill, Marieram and Sage of each fower handfuls: seethe them togither, and euery euening put the feete deepe ynough therein, and so continue about halfe an howre therein: this may be kept good three daies togither.

If so be that the patient cannot sleepe he may vse this three or fower times a weeke: Take Cammomill, Mellilot, Violet leaues, of each one handfull, water Lillies, halfe a handfull, Poppie heads broken in peeces one ounce: seethe and vse them as before.

## The order of diet for the colde paine of the head. §.3.

STrong wine is good, but not too much, to the end he do not disturbe the head: once in eight daies he must bathe and wash his head with the decoction of Cammomill, Marieram, and Stechas: or he may vse according to the importance of the sicknesse, one of the foresaid lyes or sopes: before meales is his head to be rubbed with warme clothes, and after meates take a little Marmalade, thereby to hinder the vapours of the stomacke from ascending to the head, and prouoking of new paine.

## Outward brusings of the head. §.4.

ALl outward brusings or wounds of the head, whereof is not onely caused great paine but also great perill of life, do belong chiefly to chirurgerie, notwithstanding where we shall hereafter discourse of the Scull, somewhat shall be spoken thereof.

## What doth conuey the medicines towards the head. §.5.

WE haue hitherto described many kindes of remedies and medicines that are meete for the hot, cold, and other paines of the head: but bicause the laxatiue and purging medicines through their owne power do not expell all humours (for which they be giuen) out of all members indifferently, without the addition of such things as may conuey their operation towards some certaine member the which one desireth to haue them to purge; therefore we will discourse here somewhat thereof. And that you may by example clearely vnderstand the same, then behold the Drymel that shall immediately be described: it prepareth or digesteth flegmatike humors indifferently as well in one member as in another. But if so be you mixe therewith Nutmegs, Pionie seedes, or Cubebs, then doth it onely purge the head, and none other part of the bodie: and if you put thereto Tamariccus and Caper rotes, then doth it purge out of the milt, and so forth with all the rest. Now bicause we write here onely of the head, these are the principallest simples or herbes that do conduct the medicines towards the head; to wit, Nutmegs, Cubebs, and Pionie, Penniroiall, Mariorам, Balsam wood and seedes, Frankincense, Beuer cod, *Laudanum*,

danum, Melilot, the right *Acorus*, *Lignum Aloes*, Myrrhe, Chamedris, Squils, *Nuces pineæ*, Spikenard, Gentian, Hyssope, Pepper and *Sagapenum* or *Serapinum*.

There are many things moe here and there discouered in this booke, which the diligent reader shall finde to be very meete for the headache.

## Additions vnto the paine of the head.

For the forementioned paine of the head there are certaine things commemorated, that are commodiously and much vsed, & yet are not discouered how they should be prepared.

Thus, to the end the reader might be satisfied, we will here describe certaine of them and begin with *Oxymel*.

## Diuers kindes of Oximel. §.6.

6:9.

First we will begin with that which at the Apothecaries is called *Oxymel simplex*, for that it is made onely of honie and vineger: now for to make the same, take clarified honie fower ounces, powre thereto two ounces of cleere water: sæthe the same togither, and scum it, vntill all the water be sodden away: put thereto two ounces of vineger, let it sæthe togither vnto a sirupe. This consumeth all tough slime and thicke humors, openeth all obstructions, clenseth the brest, and maketh an easie breathing.

The second *Oxymel* is called at the Apothecaries *Compositum* or *Diureticum*. It is made in this manner: Take Fennell rootes, and rootes of Smallage, of each two ounces, the sædes of Parsley, of Butchers broome, of Sparage, of Smallage, and of Fennell, of each an ounce: take out the core of the rootes, chop them, and sæthe them in a quart of water vntill they be mellow, afterwards wring them out thorow a cloth, and adde to the decoction sixe ounces of sharpe vineger, twelue ounces of clensed honie, let them sæthe togither vnto a sirupe. This is much stronger for all vses than the former: it doth attenuate all tough slimes, it driueth them out of the members, openeth the obstruction of the liuer, of the milt and of the kidneies, it expelleth the vrine and sweate.

The third *Oximel* is made of Squils called *Scyllinum*, or at the Apothecaries *Squilliticum*: for this, take vineger of Squils which is described before in the second Chapter §.1. against the cold paine of the head, fower ounces, clarified honie sixe ounces, and sæthe it al togither vnto a sirupe.

The fourth is *Oxymel Scyllinum compositum*, the which is thus made: Take the rootes of Smallage, of Fennell, of each two ounces, the rootes of Parsly, of Butchers broome, of Sperage, the sædes of Smallage, and of Fennell, of each halfe an ounce: sæthe them togither in a quart of water vntill the rootes be mellow: vnto this decoction adde twelue ounces of vineger, of Squils, clarified honie 18. ounces, and then sæthe it to a sirupe.

They are both very good to attenuate the tough slimes, to strengthen the stomacke, and to prouoke vrine: but the first is stronger to open all obstructions, and is speciall good against all quotidian and quartan agues.

Hemi

7:6.

## Purging sirupe of Roses. §.7.

Take a pound of red or damaske Rose leaues, put them into a pot with a narrow necke, powre thereon about three times so much of hot cleere water, let it stand so 8. or 12. howers couered very close, afterwards wring it hard out with thy hand, straine the liquor cleere thorow a cloth: then take againe fresh Roses as before, and powre the strained liquor sæthing hot vpon it, let it stand as before; wring it out againe, and do this afterwards 8. or 12. times togither (the oftener the better) and it will be the stronger in purging.

Con

Lastly, wey all that strained iuice of Roses, and put halfe so much Sugar vnto it, and clarifie it with the white of an eg, vntill it be very cleere: afterwards let it sæthe to a sirupe. Some do stampe the Roses, that the vertue might come out the better.

Others do make it after this manner, as followeth: Take red or damaske Rose leaues two

pound

pound and a halfe, powre thereon ten quartes of May dealw or cleere raine water made meetely hot: let them infuse togither in a warme place a whole day and a night stopt very close. The next day wring it out hard: make the broth not seething, but onely meetely hot: then powre it againe vpon two pound of fresh Rose leaues: let them stand and keepe, as before. The thirde time take one pound and a halfe of Roses; the fourth time one pound, and so the fift and sixt time: last of all, after the fower last times, take each time halfe a pound of Roses: afterwards, the liquor being strained, put vnto three partes of it one part of Sugar: seethe it well, clarifying it vnto a sirupe. Of one of these sirupes may be giuen to a full growne person three, fower, or fiue ounces at one time: vnto a yong childe one ounce; vnto one of eight or nine yeares olde, two ounces, and further after the same rate, according to the greatnesse or smalnesse.

This sirupe doth quench the thirst and heate in all hot agues, it doth strengthen the stomacke and the hot liuer, defendeth the hart from all venom and stinch: therefore it is also good for the plague, and loseth very gently.

It is also prepared with Rubarbe and other things, according to the opinon of euery Phisition.

## Barly water. §.8.

IT is ordained before, for the hot paine of the head, to giue vnto the sicke bodie Barlie water for his daily drinke, the which is prepared after diuers manners, but is commonly prepared thus: Take vnto a good deale of water one ounce of peeled Barlie, let it seethe vntill it breake. Some do keepe it two or three howers before in cleere water. And albeit that such Barlie water haue small force; yet it is better than bare water, when the patient is forbidden to drinke wine.

There are also other things moe, according to the importance of the sicke person, put vnto it, as Hatticke, Barberies that do colour it like vnto wine. In like manner are also herbes, rootes, and all that one will, decocted therein.

## *Manus Christi* with Pearles. §.9.

THis cordiall Sugar is very very common, and is made thus: Take 12. ounces of the whitest Sugar, seethe it with Rose water like as is taught in our Introduction, afterwards when it beginneth to be colde, stir an ounce of prepared Pearles amongst it, and make Tabulates or *Manus Christi* of it. It is good for all faintnesse, hot agues, heauie fantasies and imaginations.

The Apothecaries do commonly not take more than a dragme of Pearles vpon a pounde of Sugar, bicause men will not go to the cost thereof.

Without Pearles the Apothecaries do call it *Manus Christi simplex*, they decoct the Sugar with Rose water, without putting any thing else vnto it. It is made also with Violet water, Cinnamon water, and howsoeuer that one will haue them.

## *The third Chapter.*

## The Haire of the Head.

HEren as we haue discoursed of all kinde of paines of the head, so we will now begin certaine other things of the same in particular, and of that which maketh shew outwardly in the top of the head, to wit, the haire, the which groweth there of it selfe, garnisheth the head, decketh and couereth it. And although the same haire (like as the nailes also) hath no other gouernment, but onely the growing and garnishing by nature: neuertheless it hath that secret in it, that throw his colour, his hardnesse, softnesse, fineneſse, curling, euennesse, and other marks, it doth sufficiently giue knowledge how that the braines which lie vnder it, are inclined; to wit, the colde, warmth, drithe, moisture, as also their mired complexions, as colde and drithe, warmth and moisture, whereby it may be knowen what humor or moisture doth most

abound,

abound, or whether ones haire also will quickly fall off or not. These weightie and other causes haue planted by nature in all men, specially in women, a carefulnesse to loke vnto, and maintaine it: the one with making it growe more or thicker than the other, to change the colour, to make it fall away, to keepe it cleane from all vermine, and to free and cleere it from all defaults. Bicause therefore that this is so greatly esteemed, it is requisite to prosecute our attempted method, and to write also somewhat thereof. And first of all, of those things which cause the haire to growe: afterwards, to take that away which hindereth, or to drawe or plucke it out.

## To cause the haire to growe, and to colour it. §.1.

All they that desire to haue their haire growe thicke and apace, are to annoint the place oftentimes with honie where they will haue it growe: also to make a ley of herbs (to wit, for yong maidens and women) who beare the name therof, *Gallitrichon*, faire haired, *Politrichon*, much haire, *Capillus Veneris*, Venus haire.

And if any body haue a balde patch: Then take garden snailes pluckt out of their houses, Horseleaches, Bees, Waspes, Salt, of each a like quantitie; powne them not to hard one amongst another, put them into a glassed pot that is pitched beneath, and hauing a small hole, burie it the space of eight daies in warme horse dung, and receiue the moisture that droppeth out in another glasse bound vnder it: and annoint therewith the baldnesse, rubbing well the place first: wash the head with the decoction of vine, Wormwood, Southernwood, and of Linesede well parched: goates milke doth likewise make the haire growe faire. You shall also finde moe things hereafter in the description of the eie browes, and of the beard.

## Of the dying of the haire in generall. §.2.

If any desire to dy the haire otherwise than it is growne by nature, then is this generally to be obserued: that he alwaies before wash the haire with ley made of Vine stocks, wherein a peece of Allume is dissolued; for the Allume maketh a preparatiue for to receiue all colours, as is well knowen to all Dyers.

Here do now follow certaine sortes of colours.

Amongst Dutchmen there is no colour more highly commended than the gold colour or yellow, like as it was much esteemed of the Romanes: so that sometimes they dyed their beards and haire with golde; but these things following are also meete for this purpose.

Yellow haire Take the ashes of the Vine stickes, eight ounces, of Barley strawe two handfuls, of Licorice two ounces, seethe them together in a great quart of water; afterwards let it settle, and wash the head with this ley, and let it drie of it selfe.

Item take shauen Beechen wood, Gold floure, Venus or Maiden haire, of each one handful, Licorice, halfe an ounce, Safron one scrup. let this mollifie in ley, wash the head and let it drie of it selfe: also as often as one combeth him, he must wet the Combe therein.

Item take Willow leaues, white beaten Mustard seede, *Consolida Sarracenica*, broad Plantain, Water Cresses, Radishes, white Hellebore, Bryonie, Onions, of each halfe an ounce: cut them all in peeces, and let them seethe altogether a while in ley, temper one ounce of Honie amongst it, and then let it stand vntill the hearbs doe putrifie: afterwards put more fresh herbes therin, & seethe them with as much Honie as there is of the decoction, vntil it be thicke, and annoynt the place where you desire to haue the haire growe: but loke well to it that you touch no other haire with it, for it would be disordered thereby, but I aduise no man to vse much of this salue, for it is hurtful for the head.

Item in March take Poplar buds and seethe them with ley; Take also pownd Coleworte seede, temper it with the oyle of Walnuts like to a salue, and annoynt the head therewith.

Or take Nettle rootes, horse Radish, the gumme of the Birch, make it hot vpon the fier with the ley, and wash the head therwith. Juniper oyle annointed thereupon after washing, will easilie make yellowe haire to growe: But note that this oyle is hotte. This should also the fruit of the Beechen tree doe, being layd in ley.

Blacke haire Blacke haire: Some that by nature haue blacke haire, doe diligently seeke to augment that colour; others will cloke therewith the mishapen haire, many will dy gray haires therewith,

which

which to effect, they annoint it with the iuyce of Sage.

Burne Hasell nuts, as many as you please, in a luted potte, stampe them to powder, then make them vnto a salue with the tallowe of a Beare or Goate: this doth not only dy black, but maketh also the haire to growe.

Item take beaten Gall nuts fiue ounces, sœthe them in nine ounces of Sallet oyle, as long as one would sœthe an egge hard: afterwards wring them out, mixe amongst it pounded Priuet, burnt *Vitriol, Salt gem*, of each one quarter of an ounce: let it sœthe a good while togither hauing washed the haire with the decoction of Blites and Elderns flowers, then make it fatte with the foresaid oyle.

Item take the grœne shales of Walnuts, stamp them and sœth them, annoint the haire with it, and it will be as blacke as Pitch. For this also helpeth Cipers nuttes, Beane strawe, burnt shales of Hasell nuttes, pœles of Pomegranates, vnsleckt Lime, Priuet, and oyle of Nuts.

For to make curled haire, take Mallowes layd in ley; if one would dy his haire gray, then make ashes of the innermost barke of Iuie, and wash you often times therwith, or annoynt your haire with Badgers grease. Curled haire.

## To hinder Gray Haires. §. 3.

TO be graie, is onely proper to mans head, which commeth through the abatement of the naturall warmth, or through the ryoting life, whereby *Flegma* is encreased, and it is sometimes also caused aswell through vnnaturall heate as cold: but if any be gray before his time, that commeth by vse of much fruit and fish: but to vtter the trueth, the gray haires are none other then an Ensigne or banner for vs, that death planteth vpon our heads, signifying that it will shortly haue victorie ouer vs. But as there be many that would hide theire age, and would rather be thought young men, then olde fooles; So hath it bœn also found out, not how to turne away gray haires, but how to preuent the same whereof we will here write somewhat.

The chiefest is the daily purging of flegme, and specially with vomits and clisters, for which are fit *Pillule Cochiæ, Trifera Saracenica*, these pilles following.

Take Coloquint, Turbith, Aloe, of each a dragme, Fennel sœde, Annis sœdes, Persley sœde, blacke prepared Hellebore and Pepper, of each halfe a dragme, Diagridion two scrup. make thereof a masse with the iuyce of Wormewood, take a drag. thereof at the most at one time, for they be strong: good hœde is to be taken in this purging, that age for gray haires be not thereby taken away.

The ancient Phisitions do describe many things for preuenting gray haires, what is to be eaten, drunke, and refrained: also what is to be vsed a whole yœre in youth, and that one must eate snailes: so that it grœueth me to enter into so nœdelesse a matter (when one would stay and preuent the course of nature) I will therefore be briefe. Annoint thy head with the oile of Beuer cod, with the oile of a Beare, fresh oile of Roses, or oile of Mustard sœde; all which are mœte to preuent gray haire: or take the splœne of an olde dog, and rub the haire therewith. Also the oile of Priuet doth preuent gray haire.

Item take Tassell, sœthe it in ly and vse it daily: steepe in the ly Mirtle leaues, Cipers nuts, Iuniper wood cut, the barke of Firwood with the leaues, Gall nuts, and such like.

## To take away haire. §. 4.

TAke a pinte of wine, drowne twenty grœne frogs therein, or as many as can be drowned therein, then set the pot forty daies in the warme sunne: afterwardes straine it hard through a cloth, annoint the place therewith where you will take away the haire.

Make the place oftentimes moist with the iuice of yellow Lillies, which is wilde Flower deluce. Take Ants egs and rub the place therewith, wherein you would haue the haire taken away, it will fall off and growe no more againe. Item annoint the hairie place with the iuice of Sloes, and it will make the hairie place balde and smoothe.

Will you plucke out haire without breaking the skin? Then take six ounces of Turpentine, set To plucke out haire.

set it on the fire in a new pot, and let it sæthe somewhat; then powre it into a pan full of colde water, and stir it continually about with a woodden sticke vntill it run togither. Then powre therein other fresh water, and plucke it with your fingers well from another, whereby it may be well washed; and do this so long, vntill it waxe faire and white; afterwards temper amongst it one ounce of beaten Mastick in the foresaid pot, sæthe it all togither as before, and wash it also afterwards as before is done, and kæpe it alwaies couered with water, and when you will vse it, powre out the water: let it melt with the fire, spread it on a cloth, and lay it no where but on the place whence you would haue the haire drawen out, and when it is colde (as it will be quickly) pull off the plaister with violence. Then will the skin remaine very white and bare of haire, then haue a pæce of fresh larde readie, and therewith annoint the place, and then wipe it by and by away with a cloth: then will the skin be balde and smothe.

## Of diuers defaults of the haire. §. 5.

THe cunning and expert Phisitions do reckon nine kindes of defaults of the haire: *Contorsio*, *Decoloratio*, *Quassatio*, *Fractio*, *Atrophia*, *Canicies*, *Alopecia*, *Defluxio* and *Ophiasis*. The first, *Contorsio*, is called a curling or intangling of the haire. The second, *Decoloratio*, a deformitie of the colour. The third, *Quassatio*, which is a splitting or cleauing asunder of the haire. The fourth, *Fractio*, a short breaking away of the haire, that it snappeth asunder. The fift is *Atrophia*, that is as much as a drying away or consuming of the haire for lacke of fode. The sixt is *Canicies*, when the haire before his due time become gray or white. The seuenth is *Alopecia* or *Area*, which is baldnesse or falling off of the haire. The eight is *Defluxio*, which is also a falling away of the haire, like as in them who lost their naturall heate, or recouer after a long continued sicknesse. The last is *Ophiasis*, which hath hir name of the snake: it is also a changing of colour not vnlike to the other, for it is partie colouring like to a snake.

## Of baldnesse and falling off of the haire. §. 6.

BAldnesse and falling away of the haire is three fold: as the falling off of the haire of the head, of the eiebrowes, and of the beard. Of the two last we will discourse in their place: here we will onely speake of the first falling away of the haire. The causes of the same are inflamed moistures, whereby the haire before was fed: which thorow inflammation thereof is taken away, as already hath bæne rehearsed: for whensoeuer that it wanteth sustenance, the haire must of necessitie drie away, and fall off with his rotes, as may be sæne in them that haue hot braines, and become bald betimes, and contrariwise women, children, and they that be gelded very seldome: Thus to speake of the meanes. The first proofe is whether the haires may be restored or not, to rub the balde place: & if it be not forthwith red, then is there no hope at hand: but if it war red, then it is a signe that there is still some good blood, and therfore good hope also. And to come vnto it, first must good order of diet be obserued, to refraine strong wine, Borage, reare egs, & all that is light of digesture is commodious for him, and to drinke white, clære, and small wine, that is swætish. Bathing and rubbing is very mæte for this disease; if the person be ful of blood, open the head veine, or that on the nose, or the veine behinde the eares, and also purge, if it be nædfull, of whatsoeuer occasion it be, that the falling away of the haire happeneth. These means following are alwaies conuenient for it: Take *Euphorbium*, burnt Hasell nut shels, burnt Chestnut shels, Cresses sædes, Indie Spica, *Verbascum*, of each one drag. bitter Almonds with their pils burnt, one quarter of an ounce, make salue thereof with vine cyprie, oile of Radishes or Barberies.

Item take *Euphorbium*, wilde Rue, Boreas, Mustard sæd, Mugwort, of ech a like much; beat them all togither and make thereof a salue with the iuice of Dinions: let the head be rubbed vntill it be red, and then annointed therewith. Of such like remedies are many more described by the ancient Phisitions: but omitting them, ye haue some here that are certaine and common.

Take Pigeons dung, burne it to ashes, then powre ley vpon it, and let him be washed therwith.

Or Hasel nuts with the shels beaten smal, and tempered with Beares grease, is very good.

Dile

Oile of Egs doth defend and kepe the falling out, and maketh the haire for to growe againe where it is fallen away. Forasmuch as the oile of Egs is so good for this and for many other things more, it is needfull to teach here how to make the same.

The oile of Egs and his vertue: Take hard sodden yolks of Egs as many as you will: breake them in peces, and parch them in a pan vntill they ware ruddie, then shall you see oile run out. Then without ceasing must you stir them about, and then when they be thorowly parched, presse them hard thorow a woollen cloth. Oile of Egs.

It is many times approued and found, that this oile doth not onely cause the haire that is fallen off to growe againe, but doth preuent and stay the haire from falling. It also healeth, and causeth all other itches and sores to heale.

Further, Take well salted Barly bread, burne it to powder, and temper it with Beares grease, and annoint your head therewith.

Item slake a glowing steele in the ly wherewith you will wash you: vse it often, without any thing else therein.

Take Mirtle sedes and the leaues: sethe them in water, and wash the head therewith.

All that is taught hereafter against the falling off of the haire in the eiebrowes and the beard, is also mete for this purpose.

## Of the scales of the head, of the beard and eiebrowes. §.7.

THe Latinists do call the scales of the head *Furfures*, which is bran, wel knowen of all people, and are very common in all mens heads. They growe there thorow a hot complexion, and when they abound much and aboue custome, then were they wont to be messengers of leprosie. They that haue them so excessiue, do get them thorow a licentious life, and surfetting in eating and drinking, thorow incontinencie, strong wine, much vse of garlick, oinions, and mustard, whereby the blod is burnt to ashes.

For this must one begin with purging, like as in all drie itches shall be expressed. But if the person haue much blod, then is he to be let blod; if not, then are to be vsed neesing powders, gargarismes, and boring cups are to be set on the shoulders and necke, and afterwardes these things: Sethe Mallowes or Venus haire in water, wash therewith the head and face, and alwaies rub well the head; or boile Fennell sede, Licorice, Fleawort, Lupins, Hollihock rotes, take out the muscilage like as shall be taught hereafter, and temper them with the iuice of Melons. Item take Nuttree wod, or Nut shels burnt to ashes, put them in the ly and wash you therewith. Item take Charuill, Southernwood, make a ly thereof with a little vineger. Item burne Hay flowers to ashes, and powre ly vpon it. Item take Elecampane rotes, and infuse them a good while in ly.

Or take Storks bill, let it sethe in water, and foment well the scales therewith, that they be well frothed, and afterwards lay the herbes on the top of it, and they will weare away.

Will you yet haue stronger things? Then take the gall of a Bul, Coloquint, *Sal Alcali*, Boras, of each one drag. Galles, pilles of Pomgranats and their blossomes, of each one scrup. and temper them together.

Item take narrow Plantaine, Henbane sedes, and salt, of each a little, sethe them in water and rubbe the scales therewith: The same doth also *Aqua vitæ* with Brimstone amongst it.

Heretofore in the second chapter &c. §.1. you haue a bagge for ly, which beginneth, Take *Spica &c.* you may vse the same also for the scales, and put thereto two ounces of Orenge pels, whereof some of the white is cut away.

For to drawe the Muscilage out of the sedes and rotes, the Apothecaries doe call the slime drawen out of all sedes and rotes *Muscilagines*: It is much vsed in this matter, and is thus prepared.

Take rotes and sedes, choppe and stampe each according to the quality, sethe them vntill the liquor be very slimie and Muscilaginous: This being done, powre it altogether into a long bagge, that is piked beneath, and bind it hard to a staffe; afterwards take two little bordes and fasten the said bagge betweene them, wring it hard from aboue downewards, then runneth the slime or Muscilage out of it, receiue it in a cleane porrenger, & after this fashion wring or presse out all the slime that will come forth. How to make the slime or Muscilage of sedes and rotes.

## For to driue away Lice and Vermin. §. 8.

Lice. THis lothsome and (especially to children) troublesome worme, hath his most abode in the foresaid haire of the head, and they doe growe through moisture of the flesh, or (to speake properly) of a grosse and moist vapour that fumeth out at the pores, and thorow naturall warmth becommeth outwardly a Louse, and receiueth also a vitall spirit, and is altered into a little worme with sixe fæte increasing and seeking their meate in the place of their generation: therefore are children and women more plagued then men that are drie by nature, and be much lesse hurtfull to young children then to full growen persons, yet they haue this commodity thereby, that they that haue most lyce, be wholly freed from the head ache.

Their cause. The cause whence they are ingendred, may be ouermuch eating and small digesture, or eating of meates that be very moyst, as diuers fruits, and especially Figges and Chestnuts: also ouermuch carnal copulation, vncleane clothes, and such as are worne ouer long.

Their remedies. Now that one may be rid of this vermin, annoynt the head with the broth of Salt fish, with the iuyce of Alehoofe, the iuice of Fumitorie mixt with Vinegar: take Gentian, and seeth it in ly, and wash the head therewith.

Take Bay berries, or (if you haue them not) the oyle of Bay, Vineger, pounded Bay berries, burnt Harts horne, seethe them together in water or ly, and wash the head therewith.

Salues. Take halfe a pound of Barrowes grease, mixe and temper amongst it one ounce of Quicksiluer, and one ounce of the oyle of Bay, Licebane, and white Helleborе, of each halfe an ounce, *Salgem* one dragme, and a little Vineger: temper them altogether, and therewith annoynt the head, and put a kercher on the head, and in the morning wash the head with ly.

Another: Take Barrowes grease halfe a pound, beaten Liuer foure ounces, Wolues bane, and white Helleborе rotes, of each halfe an ounce, oyle of Bay one ounce: temper amongst it one ounce and a halfe of quicksiluer so wel that one cannot see it, salt one dragme: vse a little therof, for it is strong.

Item take vnprepared Coriander, seeth it in water, wash therewith the head, and all places where there are any Lice, and wash the clothes in like maner, it driueth away Lice and Fleas: you may also trie the same with Coriander leaues.

Crabbe lice. Against Crab lice you are to vse all the former things. They grow of a stinking matter, that nature expelleth through the hairie skinne; as in the eyebrowes, beard, and priuities: they are most plagued with them that eate many kinds of meates, vse smal exercises, and much bathing: For to consume this vncleane matter, he is to be purged with *Pillulæ Cochiæ*, and to vse often times Gargarismes, with the sirupe of Vineger, & a little Mustard seede, and to wash the place with Allome water, and salt water, or that wherein Staue sacre is decocted.

Item take Staue sacre and Allome, of each one dragme, beate them together, temper it with honie, and annoint therewith: Others doe take Salamoniack, Aloe and Borras amongst it, and in stead of Honie, Vineger of Squils: also the white of a rosted egge is commended for it, wrapt vp in a cloth, and held as hot vpon the place as may be suffered. This being done three or foure times, they will fall away.

Lice in childrens fæte. Sometime yong children haue also lice growing in their fæte. For them take new laide hen egs, let them be sodden hard, cut the white in peeces in the breadth: beate then the yolkes, and with fine linnen rags lay it on the fæte, and then the white vpon it, and so being well bound certaine howers, the lice will creepe to the white of the eg.

## The lowsie euill, *Phthiriasis*, a miserable sickneſſe. §. 9.

EVen as we haue written of the lice, so we will adioine thereto the Lowsie euill, which the Grecians do call *Phthiriasis*. This is a wonderfull & terrible sickneſſe, that a man should be eaten vp with such baggage wormes, & so bereft of his life. It happeneth that these wormes do breede of moisture of a mans flesh, and begin commonly in the eiebrowes, and in some scabs, or among some scurfe therein when they do breake of themselues or are opened. Then do lice creepe out, and so by little and little out of the whole body with such danger, that very skilfull Phisitians haue enough to doe therewith, and yet neuertheleſſe are these medicines following ordayned

ordayned for the same: Take the iuice of Fumitorie, Borage, Germander, of each two ounces, *Mirabolani, Chebuli, Indi, Citrini,* of each fower scrup. blacke prepared Helleborе one quarter of an ounce, prepared Agaricke halfe an ounce, Aloe three quarters of an ounce, *Epithymum,* Sene leaues, rootes of Polipodie, of each one ounce: powne all that is to be powned, and temper them with the iuice; if it be too softe, let it drie, and forme a lumpe or masse, thereof take one drag. and make sixe pilles of it, of the which you are to take twice or thrice euery weeke, two at one time, an houre before supper.

Prepare this ly ensuing: Take Aristologie, Swines bread, of each halfe an ounce, of Gentian, *Reupontica,* of each three drag. Centorie one quarter of an ounce, seeth these things in ly, and wash therewith.

Item take Ireos halfe an ounce, Squilles one ounce, Centorie halfe an ounce, Mirtle seede one ounce, Cloues three quarters of an ounce, bitter Almonds foure ounces, Vineger as much as is needefull: let them seeth together stopt well in a glasse in water by a soft fier about the space of foure houres: afterwards wring it out well, and with this oyle annoynte the pushes or scabs whence the Lice doe issue and breede.

A salue. Take Juniper berries pounded well, one ounce; of Sallet oyle three ounces, of white wine one ounce and a halfe: seethe them together till the wine be consumed, afterwards wring it out; then take two ounces of Barrowes grease, Elecampane rootes rosted vnder the ashes, one ounce and a halfe, Litharge of gold one ounce, prepared Quicksiluer one ounce and a halfe, temper them and annoynt the scabbes therewith, but beware of the eyelids that you do not annoynt them therewith.

In this Louse euill is commanded to mortifie the quicksiluer as hereafter followeth: take wild Ferne and the rootes three M. Limons and Oranges cut in peeces of each three drag. seethe them in water vntill the third parte be consumed: afterwards straine it through a cleane cloth, and temper the quicksiluer well amongst it. There are other meanes more to kill the quicksiluer, like as hath beene shewed in the other salues for Lice. How to prepare & mortifie quicksiluer.

## Of the bad sore, Scurfe or Scall of the head and such like. §. 10.



As through the vnnaturall moysture of the head Lice doe growe: So doth there come thereof bad sores or scalles of the head, as is seene in children which are full of moysture: And although these scabbes are for the most parte alwaies an expulsion of nature, wherby children are cleered from other accidents and noysome diseases, for which cause they ought rather to be prouoked then healed: Neuertheless heede must be taken, that this breaking out come not to growe olde, and to be changed into the bad sore or scall, the which is not to be holpen in people of yeares, nor yet in young children: therefore will we here write somewhat thereof.

## Of a Scalde head.

This is a detestable disease, to wit, the sorenes or scalles of the head with scurfe, spoyle and falling off of the haire, with much itche, stenche, and lothsome mishape or ilfauouredne: The one sorte are drie, the other are moyst: Neuertheless all are to be cured after one manner.

At the first doth this bad sore appeare small and little: but if they be not quickly loked vnto, then runneth it forthwith from the one side of the head to the other, vntill the whole head be full: the causes are drie burnt humors, or moisture and putrified blod.

If it come onely of *Phlegma,* then yeeldeth it moisture, wherof we will make further mention.

If it be drie and olde, then doe all the learned conclude vppon it, that it is incurable, and although it should heale in continuance of time, and throw much aduise, & with trouble, neuertheless must not one cease therefore: And to this ende are these things following acknowledged to be good for the same.

First it is needefull to begin the cure with a good order of dyet, wherein neuertheless there is no certaine order to be made, bicause that this disease is incident to yong children, albeit somtimes also to people in yeres, wherein great difference is to be made. But generally to eschew all things which maketh heauie, melancholike, and flegmatike blod, whereof are many instru-

ctions giuen in many places of this boke. First of all, a full growen man must alway apply himselfe as hereafter followeth.

Aboue all he must beware of strong and sharpe wines, and (as is said) from all melancholike meate, as cheese, colewoorts, salt flesh, and such like, and must rather vse them that be light of digestion, and make good blod, as fowles that haunt high grounds, rere egs, Borage, swete fish of fresh waters. He must also oftentimes purge, according as the person is, and as the sores be great and noisome.

If a mans age will permit it, and the patient be abounding in blod, which may be perceiued by the greatnesse of the veines, it is aduised to open the head veines in both armes, likewise the veines in the forehead and behinde the eares. Neuertheless some do suppose, that the two last mentioned veines are not often to be opened. To the ende one might recouer haire, for which this blod is requisite, vpon the places where it is red and raised, and sheweth blodie, are horseleaches and boring cups to be set, and plaisters to be applied that do raise blisters, whereof shall be more spoken in time. If there be any disease where haire groweth, there must it be shorne off twise a weeke, and alway before there be laid any salue vpon it, the haire must be cleane shorne away, and be also wel rubbed with course linnen, and afterwards annoint it ouer with the iuice of oinions or of radishes. These are now the beginnings of the cure.

First of all must the grosse burned moisture be attenuated and prepared for expulsion, the which is to be effected with *Oxymel* of Squils called *Compositum*, and is described in the second Chapter §. 6. for which also doth serue the sirupe of Fumitorie. The melancholike and flegmatike humors are to be purged with the pils *Cochiæ*; and if one haue strong folks in hand, he may vse thereunto *Epithymum*, Coloquint, and prepared Hellebore: yet a man is alwaies to be aduised herein by a learned Phisition. And for example in a drie scall: Take prepared blacke Hellebore one drag. Sene leaues, *Epithymum* of each one drag. *Agaricus* one drag. and a halfe. Masticke one drag. Aloe halfe an ounce, make pils thereof with the iuice of Smallage, and giue thereof one drag. at one time.

But if the scall be moist, then purge with these pils following: Take *Cochiæ* one drag. and a halfe, *Epithymum* halfe a drag. make pils thereof for to vse at two times: or take *Agaricus*, Coloquint and Masticke, of each one drag. Aloe halfe an ounce, temper them all togither with the iuice of Garlicke, take one drag. at once. Myrobalans, *Chebuli* tempered with *Epithymo* and Sene leaues, are also meete for this.

Take of these remedies, of which we shall write, against both sortes of these scals, and begin first with the least.

Fumitorie, after what sort soeuer it be taken, doth much clense the blod, therefore it is to be vsed for this disease. Also wash the head with wormwood wine; for that it drieth the moisture, and specially healeth the scals, with the white scall or scurfe.

Annoint the scals with oile of white Lillies mixed togither with the oile of Cammomill.

Take the yolks egs, frie them well in swines grease, and put vnto it as much Turpentine, let them melt togither: they drie very gently.

Take oile of Roses, Juniper oile, of each halfe an oun. quick Brimstone, Pigeons dung, Verdigrece, of each ½. drag. a little waxe; melt them togither, it is very certaine and healing all scals.

Take stamped Lupins, temper them in vineger with Barrowes grease.

Take oile of Bay and Otemeale, of each a like much, Basill sede, one quarter of either of them, annoint the head, and lay leaues of this herbe vpon it. But it is too milde for the scall, and besides the Basill sede is hurtfull to the head.

Take two handfuls of Sage, beate them small, temper them with salt, hogs grease and vineger: let it seethe well, and annoint therewith the scald head euery other day. Upon the day betweene both, it is very good to wash the head with the decoction of Mallowes and Dock roots.

This salue is certaine and approued many times. Take butter which is burnt blacke, Soote out of the chimney, and salt, of each a like much: stir them both well amongst the butter, vntill the butter be stiffe, and therewith annoint the scals. And if it be not needefull euery day, then about the third day wash the head with a small ley, and doe this as often as is needefull; when the scurfe falleth away annoint the red place with this salue. Also this remedy following is much in vse: take pure Turpentine two ounces, and wash it well with cleere water, fresh butter one ounce washt well, halfe an ounce of small brused salt, one Orenge beaten al to peeces and

wrong

wrong out hard, the yolkes of three new laied egs, oile of Roses halfe an ounce; temper them altogether by a small fier. This is a certaine salue: It may be vsed for all Itches and scabs.

This salue following is exceeding sharpe, and therfore it is not to be vsed but at great neede, and for the most venemous scabs of the head.

Take two ounces and a halfe of Barrowes grease, oile of Bay, Ware, pownd Frankensence, of each an ounce, salt one quarter of an ounce, Quicksiluer mortified three dragmes: first melt the ware, oile of Bay, and grease by a small fier, and put one ounce of the iuice of Plantain and Fumitorie with it: let them boile till the iuices be consumed, then take it from the fier and temper with it the Frankensence and Quicksiluer, and stir it so long vntill that you see no more quicksiluer; it is then prepared: and you are to annoint this salue onely vpon the scall, and if you mixe halfe an ounce of Salkir with it, it would make it the better.

Some haue another maner to heale the scall of the head, and doe first thus: First they cause the head to be shauen bald, afterwards they annoint it the space of three daies with oile of nuts, oile of *Palma Christi* seedes, and oile of Cammomill tempered togither.

The fourth day doe they let the head to be picked in diuers places, that it may bleede: afterwards they let it be washed with the decoction of Fumitorie, Docke rootes, and of Cammomill; and afterwards they put into the same decoction Argall Squils, or Garlicke: they seethe it altogither, and forthwith doe rub the head therewith, and drie it with hote clothes: and this they do twice or thrice a day for the space of three daies. The fourth day they wash it again with the former decoction, and then shaue off all the haire: if the skinne be not yet cleane, vse rubbing againe with the Argall, and continue it so long vntill the skinne bee throwe cleane, then annoint the head with the salue following: If you haue a woman to cure, then take a womans haire, if you haue a man, then take a mans haire, burne it in a pot of ashes, take therof an ounce, burnt hasell nuts one ounce and a halfe, the dregs of sallet oile foure ounces, clarified honie three ounces, Myrrhe one ounce and a halfe, Aloe halfe an ounce, Saffron three dragmes: temper them togither vnto a salue. This preserueth the skinne, and permitteth not the moisture to putrifie vnder it, but maketh the haire to growe. But if it happen, that through this or any other salues the skinne is distempered, then must it be vsed no further, but with these decoctions following (which are much commended) it is to be washed, to wit, with the decoction of Willow leaues and Woodbine; for which these also are more requisite, Blites, Fmitorie, wild Time, Dock rootes, Sorrel, Storks bill, altogither, or which one can get, decocted or bathed therewith.

This following is a very good salue, not onely for the scalles of the head, but also for all other scabs and scurfs, itch, falling off of the haire, nits, and lice.

Take Gals, red Arsenick, Aristologie, of each 3. drag. Hemlock seeds, one quarter of an ounce, Soote of a chimney, Brimstone, bitter Almonds, Coloquint, Caper rootes, Fig leaues, Elmetree leaues, Verdigrease, Plume Allume, *Steff memithæ*, plaine Coegall, Myrrhe, Aloe, Frankincense and Pitch, of each one drag. and a halfe, stampe all that is to be stamped, and temper it with vineger: set it 8. daies or more in the sunne vntill it be well tempered, and then vse it.

In like maner this is highly commended, although the scall had continued many yeeres.

The blacke and white Hellebore, Brimstone viue, vitrioll, Golde litharge, vnsleckt Lime, Shomakers blacking, Aloe, Galles, Soote of the chimny, Woad ashes, of each halfe an ounce, mortified Quicksiluer, Verdigrease, of each one quarter of an ounce, stampe all that is to bee stamped: Further take the iuice of Borage, *Scabiose*, Fumitorie, Docke rootes, of eache two ounces; mixe them altogither with three ounces of olde dregs of sallet oile, and almuch vineger: let this seeth vpon a milde fier halfe an houre, and then temper the other things amongst it, and put an ounce of molten Tupentine amongst it, ware as much as is needefull for to make a salue. This is maruellous much commended for all skurfe and diseases of the skinne.

A sharpe ley. The ancient Philitians will make a cleane head with sharpe ley: but I cannot aduise, especially if one will often vse the same.

Take a pound of Argall beaten small, and binde it in a cloth, powre thereon a pinte of water, and let it lie so the space of halfe an houre; afterwards lay cloth and all in the fier, and so burne it three houres long, then beate it againe, and binde it vp as before, and burne it 2. hours more: beate it to powder and put it in an Hippocras bag, powre the foresaid water vpon it, let it runne thorow fiue or eight times, and make a ley thereof; it drieth vehemently, and hath almost the sharpenes of Blew Tartary.

## Of the plucking away of the scall.

MAke nine caps of blew cloth or blew linnen, as big as the head is scallie: annoint it inwardly with molten Pitch and Rosen, and put it vpon the shauen head, and so leaue it thereon three daies: afterwards plucke it off by force, and it will take away with it the haire and all the scurfe. But if there remaine any haires in it, then plucke them out with small mullets, and then wash the head with water (like as is said) wherein is decocted Fumitorie and Docke rotes, &c. And when it is drie, then set another cap vpon it: do as before, and so vntill nine times, afterwards vse one of the foresaid salues.

## Of the skin of the head. §.11.

FOrasmuch as the foresaide scall hangeth most on the skin of the head, and the foresaide skin is not onely fastened to the head, but also to the whole bodie, couering it as with a clothing, and is laid vnder the haire as his ground: therefore are we somewhat admonished here, and afterwards occasioned once againe to write thereof in the first part.

The skin which couereth the head, is not of one kinde of nature: for this whence the haire groweth is hard, drie and thicke: the skin of the forehead, as much as it is without haire, hath hir free motion: that which is vnder the eie cannot be separated but with great trouble, and hath no motion like as that of the forehead. The skin of the lips is a mixture of the skin of the muscles; so that they may be called with both the names. Thus much may suffice at this present time.

*The fourth Chapter.*

## Of the Scull of the head.

BY this name we will not onely haue *Cranium*, but also all the vppermost bones of the head to be vnderstood, whereof there be seuen commonly told, the which thorow fiue *Suturas*, which is sowings or conioying, very naturally are in each other knit togither. But for the same one may looke into the *Anatomicos*: concerning this our purpose, the head is parted into fiue parts, whereof the first is *Frons*, the forehead, which is beginning from the eiebrowes, till there where the haire beginneth on both sides euen vnto the eares, it is but one proper bone called by the Chirurgions and other mo *Coronalis*, like as men vse to weare on this place of the head the garlande. The second is fast by it couered with haire, they call it *Sinciput*, it is with vs the former part, and hath two bones which we call *Parietalia*, the side bones: they touch both of them the suture that passeth ouer the middle of the head, are thicke bored thorough with small holes and weake. The third do they name *Occiput*, the hinder part of the head, the necke is a great strong bone with a great hole, where the first ioint *Vertebra* of the backebone hath his winding about. The fourth is *Vertex*, the crowne, the height, and middle, from which, as from a point or circle the haire doth spread abrode it selfe round about, but that which is betweene both the eares and eies be called *Tempora*, with vs the temples.

Lastly, is all that beginneth vnder the forehead and the eiebrowes vnto the end of the chin, as eies, eares, nose, mouth, called *Facies*, that is, the face. These are now the outward parts of the head, which do also comprehend the bones, of which hereafter particularly mention shall be made.

As much as then concerneth the scull, that is outwardly after diuers manner of meanes bruised and perished, as through stripes, fractures, wounds, and such like, which accidents do specially appertaine vnto Chirurgions, neuertheless we are minded to discourse somewhat thereof. And this for a beginning.

Of

## Of the compression of the scull in yoong children. §.1.

IT commeth to passe other whiles that new borne children haue their sculs doubled one ouer another or compressed, for which lay this plaister vpon it: Take Lode stone, Pumice stone, salt, of each a like much, brused small, and make with honie a plaister thereof.

## Of the fracture of the scull. §.2.

WHen it is time after the first dressing to looke to the wound of the head, then take off the towe, couer the wound with a fine linnen cloth made wet in this *Aqua vitæ* following: Take *Aqua vitæ* made onely of wine one ounce, wherein put powned *Aloe* and Myrrhe of each one dragm. Mastick halfe a dragm. stop it fast: then strowe of the powder which is powned togither of the three things vpon the wet cloth, couer it with another cloth, and annoint the wound rounde about with oile of Roses, couer the head gently with a linnen cap or kercher.

Item take womans milke that giueth sucke to a boy, wet a peece of silke therein, and couer the wound therewith, afterwards take the well braied white of an eg, put powned Frankincense vnto it, spread it on a cloth, and lay it ouer the wound aboue vpon the first cloth which is made wet in the womans milke, and let it lie so three daies; if the braines be quiet, then is it a good signe of life: afterwards dresse him with the blacke plaister or salue that shall hereafter follow; but if the wound stench not bleeding, then is this powder following maruellous good: Take Frankincense two drag. Aloe one drag. and therewith strowe the bleeding wound.

A water: Take Rosemarie with the flowers, Sage, Betonie, of each one M. steepe them 24. howers in good wine and distill it, put thereto Myrrhe halfe an ounce, Aloe one ounce, Saffron ten grains, *Sarcocolla*, Frankincense of each one drag. This you are to keepe in a fast closed glasse vntill you haue neede to vse it.

After that the wound is dressed, and that it hath not bled much, some do aduise that the head veine is to be opened, and that is very truly aduised, that for all such wounds the head veine once at the least should be opened, and the patient purged: for it happeneth oftentimes, that the paine of the head, impostumation, or other mischaunces may therby be hindered and preuented.

But to returne againe to the chirurgerie. It happeneth oftentimes that there befalleth with it paine of the throte and of the almonds, for which is meete this gargarisme.

Take Mastick, Frankincense, of each one drag. Plantaine, the iuice of Sloes, Acorne cups, of each one quarter of an ounce, Licorice an ounce, *Pieretrum*, Pomegranate pils, of each one quarter of an ounce. Seethe them togither in a quart of sower red wine vntill the third part be sodden away, put thereto prepared *Bolus Armenus* halfe an ounce, burnt Allume one ounce and a halfe. Lay this plaister following then vpon it to heale it withall: Take oile of Roses eight ounces, oile of Mastick one ounce, sheepes and calues sewet, of each 12. ounces, siluer litharge brused small 2. ounces, red Lead one ounce, and a pint of wine; then let this boile softly vntill it be browne or blacke. Then put thereto 4. ounces of Turpentine, Mastick two ounces, *Gummi Elenij* halfe an ounce, white Ware as much as is needfull for to make a plaister. This plaister is especiall good to cure a wound in the head, although one vsed nought else, yet is the wound oftentimes to be washed with warme water: and if it were wholy impostumated, then in stead of water vse wine, wherein Mirtle seedes and blossomes of Pomegranates with a little Allume hath decocted.

one of blacke plaisters

see page 599.

Another plaister, which is also commended for good and to haue been approued: Take *Gummi Elenij* one ounce and a halfe, white Rosin two ounces, Ware two or three ounces, oile of Roses two ounces and a halfe, Ammoniack one ounce, Turpentine one ounce and a halfe, make a plaister or salue of it: some adde Rie meale vnto it: others blacke Beane meale: the third sort beaten Plantaine seedes; some also vse wine in stead of oile.

A salue: Take white Rosin fiue drag. powned Aloe halfe an ounce, oile of Roses and Ware as much as is needefull, let it melt by a milde fire; when it is cold, put thereto halfe an ounce of *Gummi Elenij*: with boiling may be made a tough plaister thereof. It draweth the matter out of the broken scull, and from the bottom or depth allwageth the paine.

An especiall salue for the fracture of the scull.

Yet one more that is stronger; Take the vpright Balsame, or in stede thereof oile of Cloues, Bdellium, Ammoniacum, of each three ounces, white Rosin, *Gummi Elenij*, of ethe one ounce, Frankinsence, Myrrhe, Sarcocolla, beaten small, of each one drag. and a halfe, oile of Roses two ounces, Ware as much as is needfull: make a tough salue thereof, and sethe it in fower ounces of the iuice of Woodbinde vntill all the iuice be consumed.

## Of the skins or tunicles of the braines, called *Dura*, and *Pia mater*, when they be perisht. §.3.

THese two skins or tunicles that couer the braines vnder the skull, do the Grekes call *Meninges*, the vpmost is called *Dura mater*, the hard Mother, for that in comparison of the other it is very hard and full of holes where the vaines passe thorow. *Pia mater*, the good Mother, is very spare and thinne: therefore also very dangerous if the same be wounded, for which these salues following are ordained and founde requisite.

Take Woodbinde, Betonie, Pimpernell, of each two M. *Gummi Elenij*, Dragon blod, of each three quarters of an ounce: Sethe them togither in two ounces of oile of Roses, and sufficient quantitie of red Wine, vntill all the moisture be consumed, wring it out, and let it be colde, make it as thicke as you will with molten ware.

Or take Turpentine, Rosin, Ware, of each one ounce, Frankinsence one quarter of an ounce, oile of Roses three ounces, *Gummi Elenij* three drag. Mastix one quarter of an ounce, Betonie, Woodbinde, of each three drag. These herbes must be sodden in red wine vntill all the moisture be sod away, afterwardes wring it out, temper the other things with it, stirre it well about vntill it be a salue.

But if the scull onely be broken whether it be by falling, throwing, or beating, and a swelling withall: Then take Wormewode, Roses, Cammomil, of each one M. sethe them in red Wine and oile of Roses, as much as is needfull, temper a good quantitie of Beane meale with it, and so applie it.

Item: Take Wormwode, Cammomill, Melilote, of each one ounce, Sterhas, Betonie, Woodbinde, Bolus, Dragons blod, of each halfe an ounce, Barley meale two ounces, oyle of Roses as much as will suffise for a plaister or salue, yet if you would haue it hard, adde ware vnto it.

## The triall when the Plaister is sodden inough. §.4.

IF any will put iuices, wine or any other moisture in plaisters, then are you to let the iuice be sod away: and when they be sufficiently sodden, you shall knowe it hereby: let a drop or twaine fall vpon the fier, if it do not sisse as water is wont to do, then it is inough.

## *The fift Chapter.*

## The face a part of the head.

IT is before declared in the beginning of the fourth Chapter, that in diuiding of the head the face is the first part beginning and ending from the eiebrowes vnto the end of the chin, of which partes disease we will now discourse.

As much as concerneth the face in generall, man hath purchased the same aboue all liuing creatures; for it cannot be said of any beast that it hath a face, *Faciem*, but onely of mankinde: and it is also to be wondred at, that nature hath planted so many parts in so small a compasse; for that there be eies that see and leade the whole bodie; a mouth that speaketh and taketh in meate for the sustenance of the whole bodie; a nose that smelleth, and can discerne what is pleasant or vnpleasant in smell or sauour, that also doth discharge and vnburden the braines of all superfluous moisture;

moisture; eares for to heare, whereby men may vnderstand one another; a beard for to distinguish one man from another; eiebrowes to the garnishing and defence of the eies; cheekes, wherewith to manifest and shew shamefastnesse, feare, peace, and friendship, as shall be more at large shewed hereafter: consequently, the face is a looking glasse of the minde, of the inwarde intention and vnreuealed thought. But we will not make long discourse thereof at this present, but onely to discourse of the diseases of the face, and how to cure them.

## Of all staines or spots of the face. §. 1.

For to take away this disorder or misfiguring of the face may these remedies following be vsed: make a little cruse of dowe, as it were a small pastey meetely thicke, put therein sixe ounces of Ceruse, make it fast on the top, that there flie no vapour out of it; let it stand so in an ouen the space of an hower, that it be not to hot: and when it is waxen colde, take it out and bruse it small, and put thereto a sufficient quantitie of Elderne water, and so set it in the sunne close stopped; stir it euery daie about fower or fiue times, wash the face therewith fowertéene daies long, or as long as is néedfull with a cloth which is wet therein. This is oftentimes approued.

Item take fresh roots of Salomons seale, beate and annoint it on the spots: or take Goates milke wherein Salomons seale rootes are decocted, and vse it as is aforesaide. The water of distilled Honie doth take them also away.

Maidens milke, *Lac Virginis*, the which the auncient Phisitions do so name, is a good and sure water, not onely for the staines in the face, but also for manie other diseases, as shall be hereafter more at large declared, and the same shall be prepared thus: Take halfe a pound of litharge of gold, beate it small, and put it into a pot, powre halfe a pint of vineger vpon it, let it séethe a little: afterwards when it is setled, powre of the clére into another glasse and kéepe it; you may preserue the litharge for to make a plaister with it afterwards. Lac virginis, or maidens milke.

Secondly, take a good handfull of salt, put fower ounces of water vpon it; séethe it to the halfe, and kéepe it also in a glasse by it selfe: whensoeuer you will vse it, then take three partes of salt water, and one part of the foresaid vineger, temper it well, then will it be as milke: will you haue this better, then put a little Rose water and *Sal Armoniack* vnto it. It is good for all scurfes: some do vse it in the eies also, but it is very sharpe, chiefly if one take *Sal Armoniacke* with it.

## Tristrams water.

Take 12. ounces of Nutmegs, Mace, Ginger, Graines, Cloues, of each halfe an ounce, Rubarbe one ounce, Beuer cod, Spikenard, of each halfe an ounce, oile of Bay two ounces, leaue the spices vnbeaten, powre to it fower quarts of wine, couer it close, and let it stand so the space of fower wéekes, afterwardes powre away the wine; powne all the spices to pap, and put it againe to the foresaide wine, let it stand well stopt three daies, stir it well about: then distill it in hot water without séething, and preserue it well. Besides, that this water doth take away all spots of the face and of the bodie, there is ascribed more vnto it, these wonderfull vertues; to wit, some holden in the mouth taketh away the toothach. Also venison laid therein should continue good a yéere and a day: also all manner of fruites and flowers laid therein do the like: a little thereof put into faint wine maketh the same fresh and quicke: a little drunke thereof doth breake all inward impostumes; it kéepeth a man in good constitution, also the stomacke, the liuer, the milt, the lights, and the bowels: a cloth dipped therein put on wounds doth heale the same: it preserueth from all dead palsies: it drieth all moist and rheumaticke braines: if any drinke the same, or annoint the head therewith, it taketh away a stinking breth: also it kéepeth one long youthfull if one drinke a little of it in the morning, as many times hath béene proued.

A salue for the spots: Take oile of Roses, vnguent of Roses, of each halfe an ounce, oile of Violets one quarter of an ounce, the iuice of Plantaine halfe an ounce, Muscilage of Fleawort, of Mallowes, of Violet leaues, of each one ounce and a halfe: let it séethe till the Muscilage be consumed, afterwards with molten waxe make a salue thereof.

For

For the freckles which one getteth by the heate of the sunne: Take a little Allume beaten small, temper amongst it a well brained white of an eg, put it on a milde fire stirring it alwaies about, that it ware not hard: & when it casteth vp scum then it is ynough, wherewith annoint the freckles the space of three daies: if you will defend your selfe, that you get no freckles on the face, then annoint your face with the whites of egs.

## Of the rednesse of the face. §.2.

TAke the whites of two egs braied well with Rose water, temper the iuice of Plantaine and of Docks amongst it, of each a like much, afterwards 3. graines of small powdered Sublimate also mixed amongst it, annoint the rednesse with it.

Afterwards take about 8. ounces of vineger and Rose water, temper one quarter of an ounce of Brimstone amongst it, Allume one quarter of an ounce, let it sethe softly vntill about one third part be sodden away, wash therewith the red face.

It is also good that the bad blod may be drawne out to set a horsleach or twaine to it, for it is found that the rednesse of the face and the pushes can neuer be better taken away, than with this fastening of the leaches, but one must alwaies purge before hand.

A water: Take Sulfure viue halfe an ounce, Salt one drag. Camfere halfe a scruple, Rose water, the water of blew Flower deluce, of each two ounces. Set it 14. daies well stopt in the sunne, stir it oftentimes togither, make a cloth wet in it, and therewith wash the face.

Another: Take one ounce of Ceruise, Mastick one quarter of an ounce, Myrrhe halfe a drag. let them be sifted thorow a lawne searce togither, put them into a mortar, and powre thorow a little sallet oile and vineger, and with long stirring it about make a salue thereof.

## For all white pushes of the face. §.3.

FOr this is first of all good the water of broken Ceruise, with Elderne water which is described in the first §.

This salue may be also vsed for it.

Take shepes sewet, fresh marrow out of the stags bones, melt them togither on the fire, and annoint the face therewith. Item take Camfere halfe a drag. grinde it small with three ounces of Rose water, stir it often, and wash the face therewith.

For this is also highly commended, the oile of Spike, besides the good sauour, it giueth the face a good colour.

Mentagra. With the white pushes of the face, we do also vnderstand all scabs, blisters, and other spices of leprosie in the face, which the Grecians do call *Lichenas*, and the Latinists *Mentagram*: for that all such diseases do commonly appere with drie white scabs, and itching scurfe about the chin, the which doth at the length spred it selfe from thence ouer the whole bodie; for which these remedies following are very good.

The goates milke that commeth warme from the beast, the water of Liriconfansie, of each eight ounces, the whites of three new laid egs, which come warme from the nest, the crusts of two warme white loaues, Salomons seale one ℳ. Camfere halfe a drag. This shall be distilled togither in sething water, then temper the Camfere amongst it, and wash oftentimes the face therewith.

The face commeth also otherwhiles full of little red blisters, whence issueth a sharpe moisture mixt with blod, the which if it be not remedied in time, it will degenerate into the right leprie, against which these meanes following are to be vsed.

Take water distilled of water snegs or of muscles, three ounces, Ceruise washed with Harts tong water, one ounce and a halfe, the iuice of wilde Cucumbers, or the water thereof as much as is needefull, for to make a salue thereof: but this following is more forcible.

Take *Sarcocolla*, Ceruise, Starch, that is steeped fower daies in ley, of each three ounces, all these are you to temper with the white of an eg: lastly, put thereto two graines of *Muscus*, and one drag. and a halfe of Camfere, make a salue thereof, and therewith annoint the face.

But

But this following is aboue all other to be commended: Take litharge of golde which is well decocted in vineger and well clensed, bruse it very small, and temper it with oile of Roses: but amongst all the rest this is to be noted for a rule, that the vse of this forsaid nointing is not to be done, but onely at the euening.

## For to make a cleane face. §.4.

IF any one haue a darke and sad countenance, he is to be purged with *Hiera picra*, afterwards he must euery morning fasting take Gentian, Wormwood, bitter Almonds, of each one drag. beaten small togither with three ounces of Wormwood water certaine daies togither: he is to wash the face oftentimes with vineger tempered with Rose water. This following is also very sure: Take Litharge of siluer an ounce and a halfe, Sulfure viue halfe an ounce, Camfere halfe a drag. burnt Allume halfe an ounce, make a fine powder thereof; put thereto the water of Lillies and of Liriconfansie, of Beane blossoms, Salomons seale, of each one ounce and a halfe, keepe it in a close stopt glasse, and when you will vse it stir it well about.

Item take Beanes as many as you will, steepe them all a night in sharpe vineger, take off the peeles and drie them in a warme place; beate them to powder, and put some of it in warme water when you will go to bed, and wash thy face therewith.

It is counselled for women, that if they will haue a well coloured face to eate oftentimes course Marierom: for this it is also good to drinke wine; for it maintaineth a liuely colour.

In like maner are much commended for this purpose the Aromaticall wines, that haue Rosemarie in them, not onely to be drunken, but to wash the face also with them. Betony infused a whole night in wine maketh a good colour.

## For congealed blood after any blowes remaining. §.5.

TAke Comfrey, Daisie leaues, of each three ounces; Cammomill, Melilot, of eache one ounce; Beane meale two ounces; boile them togither and beate it to growte, and when you will vse it adde oile of Roses to it: Item this following is very good, Take Comfrey, Daisie leaues of each three ounces, Cammomill, Melilot of each two ounces, Saffron one drag. Beane meale foure ounces, fresh Butter two ounces, Fenegreeke meale one ounce and a halfe, boile the rootes in water, beate them and make a plaster of it: this is very good for bruised members with congealed blod, it suppleth and swageth the paine, put also Wormewood and Comin vnto it, of each one ounce, then hath it not his like.

## How to make a good colour. §.6.

TAke the rootes of Cuccowpint, Ceruse of each halfe an ounce beaten small, mire them with Rose water and annoint the cheekes with it: or take of the lesser three leafed grasse beaten, rub the face therewith; it maketh a faire face and a cleere skinne: It is also ascribed to the Hythridate that it should also beautifie the face, but young hote folkes are not to vse it.

## *The sixt Chapter.*

## Eiebrowes, Eielids, with al that appertaineth vnto them.

IN the beginning of the description of the face in the fift chapter is shewed, that the same hath his enterance at the Eeiebrowes; therefore doth the diuision of mans bodie require somewhat to be written of the same.

This is here especially to be noted, that prouident nature doth wonderfully defende the eies, not onely with these, but also with other members moe from many kindes of externall accidents; for first there be *Cilia*, the haire of the lids placed on the edges of the vppermost and vndermost Eielids, which stand out before with hard and stiffe haires, whereby all small things, as flies, dust, and such like, that might fall into the eies,

eies should be therewith withstood: Afterwards are both the Eielids *Palpebræ*, whereof the vndermost standeth very fast, and the vppermost most swiftly moueth; so that it coureth the eie against all that might fall into it: they do thus preserue and keepe the eies in the sleepe, they couer them from the Ayrie light, to the end that the whole bodie might the more commodiously take reste: Thirdly, they haue aboue in the end of the forehead as is said, *Supercilia*, Eiebrowes set vpon a high bulke garnished with much haire, to the end that all things that might fall downe, and specially the sweate, which thorow his salt nature might doe the eies some harme, should be kept of these as it were with a bulwarke or fortresse: and in like sorte haue both the chéekes also two bunches in the middest of the two sides seperated and defended with the height of the nose, like as also the outsides both of them with harde bones preserued and prouided for, called of the Anatomists *Iugales*, the temples; So that the eies are on euery side fortified that they might lie the surer in the depth: It is not néedefull to speake more ampler therof, but onely to discourse of those things which are conuenient for the healing of the maladies that are incident to those members.

## Of the swelling of the Eielid. §. 1.

THere doe fall many maladies into the eielids as swellings, impostumes, blerednes and other mo, which maladies also often times with the falling away of the haire are augmented. But we will begin with the swelling, these haue many causes, first that the defluction of the eeilids commeth of a grosse & tough humor, their rednes doth itch and smarte, make manifest, whereby they be exulcerated, and the haire falling away by no meanes groweth againe, as long as this disease indureth, the which doth hurt the sight and the eies. This patient first of all, if he be full of blod, is to haue a vaine opened, afterwards to prepare the matter with *Oxymel compositum* and sirupe of Fumitorie, and afterwards to purge with these pils following: Take yellow Mirabolan barks halfe an ounce, Aloe one quarter of an ounce, Turbith one drag. Dragagant, Roses, Diagridion, Sene, the iuice of Fumitorie, temper them all togither, and giue thereof one drag. at once or 4. scrup. They do purge the burnt matter and salt flegme: water baths are also very profitably for this, wherein Mallowes, Sorrell, Docks and Verueins are decocted, vsed oftentimes.

At night, lay this plaister following thereon: Take Endiue, Purslane, Priests crowne, of each a like much, beate them to pappe, and temper them with the white of an egge, and with a little oyle of Roses. You may also wet a cloth in the iuice of those hearbs, and so lay it thereon. Item, take sodden Lentiles, powre out the broth, bray them with a little Rose water, and lay it thereon like as the former. Or take Lentiles, Pomegranate pils, Roses, Sumack, of each one ounce: beate these together, and make a pappe thereof with Rose water: Make the eyes often moyst with stilled Rose water, or well water wherein Sorrell is decocted. Or do thus: Take Dandelion, Sorrell, Roses, Dock leaues, and Lentiles, of each a like much. Item, take prepared Sarcocolla, and bruise it in the iuice of Celendine, and annoint the eies therewith, it is very good. The order of dyet is like, as hereafter in *Opthalmia* shall be shewed. But if this defluction or rednesse of the eye lids be of long continuance, then must one let bloud, and purge the oftner, and outwardly vse the stronger things, as this insuing, called *Sieff viride*: Take Verdigrease one drag. burnt Vitrioll one quarter of an ounce, Orpment, Seafome, Salt peter, of each one scrup. Sal armoniac two scrup. Temper them together with the iuice of Rue, and annoynt it vpon the eye liddes. This is very good indéede to expell all such diseases: but it is very strong, and somewhat perilous to be vsed in the eyes, yet outwardly not awhit.

Sieff viride.

This following is somewhat milder. Take Verdigrease one drag. Dragagant three drag. Saffron and Pepper of each one drag. make it as thicke as hony with sowre Wine, and vse it as before.

Item, take white Wine, Rose water, of each two ounces, Aloe, Saffron, of each one drag. wherewith wash the eye lids, take water wherein Sumack is decocted, Rose water, and white Wine, of each three ounces, Vitrioll, Verdigreace, and burnt Aloe, of each one drag. wash it cold therewith: or take Roses one quarter of an ounce, prepared Tutia three drag. Antimony, burnt Copper, of each halfe a drag. Wine sixe ounces, Fennell water one ounce and a halfe: temper them, and wash the eyes therewith.

The

The other manner of swelling or distension of the eye lids and browes doth come of subtle moysture or vapours. Also if there be something throwne into the eye, stong of Waspes, or perished through any other inconueniences: in like manner, if one rub the eyes with any strong herbs, as Nettles, Rue, Esula, &c. Also these accidents may procæde of a bad digesture of the stomacke, of ouermuch watching, or slæping, like as it commeth to passe in the Lithargie, and also in the Dropsie.

Item, if the swelling be caused through stripes or hurt, then take the white of an egge brayed, temper it with Rose water, or Oyle of Roses, and lay vpon it as often as it is drye. Two or thræe dayes after, put Cammomill in a little bag, and let it sæthe in Wine, and wet the swollen eies therewith.

Item, if this swelling be caused thorough winde or vapors, then take pouned Millet, and Cumin, of each a like much, make a plaister thereof with Fennell water, and lay a rosted Apple vpon it. You may also annoynt it with the iuyce of Sloes.

But if the swelling do come thorough the stinging of Waspes or Bées, then take Theriaca, Mithridate, or the confection of Triphera, tempered with a little Aloe brused with Rose water, and annoynt it therewith. Some do temper Salt gèmme amongst it: You may reade further thereof afterwards in the seuenth part, of the stinging of Bées.

Or if this swelling be caused through rubbing of hote hearbs or such like, annoynt it with *Populeon*, oile of Roses tempered with the white of an eg. For this also, the iuice of Houslæke tempered with oile of Roses, or with iuice of Plantaine, making clothes wet therein, is good. If it be caused by much watching, then is slæpe requisite: and also for a bad digesture, to suffer hunger and thirst, &c. If the same be caused through cold, then take *Asarabacca*, Daffodill, of each halfe an ounce, prepared *Tutia*, and annoint the swelling therewithall: there may also oile of Roses and white Ware be molten amongst it, that it may be like a salue. The third sort of swelling of these members, is like as it were a fatnesse, that sheweth it selfe thorow out the browes, where the same aggrauateth and hindreth the lids that one cannot well open them. This distension is without paine, and if one presse his finger vpon it, then is the marke sæne stand a good while afterward therein. The occasion of this is drie or grosse slime, and withall some moisture of the eies, it doth matter in the corners of the eies, that sticketh fast to the eielids. But one must first trie to remedie it by fomentation, and to take for it the decoction of Wormwood, Cammomill, Fennell, Annise, and such like: afterwardes make a plaister of prepared Ammoniack or Diachylon, and some Salt Armoniacke and Ireos tempered amongst it: and if it will not away therewith, then is it certaine, that it procædeth not of moisture or vapours, but of rottennesse; for which many strong things are to be vsed: for that will not easily be consumed, euen as you may apparantly perceiue, if you let water and fat sæthe togither, that the water is much sooner wasted than the fat. Therefore we are also to vse the things following, that are rehearsed hereafter in the first place of this distension.

Especially if the præmisses will not help, he is to purge like as is sayd in the first swelling or distension of the eye lids: but if so be that the water be subtile and fluxible with Choler, then is a Purgation to be tempered with yellow Mirabolanes, and Woodbinde water: and also to let bloud if it be nædefull. Warme clothes wet with well water are also very good layd thereon: also to bathe otherwhiles: And when one goeth to bed, to lay vpon it the white of an egge brayed well. In the morning are the eyes to be fomented againe with warme water: if then the matter be grosse, and the swelling any thing bigge, then take Fenegræke, and Linesæde, lay them to stæpe in womans milke, then wring out the muscalage, but foment the eyes with warme water before, and lay the foresayd Muscilage vpon it; if there be then paine with it, annoint the place with the fat of a hen. This doth also the Muscilage of Linesædes alone, tempered with a little Ware and oile of Roses, and laid thereon. This tough matter we must sæke to consume with the foresaid Collyrium of *Tutia*, Pepper, and such like, and therewith continue somewhat, bicause health cannot follow so soone after it. There commeth also other whiles paine of the eielids, which presseth none otherwise, than as if one were constrained to holde his eies shut. For which the Mithridate is very good laid vpon the eies and the forehead, and held in the mouth.

The fourth kinde of the swelling is called Hailstones, by reason of their hardnesse, which is not thorowout like to the fat swelling, but onely in one place whether it be within or without

the

the eielids: for this is first to be sought to mellow it, as shall be hereafter taught. If this cannot be effected; then if it may be come by outwardly, it is to be cut out.

The fift kinde receiueth hir name of the Barlie which it resembleth: for it is such a swelling of the eies that stretcheth him from one corner of the eie to the other, and is greatest in the middle, and smallest in the corners, and hath this difference with the aforenamed Hailestones, that they remaine hard thorowout: but this not so, vnlesse it were so hardened thorow long continuance of time.

For to cure this, the head veine is first to be opened and purged: afterwards, to lay vpon it *Opopanacum* molten in Cammomill oile. Afterwards, a plaister made of prepared *Galbanum* and Barly meale, of each a like much, prepared with oile of Lillies, and laid thereon. For this is also very good, Hens grease warme. The eies must be often bathed with warme water, wherein Barly and Cammomill is sod, and afterwards annointed with the blod of Pigeons, Turtles, or Partridges.

Another plaister: Take *Galbanum*, *Ammoniacum*, of each halfe an ounce, Boreas one drag. mixe them togither, and lay them vpon the eie. Or take Frankincense and Myrrhe, of each one quarter of an ounce, *Laudanum* halfe an ounce, Boreas, Allume, Waxe, of each one drag. the dregs of the oyle of Lillies as much as is needefull: melt therein the *Laudanum*, and waxe, the rest temper and beate amongst it: vse this so long vntill it be all consumed.

## Of the itch, and smarting of the eielids. §. 2.

IT is mentioned in the former distension or swellings of the eyelids, that the same commeth with great itching and smarting, whereof we must speake more at large. This happeneth oftentimes in the infusion of the eyes *Opthalmia*, thorough salt and sharp Rheumes, whereof shall be hereafter discoursed, and also of Lice, whereof is before spoken in the third Chapter and 8. §. and shall immediatly hereafter follow in the discourse of the browes.

Otherwhiles this itch and smart doth procéede of hote bloud, or such like other moysture, and in case then the rubbing and scratching do come to it, then hath the humour the more recourse thither, whence followe scabs and scurfe, not much differing from Branne or Sawdust, which doth harden and continually smarteth. And although in the former swelling of the eyelids (as is sayd) there be good remedyes declared, méete also for this disease, yet neuertheless it is very needefull to speake somewhat more thereof. If it do come thorow heate and redneſſe, vse for it all that is there rehearsed: if it come of any sharp matter, purge as before in the first swelling is shewed, once euery moneth. Or purge with the whay of Goats milke, wherein is sodden *Epithymum*, in the which shall be stéeped and wrong out *Mirabolani*, *Chebuli* thrée dragm. Annis séedes halfe a dragm. and if this be too much, then prepare these pils following: Take Aloe, Rubarb, of each one drag. Annis séeds halfe a drag. Diagridion two scrup. make pils thereof with the iuice of Fumitorie, take thereof one drag. at the vttermost at one time: afterwards open the vaines in the corners of the eye, and set boring cups behinde in the necke. Also vse eyther of these fomentations for the eies, whereof hath bene spoken in many places of the distension and swelling of the eyelids. Or take yellow Amber one quarter of an ounce, Pomegranat péeles, thrée drag. temper them with hony, and annoynt the eyes with it where the itch is. Or take Sal Armoniack two drag. Aloe halfe an ounce, mixe them together in a brasen morter. But if the itch be not too great after the letting of bloud and purging them, only foment the eyes with warme water wherein is decocted Mallowes, Docks, and Sorrell, with some Rose water put amongst it: or take white Wine thrée ounces, Aloe one quarter of an ounce, annoynt the eyes therewith after the fomenting.

Item, take Butchers Bromeséed, Purslan séeds, Lentiles, of each a like much, pound them all together, close it with the white of an egge and oyle of Roses; Sarcocolla tempered with the iuice of Celendine is alwayes very good for this purpose.

Of

## Of clefts in the eyelids. §. 3.

THese clefts and insection of the eyelids are caused of heate, or of a sharp and salt humour, that falleth into the eyelids after the purging and letting of bloud (whereof is sayd so oftentimes) Soethe pilles, and blossoms of Pomegranats very soft, afterwards stamp them in Vineger, and therewith annoynt the eyelids certayne dayes together: and afterwards temper some Saffron and the yolke of an egge amongst it, and lay it vpon it: for it healeth much, like as doth also the *Sief de Thure*, which is approued for all rheume of eyes, and to be sought for in the Register.

## Of warts vpon the eielids. §.4.

OF these there be two sortes: the one not very hard and without rankling, which is caused of Melancholike humours: the other hard like to a small Mulberie, standing commonly about the corner of the eies: both of these must be cut or burnt, and afterwardes things laid vpon it: which hereafter for the cure of the excrescence of flesh of the Fistula e corners of the eie are discoursed. But of the warts shall be more amply written hereafter in the fift part.

## Of the inuersion of the eielids, where the inward red flesh appeereth outwardly. §.5.

IT appéereth also that thorow the increase of flesh the eielids do turne, and the inside doth appéere outwardly. There are two sorts of this: the one, when the eielids being turned about, be red and sore, which is a kinde of scabbednesse: the other doth couer and hide the whole apple of the eie with red and métely big veines: both of them are of long continuance, and hard to be healed. Therefore it is aduised, that at the very first there be somewhat laid vnto it: and although the cure of this disease haue the same intention, with all other forementioned infirmities of the eies, yet neuertheleste it is required for this disease, that if the partie be in health, he must purge with these pils: Take *Agaricus*, Coloquint, *Bdellium*, Mastick, of each one drag. Aloe halfe an ounce, Turbith one ounce and one quarter: make pils thereof with the iuice of Betonie, whereof you are to giue one drag. at once. Or take *Pillulæ aureæ* two scruples, *Cochiæ* one scrup. make pils thereof, and fast sire howers vpon it. But if one haue once purged, then is the head vaine to be opened betweene the thumbe and the forefinger, and in like manner in the forehead, and to set boring cups behinde in the necke. Allome boiled in white wine, and washed therewith, is also very good. Afterwardes this plaister following shall be laide thereon: Take Fenegréeke meale sire ounces, Cammomill, Roses, one ounce of each, red wine as much as is néedefull for to make a plaister, whereof take as much as you will vse at one time: temper amongst it the whites of two well brayed egs, and lay it vpon it. Afterwardes you are eight daies one after another to vse this sirupe following: Take sirupe of Roses one ounce, sirupe of vineger *Compositum* halfe an ounce, Fennell and Licorice water, of each an ounce: after this must you by and by take the foresaid pils againe; and further then euery fift day once two howers after supper, the inuerted eielids are in the day time often to be annointed with the iuice of Smallage, and that enduring the space of eight daies. The next 8. daies afterwards, they are to be made moist softly with the water wherein *Sal Armoniack* is dissolued, and then being annointed with the foresaid iuices, lay this plaister following vpon it: Take the plaister *De Muscilaginibus* as hereafter it is described, one ounce, of Allome, Vitriol, both burnt, of each one drag. melt this plaister with old wine, temper the powders amongst it into a tough plaister.

After the vse of this plaster and the foresayd water, then vse this powder following: Take Antimonie halfe an ounce, prepared Tutia, Orpiment, Bloodstone, Litharge of golde, of each one quarter of an ounce, make a very fine powder of it: This eateth away all the superfluous flesh, healeth the sore eyes, dryeth and taketh away the itch. But if it be too strong, then leaue out the Orpiment, and take only Verdigreee two drag. Tutia three drag. Antimony halfe an ounce; but haue care of the apple of the eye. And if this disease way old, then it is néedefull that this

scabbednesse

scabbednesse be rubd vntill it bleede, which may most commodiously be effected with figge leaues. The other must be opened with a lancet, with a hote iron, and the paine allwaged with the brayed white of an egge. But these are cures of cunning and expert Chirurgions, to whome only the same is to be referred: but this drying powder is not heere to be concealed, which is also discouered in other places: Take egge shels of very new layd egges, lay them the space of nine dayes in Vineger, drye them, and make thereof a subtile powder, and strowe it vpon the disease.

These sicke persons shall beware of all meates that fume into the head, as of all spices, mustard, strong wine, and eschew especially drunkennesse; but let them eate rere egs, Spinage, Fennel, Burrage, Parsley, young flesh, and drinke watred wine.

The other maner of inuersion of the eielids happeneth when the vppermost eielid shrinketh vp, or is drawen vp, so that it cannot couer the apple of the eie: we call it the Hares slæpe; it doth sometimes couer but one parte. Thirdly when the vppermost of the eielids cannot reach to the lowermost. But if it come by nature, then it is not possible to be holpen.

There commeth also otherwhiles a paine in the Eiebrowes, which wringeth sore (as if one were constrained to kæpe them alway shut) for which Mithridate is very good being spred vpon the eies, and on the forehead, and likewise some thereof holden in the mouth.

## Of the Consolidation or growing together of the Eielids. §.6.

IT happeneth otherwhiles, that after the taking off of the skin, or cutting off of the flesh in the corner of the eies (if it be not well loked vnto) that the eielids doe grow vnto the apple of the ey, or one fast to another, wherewith the whole eie is couered.

For to preuent this, must the eielids, which are not yet growen, be raised vp softly, and the place be annointed with a soft feather with the decoction of Fennell and Carraway, then put in some of the white of an eg; doe this euery day two or thræe times: now if there remaine any flesh; the fourth day are sharpe *Collyria* to be vsed, which hereafter are described in the eielids.

## Of the nethermost Eielid which pricketh the Apple of the Eie. §.7.

FVrther it commeth also to passe, that the Eielids doe alter their naturall course in growing, not growing right, but inwards: and because (as it hath bæn said) nert to the Apple of the eie, they are very subtile, not sensible at all, they make the more paine with their pricking: for to amend this, these meanes following are to be vsed.

If there be but one or two haires, then take Mastick, *Gummi Arabicum*, make them somewhat moist, turne the eielids about, and annoint them therewith: If it will not be well therewith, then are the haires to be pluct quite out, and you must burne the holes with a glowing nædle, that it may not growe out againe. Or you may vse this salue following: take the iuice of the rootes of Sothernwood, Muscilage of Fleawort, a little vineger, & Camfere, annoint the same in the same hole. Item take *Opium* one graine, Mastick halfe a scrup. make it soft with a drop of Vineger, and annoint the hole therewith. Or take the blood and gall of a Hedgehog, Iron drosse, of each a like much, make a flat cake like to a Lentil, or fish scale, and laie it on the place where the haire is drawen forth; that swageth the paine within the space of an houre, and it will not suffer haire to growe there any more. Or take the rust of Iron, temper it with fasting spettle. In like sorte may also be powned Ants egs, and vsed. But amongst all is the plucking out and burning most surest.

If the haires be many that growe inward, then must one cut off the outer edges of the Eielids; so that the rootes of the haires be taken away, the which must be done by expert Chirurgions, otherwise must the eielids not be cut ouerthwart at any hand, for that they could not growe togither any more.

Plaister de Muscilaginib.

A plaister *de Muscilaginibus* promised to be described in the 5. §. Take Fenegrœke, Linsæd, Holihock rootes, of each thræ ounces: boile them, and draw out the slime or the Muscilage, besprinckle it besides with a little vineger, afterwards temper 3. ounces of small beaten litharge of

of golde sodden softly with fiue ounces of oile of *Sesamum*, and put thereto the forsaid slime, and then seethe it to a plaister or salue.

## For falling off of the haire in the vndermost eielids. §.8.

THe falling off of the haire is of many sortes: whereof heretofore in the imperfections of the haire are many things described in the third Chapter 6.§. and further in the description of the beard shall be declared. The cause of the falling off of the haire out of the lower eielids, is a sharpe salt matter, which consumeth the humors that should fede the haire, and drieth away the rootes thereof, that they must fall away, which is oftentimes seene by them that recouer of a sore sicknes. It may also happen in the sorenesse and scabs of this place, as heretofore is sufficiently declared. Also experience doth teach vs, that the haires do fall from the eielids of those that leade an vnchaste life. Also that the crab lice do growe thereof is sufficiently declared before in the former Chapter 8.§. But if the cause of all this be a sharpe, salt, smarting matter, let the bodie be purged, like as heretofore is specified for the itch of the eielids, and so for the like in others.

But for a beginning, one must keepe a good order in eating and drinking; afterwards make this plaister: Take Hares dung, Bucks dung, of each one quarter of an ounce, burnt Hasell nuts three drag. goates fat as much as is needfull for a salue, therewith annoint the eielids. Or take Antimonie, burnt Pepper, of each one drag. and walht Lead halfe an ounce, Indie *Spica*, Squinant, of each one drag. and a halfe, burnt Date stones fiue drag. Goats and Beares fat, as much as is needfull for a salue.

Item take Swallowes dung, Mice dung, of each halfe a drag. burnt Date stones, Lasure stones, of each one drag. Indie *Spicæ* one scrup, make a salue thereof with clarified honie, and vse it as the aforesaid.

If the falling off of the haire be caused of redneste, smarting, or scurfe, then take a Pomegranate, cut it in eight peeces, and seethe it in vineger vntill it be soft, and vnto growte or pap: afterwards straine the iuice thorow a cloth, and vse it so long vntill it be thorow whole.

## *The seuenth Chapter.*

## Of the Eies.

THey are thus described: The eie is an instrument of the sight, whose nature and complexion is moist, round, yet a little flattish, with seuen pannicles and three humours complete and conioyned, the definition whereof would here be to long to rehearse. These two members are accounted in comparison of all the rest to be very small, yet notwithstanding so pretious, that our Lord God hath planted maruellous things, and shewed his power and omnipotencie most excellently in them: whereof it is not here needefull to write any more, yet it is not amisse to rehearse those thinges which in the beginning of the first Chapter haue beene said of the face: to wit, that for the most part all humane affections, inward desires, and cogitations of the hart, do most forcibly appeere in the eies. For what is there, that the inward thoughts, will, and desires of the hart and the minde could counterfeit more naturally, than these members? For they shew thorow their rolling about, loking downwards, sudden motions, winking, and other such like, mirth, sorrowe, anger, hatred, and other affections of the hart. They do giue also sure knowledge of the secret lusts: for there cannot be so many inclinations in the breast of man, but there may be a signe thereof discerned in the eies: so that one may iustly say, the eies are most true messengers of the hart and of the minde. Of them haue the *Physiognomici* knowen the manifold nature of men, and adiudged that the eies which stand so deepe in the head do see much sharper than they that stand wide out. Those eies that stand far out (they say) do decipher a fole and light brained person: they say also, that the eies which do so twinkle and close the eielids so often, do alwaies signifie fearfull persons: contrariwise, they that hold the eies strong open, are stoute and inuin-

cible, and such like moe, with which naturall causes the daily experience agræth. In fine, there is nothing moze costly, noz moze nædefull in a liuing body, then the sight: It is also amongst the motions of the body an onely thing, that maketh a difference betwæne life and death. And this is sufficiẽt in general to be said of the eies: we wil now come to their diseases & their cures.

## Of the paine in the eies in generall. §.1.

BEfoze that wæ doe come to the effect of the matter, these things are to be obserued in all paines of the eies: to wit, the nature of the patient, his age, the time of the yære, the sickneſſe he hath had befoze, and all other circumstances: So that all things, accozding as occasion serueth, may be either augmented, diminished, oz altered. In generall, it is alwaies good in all paines of the eies, that the patient doe kæpe him in a darke place, frꝛe from aire and wind, lie high in the bed, so that the Rheume may not tarrie in the eies, but may fall downe to the chækes: slæpe is verie mæte: foz it consumeth and digesteth the matter. All veration is also to be eschewed, and all that may bzæde oz bzing any trouble to the head, as sozrowe, anger, il sauour, and such like. Also to refraine much venerie, to fæde on light meates, to auoid strong sents, as Mustard, Onions, Garlick, Beanes, nuts, wine, vineger, and all sowze meats. He must kæpe himselfe very quiet, as long as the griefe of the eies indureth. This is now a generall and bziefe declaration, bicause that we shortly hereafter (in the description of the Gnats, that sæme to swarme befoze the eies) shall giue a longer and ampler instruction of the eies. What concerneth the letting of blood, purging, and other sozts of remedies, that shall particularly be taught in their pzoper places.

Firſt some remedies are here described which may be vsed foz all paines of the eies: and foz that this is a generall rule, that as often times, and so long as the paine of the eies endureth, you shall lay thereon the white of an eg, bzaied togither with oile of Roses; foz it staieth the course of the humozs, and swageth all paines.

Item take the iuice of Celendine, and honie, of each a like much, beate them togither by a soft fier; afterwards scum them, and annoint the eies therewith. The iuice of Fennel and the iuice of Betonie is also very good foz this purpose.

Item take bzoade Plantaine, Eiebzight, Fennel, sæthe them togither in a pot, and receiue the vapoz into the eies.

Take a young Pigeon, open the vaines vnder the wings, and let the blod dzop in your eies; but vse not this in the beginning (foz it is to hot) but at the last when the course of the humozs beginneth to abate. Oz you maie vse this following.

Take the blod of a Turtle doue, temper it with Rosewater, and put it into the eyes. This is many times appzoued foz the paine of the eies. Others do only annoint their eielids with it.

A verie good *Collyrium*, which diminisheth and discusseth the paine. Take pzepared *Tutia*, Camfere bzused very small, of each one scruple, Rosewater one ounce, white Wine halfe an ounce, temper them well: when you will vse it stir it well about, and put a dzop oz twaine in the eie.

The white powder of Rasis foz the eies.

*Rasis* his white powder which meruellously asswageth the paine. Take pzepared *Sarcocolla* fiue dzag. *Sief memithe* (which is hereafter described) one ounce: temper it well with Fennel water, oz womans milke. But by reason that womans milke is often times vsed, therefoze we wil admonish here that womans milke must not be vsed except it be very fresh; foz it sowzeth very quickly, and loseth her foꝛce, whereby it might doe moze hurt then good.

Sief memithe

*Sief memithe* which is here and in other places mentioned, is thus pzepared: Take the iuice of the strange herbe *Glaucium*, called by the Arabians *Memithe*, *Chamedrios*, barkes of Frankensence, Myzrhe, Aloe, *Sarcocolla*, burnt Vitriol, *Aristologi*, of each a like much: make this togither into a most fine powder, and vse it like as is taught.

## Of the corners of the Eies and their diseases. §.2.

FIrst there groweth in the cozners of the eies sometimes asmuch of the flesh, that the sight thereby is hindered. Contrariwise there commeth also sometimes such dzying awaie oz con-

consumption, that they wholly ware sore, and alwaies run, so that the rude and vnskilfull people doe deeme no other, then that it is a Fistula. The cause of this growing is ouermuch blood and moisture, as it also commeth to passe in diminishing of the eielids, the same being not rightlie handled, the affluent humors make fleshy to growe againe. The diminishing and abating is caused of drowth. The signes of both these are apparant to the sight: they are both almost incurable, but that there must be sharpe medicines vsed vnto them which the eies cannot suffer, wherefore it is sharpely to be commanded to the vulgar *Occulists*, that they haue special care of their incisions and cauterisings in such perilous places.

For ease may one vse one of these remedies following, which are very meete for it, if the corners of the eies do run much and impostumate.

For this, is the bodie first to be clensed, afterwards to be bathed euery day, and to sweate, but not too much: for that thereby should the moisture be drawen out of the bodie, and be consumed.

Afterward shall this powder be vsed oftentimes, made after the subtilest maner.

Take prepared *Tutia* one ounce and a quarter, red Corall, yellow Mirabolans, of each one quarter of an ounce, Pepper halfe a drag. strowe that in the corners: Or take prepared *Tutia* one drag. Antimonie halfe a drag. prepared Pearles, *Nihil*, red Corall, of each one quarter of an ounce, burnt silke houses halfe a drag. make an impalpable powder thereof, it drieth very strongly, and is also safe. Or take Aloe, *Acatia*, *Licium* fine Bolus, *Gummi Arabicum*, of each one drag. This being powdered togither, is to be mired with the white of an eg, or dissolued Dragagant: afterwardes annoint therewith the forehead and eielids. Item take the iuice of Houseeke, or Nightshade, and veriuice, of each one ounce: mire beaten Acornes amongst it, Myrrhe, fine Bolus, of each one drag. lay it on the eies like as is said before.

Item take Cipers nuts, Gommie, Dragon blood, Mastick, Dragagant, of each one quarter of an ounce, beate them small, and make with the white of an eg, or dissolued Dragagant, a salue of it.

Item wash the eies oftentimes with raine water, wherein Galnuts, Mirtle seedes, fine Bolus, and Cipers nuts haue been decocted. These things are al good to driue back the moisture. Or take burnt Mirabolans, Chebuli stones beaten small, make with water of Mintes a *Collyrium* of them. Item take one drag. of *Tutia* steeped in Mirtle water and washed, white Corall, burnt stones of Chebuli, Butchers browne seeds, Galnuts, Aloe, Mastick, Frankincense, *Opium*, of each one scrup. all beaten togither after the smallest manner, make a powder, or temper it in water wherein *Gummi Arabicum* or Dragagant is dissolued.

Now bicause that in this *Collyrium*, as also in other mo medicines for the eies, *Opium* is vsed: Therefore must I here admonish that the same is not to be taken but in time of great extremitie. For it might easily happen, that whereas one meant to ease the paine, that the disease for euermore were made altogither incurable, yea that blindnesse might follow after it. Therefore are men to take good heede vnto this.

Opium not alwaies to be vsed for the eies.

A plaister: Take *Laudanum*, *Amoniacum*, of each one ounce, Mastick fiue dragm. parched Millet two ounces, beat it all small, make with Cammomill oile a plaister fower fingers broad, and one quarter of a yard long, the which lay vpon the seame of the scull.

Hereafter do follow many more remedies, which are also very good for it: but this present is prepared rather for the running corners of the eies, for to drie them, and to stay the rheume.

## Of the disease in the eies called *Ophthalmia*. §.3.

Some haue supposed that this Greeke word did generally signifie the paine in the eyes: but other haue defined it thus, *Ophthalmia* is an infirmitie that commeth in the eyelids and in the eyes, spreading it selfe so wide abroade, that it couereth the whole apple of the eye. Or, *Ophthalmia* is a hote disease, which only assayleth the eyes (after a naturall manner) through bloud or Choler; or outwardly of corrupted matter, of cold Rheumes, or is caused of bloud or vapours, and thereby whatsoeuer moysture is in the eye it is ouerheated: yet do all learned conclude with *Galen*, that it is Flegme of the eyes. Of this do also come other moystures, which the Latinists do call *Lippitudinem*, that is, the blearnes of the eyes, which is caused of three speciall causes, like as is sayd at the first, to wit, of outward, and inward: Of outward, as the Sunne, smoke, dust, and such like: so match also the vnnaturall alteration of the

times, vse of vaporous meates, as Onyons, Garlick, Mustard, strong compounded Wines, cause the same. The inward causes are the afflure of certaine humors, be they mixt or not: but this infirmitie of the eyes may be caused of the bloud, *Cholera*, *Phlegma*, or *Melancholia*, of which signes we will heere somewhat discourse.

Of Blood. If it proceede of bloud, then are the eyes and their vaines puft vp, red, the temples of the head do beate, the vppermost eyelids do swell, the eyes are moyst, yet with little paine; but with such moysture that in sleepe the eyes do bake to: for this doth also the time of the yeare auayle, as doth the cleerenes, youth, warme and moyst countrye, and meates that engender much bloud.

Of Choler. If it do come of *Cholera*, then is there pricking, burning, with great paine and swelling, not so red as aforesaid, but moyst and burning, that thereby also the apple of the eye is otherwhiles perished.

Of Flegme. If it proceede of *Phlegma*, then is there a compression and ponderoustie in the eyes with great paine, without heate or rednes, but some whitenes, and by reason of the great moysture, much sorenes and swelling.

Of Melancholie. If it be caused of *Melancholia*, then is there also great ponderositie, with sallow colour, without rednes or compression: the eyes do not bake together in the sleepe, for that the Catarre or the Rheume is to dye. The Phisitions do herein make more differences and signes, which are to be commended to the Philosophers. But this may suffice for our purpose and intention.

Neuertheless this is also to be noted, that these defluctions, sorenes, or impostumations of the eyes (that befall for the most part in the corners of the eyes with a sharp salt Rheume which hath bene spoken of in the §.2.) are the beginning and true signes of this *Ophthalmia*. The corners of the eyes are foure, two besides the nose, which are the greatest, the other smaller. Whensoeuer then the *Ophthalmia* doth appeare in this place, occasioned of bloud; then must it be preuented with letting of bloud, be it in the headvaine, or other, in one, or both the armes, and let out much or little according to the abilitie of the patient. And if the matter were subtle and ran sore, one may also let him bloud in the temple of the head. In like manner, horseleaches applied to the forehead, and boring cups on the necke. But if all this will not help, there is to be made and applied on the top of the head vpon the *Sutura Coronalis* a *Cauterium*, whether it be potentiall or actuall. Afterwards the patient is to be purged, and to vse no other outward meanes but to betake him to a good order of dyet. Now to proceede to the especiall infirmities of the eyes or *Ophthalmia*, this shall be the first.

## Of the rednes of the eyes. §.4.

THis is caused outwardly of stripes, thrusts, concourse of bloud, superaboundance of bloud in the vaines, which (as is sayd) spreadeth it abroad in the eyes. For this, it is aduised to open the head vaine on the contrary side, or at least to set boring cups vpon the shoulders: afterwards to purge. Further, to apply outward things which driue the matter backe againe. For this is first, the white of an egge brayed with womans milke, most highly commended and safe, a drop or twayne dropt into the eye. Or sethe Linsed and make a spunge wet in that decoction, and lay it warme on the eyes: but if this will not help much, then do in like manner with the decoction of Fenegreek or of Camomill.

Item, take the iuice of Nightshade, temper it with the brayed white of an eg, and with oyle of Roses, make a cloth wet in it, and lay on the eie. Item, if the eyes be bloudshot, take the iuice of wormewood, bray it well with the white of an egge, and drop it into the eyes.

Take Coriander, sethe it in water, wring it out with this decoction, make muscilage of Fleawurt, temper it with fine Bolus, and lay it on the eyes with wet clothes.

Or make Cotton wet in the braied whites of egs with oile of Roses, and lay it to his forehead, eies, and temples. Also you may temper amongst it fine Bolus, or Frankincense, which you will.

But if the matter be subtile, then must one labour to discusse the blood: for which end, you are to take yong Pigeons or Turtle doues blod, like as is taught before in the §.1. for that hath beene found many times to be good.

Item take Frankincense, *Sal gemmæ*, of each one drag. beate it small, and make it with womans milke into a *Collyrium*.

Take

Take broad Plantaine water about one pint, small brused Verdigrease one ounce, fine Bolus, Dragon blod, of each halfe an ounce, Camfere one quarter of an ounce: distil this in a glassen helme in sæthing water: it is not onely god for red eies, which are painfull; and for swolen eie lids that haue long continued; but also to all sore stinking mouthes, and specially for all vlcerations of the priuie members. Vlcerations of the priuities.

Item take Aloe thræ partes, Camfere one part, stæpe them in Rose water, and vse it.

Radish water is also maruellous god for all redneſſe of the eies. Take the water of Verueine, of Eiebright, of Marierom, of each halfe an ounce, Fenell water one ounce, Camfere halfe a drag. the gall of a great Pickerell: temper and stir it all togither, and vse it as the rest.

Item take prepared *Tutia*, prepared in pisse and Fennell water (like as is taught in the Introduction) halfe an ounce, of Mace thræ drag. of Camfere fire graines, of Malmsey one small pint: beate all these as small as may be, mixe them togither, and kæpe it.

You haue also other preparations mo of this *Tutia*, like as there are twaine expressed in the Introduction of this booke: but for the redneſſe of the eies is this especially recommended: Take halfe an ounce of *Tutia*, make it glowing, and quench it 15. times in Rose water: then bruise it small, and put vnto it one quarter of an ounce of Calamint stone, thræ cloues, halfe a pint of Malmsey: mixe all these togither. These thræ *Collyria* are for all redneſſe of the eies and other things very highly commended of the ancient Phisitions. Tutia prepared.

Also to befume the eies with white amber, is much praised. Item take Hissope, Marierom, Fenegræk, Cammomil, Melilot, Roses, & such like: sæthe them, & let the vapour go into the eies.

A plaister for the redneſſe of the eies. Take Radish leaues well made cleane and walht, and Currans, of each halfe an ounce, Pigeon dung one quarter of an ounce: beate them well togither, and lay it thereon.

The same may also be done with pownd Willow leaues, and laid vpon it.

Salues. Take *Tutia* halfe an ounce, oile of Bay one quarter of an ounce, honie and vineger of each a spoonefull, Camfere one drag. make a salue thereof, and therewith annoint the eielids. This is also mæte for inuerted eielids.

Eie salue called *Nihil*. Take prepared *Tutia* one quarter of an ounce, red Corall one dragm. Pearles 1. drag, *Nihil albi* 1. quarter of an ounce, Camfere halfe a scrup. Barrow greaſe 4. ounces: temper it well, annoint of this salue the quantitie of a Coriander sæde in the corner of the eie, in the euening when you go to bed: it healeth the redneſſe of the eie, and taketh away all rheumes that fall into the eies. After this forme is the salue of Roses much commended, which is described in the first Chapter and 2. §. wherof take one ounce, prepared *Tutia* 4. scrup. and annoint the eielids therewith.

Confected *Chebuls* being eaten do withstand the redneſſe of the eies, and defend the sight. In like manner Nutmegs confected in hony.

## Hote Eyes. §. 5.

Forasmuch then as that there can be no redneſſe of the eyes without heate, therefore must we discourse somewhat thereof, and vse these remedies following for it: Take the water of Eyebright, of Fennell, of Celendine, of each one ounce, prepared *Tutia* thræ scrup. prepared *Sarcocolla* and pearles, of each halfe a drag. temper it together. This *Collyrium* is much in vse at *Augusta*.

Another. Take Rewe, Fennell, Verueine, of each like much, stampe it, and poure thereon Rose water and white Wine, so that the herbes be couered: let it stand a night, afterwards distill it in a glassed helme and in water. Item, take prepared *Sarcocolla* halfe an ounce, white Dragagante, Frankinsence, Iron drosse Pearles, of each thræ drag. Indie *Spica*, Siluer, and gold Litharge, of each one drag. and a halfe, Starch, Ceruise, of each one quarter of an ounce, *Tutia*, thræ drag. bruse this altogether vnto a small powder, make a dough thereof with Rose water, afterwards make a small trocises thereof, and let them drye: pound them afterwards againe, and make them moyst with the iuice of Pomegranats, and dry them againe. Thirdly, make them moyst with the water of Nightshade like as before: put thereto one drag. of Campher, white Sugar one drag. and a halfe. When ye will vse of it, stirre it with Rose water, white of an egge, and womans milke: Take Aloe, *Tutia*, Hony, Sugar, Fene-

greek, Fennell, of each a like much, seeth them in Wine, and receiue the vapor, or apply it vnto them; it is very good for the hot eyes. Item, take white Wine foure ounces, Aloe, *Serapinum*, Myrrhe, Sugar, Fennell, of each one drag. let it seeth moderately: this is also good for a *Collyrium*.

Take the water of Fennell, of Eybright, of Celendine, of each halfe an ounce, *Serapinum* one drag. dissolue this gumme, and temper it all together.

Item, take greene Agrimonie, stampe and temper it with the white of an egge: make towe wet therein, and lay it vpon the eyes.

To set boring cups on both shoulders, is also very commodious for this infirmitie, womans milke, letting of bloud, Roses and Fennell, with *Tutia*: sodden Fenegreek and egges sodden warme and layd vpon the eyes is also much commended.

## Hot Blisters and pricking in the Eyes.

THese are caused thorow moysture which setteth it selfe in the white of the apple of the eye, and there rankleth. The blisters are sometimes great, and sometimes small, white, red, darke, and also blacke with paine and pricking, according as the matter is. The deeper, the greater they be, and the more hurtfull and dangerous to be cured, because of the noblenes and tendernes of this member. But this in the beginning is alwayes good for it. Take *Licium*, Saffron, of each halfe a drag. *Acatia* or the iuice of Sloes one scrup. mire this with Rose water, and drop a little in the eyes: he must also be let bloud, and purged. But this foresaid water for the eyes must be dropt into them with the white of an egge, and whilest the disease is in *Augmento*, or the increase: then take Fengreek, Linseede, of each one quarter of an ounce, Melilot one quarter of an ounce; seeth it in faire water, and wash the eyes oftentimes therewith, let a drop thereof drop otherwhiles into the eyes, that ripeneth, draweth out the corruption, and swageth the paine. When as the blister is broken out, then heale it like other sores of the eyes. Item, take the fat of the fish *Tymalus*, and annoynt it on the apple of the eye: it is very strong, therefore it is better for horses then for men. But this following is more surer, Take the crumme of white bread, make it wet in water: but it is stronger in womans milke, and lay it on, where it is dry make it wet againe, or take a fresh.

This confection following is very good for all heate of the eyes, swelling, and pricking: Take Eyebright, Fennell, Cynamom, of each three drag. long Pepper, Mints, Mace, Marierom, Verueine, *Calmus*, Rosemary, of each one drag. and a halfe, Sugar Penets three ounces, white Suger fiue ounces: with the Sugar seeth these iuices following, of Roses, of Verueine, of each two drag. the iuice of Fennell that is well clarified fiue ounces, the iuice of Celendine, of Rue, of each one ounce and a halfe: let them seeth so thick as a sirrup, afterwards temper amongst it the rest well beaten.

Item take young Endiue, stampe and temper it with the oile of Violets, or rather the oile of Roses: annoint therewith the hote corners of the eies and the eielids: the same taketh awaie the paine, and swageth the heate. If that will not helpe; take the meale of Lintels, Sumacke seede, Roses, Pomegranate kernels; pownd togither and tempered with vine *cuytte*, vse this as the rest.

Item if this helpe not, then must the head vaine in the forehead be opened, or in the corners of the eies, which you will; which doth voide away the sharp matter that settleth in the eielids. In like maner purge alwaies with such medicines which expell the *Cholera*, and salt matter. It is also good to bathe otherwhiles, and to sweate moderately, whereby the sharpe defluxion is delaied: or in stead of sweating maie you foment the eies with a spunge made wet in luke warme water. Lastly, it is very good to wash the eies with water of Fennel, of Celendine, of Verueine, and of Eiebright, mingled togither one amongst another.

## Itche and Scabs of the Eies. §.6.

THese biting drie scabs of the eies do otherwhiles manifest themselues on the lids of the eies, so that one cannot forbeare but to rub them, the which doth the eies and face great hurt, making the same more hotter and redder.

This

This defluxion is a salt matter, which is sharpe and pricking. Against this, he must first refraine from rubbing of the eies, eate and drinke soberly, purge Choler, open the head veine, and also lay thereon outwardly at the first fresh water or Rose water two or three daies: afterwards he must foment and wash the eies with the decoction of Mallowes, Violet leaues, Celandine and Verueine, or with Rose water also alone. If then of this or any other occasions there come any swelling to it, then loke to that which is ordained for red and hot eies.

## Watering or running Eies. §.7.

IT is manifest, that the mattering of the eies doth proceede of many occasions, as of mirth, sorrow, weakenes of the retentiue power, and superfluous moisture of the braines that falleth vpon the eies; like as of thrusts, stripes, sharpe windes, smoke, cough, sharpe sauors of Onions, Saffron, &c. all the which doe perish the eies, so that the eies do stand as if the eielids were newly pluckt off, or that a Cataract had bæn couched in them, or as if they had suffered any other disease, the which also happeneth if any body drinke too much wine: wherefore that many may afterwardes bewaile the miseries of drunkennes. what concerneth the outward causes, those may be learned of the patient himselfe. But if this running of the eies be caused thorowe any disease of the braines, and not through heate; then doth the patient alwaies feele some heauie puffing vp of the vaines in the forehead, and in the temples of the head: and this defluxe is for the most part alwaies augmented by the neesing. This running or watering is very strong, falling al well into the eies as into the nose, with a sharpenes in the throte. But if this defluxion be thorough heate, then is the humor so hote, that thorough the heate it bites open the eielids, which cause the haires to fall out of the eielids, yea that the heate may be perceiued, thorow feeling with the handes. But if it come thorow colde, then are all things contrary to all these that wæ haue now spoken of. Now the remedies of these running eies be these.

They that be caused of outward causes, may be easily remedied, that is, by taking away of the cause of this defluxion: but as much as doth concerne the inward causes where heate is the cause, it is specially aduised, that the bodie be purged sometimes with Pils *Cochiæ, Aurea*, with *Succo Rosarum*, or with pils of the fiue kindes of Mirabolans. And it is not enough that this and the letting of blod be once performed, but oftentimes; to wit, in the beginning, in the augmenting, and in the standing still of the disease, that thereby the sicknes may bee throughly holpen.

## The order of Dyet.

FOr this must all drying things be vsed, and all moist attenuating meates and drinkes eschewed, like as Lentils, Coleworts, Lettice, Purcelain, salt fish and flesh, Milke, Cheese, Onions, Scallions, Garlicke, and all that fumeth into the head; some forbid to eate in the euening. When it is caused thorough heate he must smell to Roses, Saunders, Camfere, and such cooling things: like as also the Pomanders are commodious for these causes, ordained in the discourse of the Plague.

When the patient is purged, and the paine of the eies be yet in the beginning; then take (like as is often times aduised at the first) the braied white of an eg, and drop a drop therof in the eie. Take also milke of a young woman which hath a daughter sucking vpon her, put it fresh into the eie: or take two ounces of Rosemarie amongst it, then beat the white of an eg, and drop a drop or two thereof in the eie.

Some do take onely fresh water mixt with vineger, and vse it as is rehearsed, specially after bathing, and haue thereby found great amendement.

This is also much praised: Take vnripe Grapes, burne the same to ashes, bruse them very small, and blowe somewhat thereof into the eies: it drieth the running, and doth driue away the rednesse.

Or take the slime of Fleawort, Quince kernels, or Dragagant one quarter of an ounce, the white of an eg well braied, womans milke that hath a daughter sucking, halfe a drag. tempered well; if the paine be very great, then drawe out the slimes or Muscilage with water, wherein

before Poppie heads haue beene sodden. You may also vse *Sieff de Rosis* which followeth hereafter.

Take fresh Rose leaues halfe an ounce, Saffron, *Spica* of Indie, *Gummi Arabicum* of each one quarter of an ounce, beate all small and make cakes thereof with raine water: and when you will vse them, then take one drag. thereof, and lay them to steepe in the beaten white of an eg. This is speciall good in the beginning of the hot *Ophthalmia:* for it repelleth the matter backe, it consumeth and allwageth the paine. In like manner, is this also following much commended: Take washt Ceruse, prepared *Sarcocolla*, Dragagant, *Licium*, *Acatia*, pils of Pomegranates and Frankincense, of each one drag. Pearles, *Opium*, of each halfe a scrup. and the iuice of Pomegranates (which is very cleere) as much as is needfull for to make cakes or troschses thereof when you will: then vse thereof. Then lay a drag. thereof to steepe in Rose water; this hath a constringent vertue: it drieth and coleth all hot humours: but when the paine is at the most, then temper among the foresaid medicines two or three graines of *Opium*, or of *Sieff album*, called *Sieff Rasis*.

Take washt Ceruse one ounce, *Gummi Arabicum* halfe an ounce, *Opium*, Dragagant, of each halfe a dragme: this must you bruise very small, and temper it with the well braied white of an egge and womans milke. Take also the iuice of Fennell well scummed one ounce and a halfe, Aloe two drag. and a halfe, a leafe of well beaten gold: temper them well, and afterwards put vnto it the waight of seuen graines of Frankincense: dissolue them in good white wine, and mixe them all togither with Fennell and Rose water: you must drop of this water twise a day in the eies.

Item take good Aloe steeped in the iuice of Fennell: put thereto the waight of ten graines of Frankincense burning therein, kindled at a candle, vse it as afore.

Other waters moe: Take Rose water fower ounces, quench therein glowing golde, afterwards put thereto Aloe, Frankincense, Mastick, Litharge of siluer, of each one drag. let it seethe vntill a third part be consumed: afterwards, straine it thorow a cloth, and vse it as it is needfull.

Item take Dragon blood, Aloe, *Sarcocolla*, of each halfe a drag. Saffron, Camfere, of each halfe so much, prepared *Tutia* one quarter of an ounce, bruise it very small, and temper amongst it wine of Nutmegs fower ounces, and as much Rose water: also let it seethe in water in a glasse, vntill about three parts be consumed: it drieth and healeth without any danger.

Item take Aloe, *Tutia*, honie, Rue, Fenegreeke, Fennell; seethe it in wine: it is especiall good for all ouerhot eies.

This water following is also very appropriate for the same disease: Take prepared *Tutia* 1. ounce, prepared Blodstone one drag. Frankincense, Mastick, Pepper, of each halfe a scrup. Fennell water, Eiebright water, of each one ounce, Rose water and Violet water, of each two ounces, olde fine wine three or fower ounces: put it into a glasse, and let it seethe in water euen to the halfe, afterwards straine it thorow a cloth.

A salue. Take the iuice of Rue, of Fromboyes oile, of Mirtle, of each one ounce: let it boile vntill all the iuice be sodden away: then wring it thorow a cloth, and set it againe vpon the fire: mixe amongst it prepared Saphire halfe a dragm. Iacint one scrup. Antimonie one drag. burnt Copper one scrup. prepared *Tutia* three drag. let it seethe softly with the foresaid fire: put thereto 3. drag. of Waxe be it more or lesse, accordingly as you desire to haue it hard: wherwith annoint the eielids. This swageth the paine, staieth all defluxions in the eies, and taketh away the cause of them wonderfully.

In running and ouermoist eies, take Myrrhe halfe a drag. Blodstone one drag. the vppermost sprigs of Fromboyes, and of the Rose tree, of each one ounce: seethe them togither in a glasse in water vnto the halfe: afterwardes straine it forth through a cloth, and drop at least fower times a day one drop in the eies. Secondly, the forehead and temples of the head are oftentimes, or at least against the euening, to be annointed softly with the iuice of Roses.

But if this rheume be but in his increasing, or in *Statu*, which is at the highest; then may he very freely put therein all the foresaid things, and chiefly womans milke (which is much commended for this) also temper Dragagant amongst it, and drop in them. In like manner take prepared *Tutia*, Camfere, of each a scrup. tempered with halfe an ounce of white wine. It drieth and swageth all paine. This is also very good, *Tutia* tempered in Fennell water, in water of Celendine, of Rue, of Veruaine, and in Rose water, and a gall of a Pickerell, or a Partridge put

thereto,

thereto, and the same kept in a Copper vessell, vntill it be to be vsed: or take prepared *Tutia* one quarter of an ounce, white Amber one drag. Fennell and Rosewater, of each fower ounces, take also washt Ceruise one quarter of an ounce, prepared *Sarcocolla*, Dragagant, *Opium*, of each halfe a drag. *Gummi Arabicum*, Saffron, of each halfe a scrup. This being altogither beaten as final as may be, temper it with raine water, and let it drie. And when as you will vse it, mixe it with womans milke.

Here is to be noted, that raine water for all paine of the eies is very meete, for that it is subtile.

But whensoeuer this *Ophthalmia* commeth to abate, then may bathing be vsed: or that which is more sure, seethe Cammomill & Melilot in water, and make a sponge wet therein, wringing it out a little, and so hold it warme vpon the eie, and when it is cold to make it warme againe. Or take fresh Wormwood, *Lycium*, Fenegreek of each 2. ounces, *Sarcocolla* one ounce and a quarter, the iuice of Celendine halfe an ounce, Aloe one quarter of an ounce, Saffron, Sea froth, of each one drag. seethe that which is to be sodden, in raine water vnto a pap, and temper amongst it all that is beaten, and lay it warme ouer the eies. It is also very good to wash hands, feete, and face oftentimes with the warme decoction of Wormwood, Melilot, and of Cammomill. In like manner also is the yellow powder of *Rasis* in the declination of this defluxion much commended; which is thus to be made: Take *Sarcocolla* fiue drag. Aloe, Saffron, *Lycium*, of each one dragm. Myrrhe halfe a drag. make a powder thereof.

## Bleared eies of a colde cause.

If this defluxion or rheume come through colde, then at the first when it beginneth to fall, vse this confection: Take Indie *Spica* fiue drag. *Agaricus* one drag. and a halfe, Cinnamom one ounce, Mastick, as much as the waight of them all: also make a confection thereof with clarified honie, and vse thereof euerie day.

This patient is to smell vnto all warming and drying things, as Muscus, Lauander, Marierom, Amber, Betonie, *Styrax Calamita*, and such like, as also vnto the pomanders that euery where in this booke are specified.

It is also very conuenient to chew and to eate a good deale of Fennell seede euery morning. Likewise also Rue and Meruaine chewed, and the eies annointed with the spettle.

If so be that the eies be filled with cold moisture that floweth out of the braines: for that is this following very good to be vsed. Take prepared Bloodstone one quarter of an ounce, Roses, burnt Iuorie, red and white Corall, Amber, yellow Mirabolans, of each one drag. the iuice of the sprigs of Fromboyes fower ounces, temper them togither, and so keepe it well stopped: of this iuice put daily into the eies, and annoint also the eielids therewith. This doth drie the rheume maruellous much, and doth strengthen the eies from taking any such moisture.

Or take the iuice of Fennell, of Rue, of each one ounce, childrens vrine halfe an ounce, Aloe three drag. let it seethe somewhat, and then straine it thorow a cloth, and put a drop of the same in the eie: it clenseth, drieth, and sharpeneth the sight.

Item take Frankincense, Mastick, Cipers nuts, Myrrhe, Aloe, of each one quarter of an ounce, *Tutia*, *Sarcocolla*, of each one drag. and a halfe, Dragons blood, Sumach, Barberies, Roses, of each one scrup. make them to powder, or to trocisces with the iuice of Fennell, and vse it with Rose water or Fennell water.

Item roste three apples, clense them of the pils and kernels, then temper them with the yolks of three new laid egs, and then lay it warme to the eies.

Item take *Acatia*, Dragons blood, of each one drag. fine Bolus one quarter of an ounce: this being beaten togither, then make it to a plaister with the white of an eg, and lay it round about the eies from whence the rheume doth come: you may lay it also vpon the forehead, and vpon the lids of the eie: but then you must leaue out the Bolus.

In winter time may one wash his eies with the vrine of a man childe and wine: in sommer with the vrine and with Rose water: That driueth away the rheume, and preserueth the sight wonderfully.

This water following doth drie much the colde catarres: Take *Gummi*, the Muscilage of

Fenegreeke

Fenegrécke sædes, of each one quarter of an ounce, of prepared *Sarcocolla*, *Spicanardi*, Myrrhe, Cinnamom, Aloes, Beuer cod, of each halfe a scrup. this powdered all togither small and made vp with womans milke.

This following dryeth also much the defluxion: Take an ounce of *Tutia*, bruise it very small in a mortar, put thereto 12. ounces of old sower wine, powre some vpon it, and bruise it well with the stamper: afterwards, powre wine vpon it againe: afterwards let it sæthe togither in a Copper pan. When it is from the fire, then temper amongst it Aloes beaten small, one quarter of an ounce, put two or thrée drops thereof in the eies. Then lie vpon your backe the space of two howers. This discusseth the blod also in the eies, and taketh away all sharpnesse, and biting rheumes.

In like manner if this defluxion do make much paine, then take vnwasht shéepes wooll, burne it to ashes in a close stopt pot, bruise it as small as may be, and mixe it with the white of an eg: lay it on your forehead and on the temples of the head: This swageth the catarre very quickly, and abateth the paine.

Another. Take the sower iuice of a Pomegranate (sæthe the same to the halfe, and scum it well) fiue ounces, *Sieff Memithe*, Aloe, *Lycium*, Saffron, of each one quarter of an ounce, *Hydromel* halfe an ounce, put them all togither in a glasse stopt close; set the same the space of sower daies in the sunne, and vse it morning and euening: it is good and approued: it helpeth much the obscuritie of the eies.

A plaister. It is also profitable for such colde catarres, to haue a plaister laid vpon the temples of the head. The same is to be made thus: Take Aloe, Myrrhe, Mirtle leaues, *Acatia*, of each one drag. Mastick, Frankincense, of each halfe a drag. beaten small togither, make it to a plaister with the white of an eg, and lay it as is said on the forehead and temples of the head.

Another. Some do counsell for to take *Assa fœtida* one ounce, Pepper one quarter of an ounce: melt and sæthe the Gum in vineger vntill it be thicke, then stir Pepper amongst it, lay it ouer the eies: but haue good regard that there come none of it into the eie; it will stinke much, and is very dangerous for the eie. But there be other things that may be vsed for this purpose.

## Of actuall cauterisation in the necke in all rheumes of the head.

This hath oftentimes also béene more remembred, and is often vsed by the ancient Phisitions, euen as many Italian Phisitions do aduise, that in these colde rheumes or defluxions, the necke is to be opened with an actuall or potentiall Cauterie, whereof diuers may be sought in the Regitter, and must be kept open about fortie daies.

## What is conuenient for purging.

That is to be effected with the pils *Cochiæ*, which be sharpened with the trocisces of *Alhandali*, also with the confection of *Hiera*, and such like. In the declination of the rheume through cold, bathing is very méete, to wash himselfe with vine, to drinke wine moderately, to apply vnto it the foresaid sponge with the warme decoction of Cammomill & Melilot.

## Sore eies with or without matter. §. 8.

These diseases do come commonly through outwarde occasions, as of pricking, striking, or any other manner of bruising: in like manner, of inward causes, as hot, sharpe, and salt rheumes, which do eate in and perish the pannicles of the eies.

If then there be perceiued great paine with pricking, beating, and with moist rheumes in the eies, and the eiebrowes be fallen, the eies stand wide open, the white of the eie loking red, and that some whitenesse be séene vpon the blacke; then is there an impostume growing, and indéede such accidents do verily require an expert Chirurgion: for (as the common prouerbe is) there is no iesting with the eies. Therefore to this end and intent shall hereafter be presented and deliuered many good medicines: and we will first begin with things

which

which are caused through inward sharpe Rheumes: It is to be noted, that the Impostume that commeth in the white of the eie, is not so much to be feared, as they that come vpon the star or blacke; for that they are the most dangerous. Amongst which, one is called the Canker, which commeth of melancholicke humors: and the signes be, that this Impostume doth shew it selfe with heate and heauines of the minde; the face and the eies are of a leaden colour: It maketh great pricking paine in the eies, and in the temples of the head, on the side whereas the disease is. And if there be applied thereto anie hote things, then doth the paine increase manifestly, the appetite to meate is lost, and all the face getteth another colour: Therefore when that is seene and perceiued, then must it be with all spæde preuented. And first to begin with a necessarie letting of blod, and purging: The patient must be forbidden wine, and flesh, and speciallie swæte wines. His meate must be cooling hearbes, as Spinage, Lettice, Purcelane, Gourds: Endiue water must be his best drinke: much letting of blod (if the partie maie suffer it) is good. And if so be that the impostume do appeare very great, then is the patient to be let blod the more in the *Median* or in the *Saphea*, on the same side: afterwards in the liuer vaine, alwaies regarding the time of the yeere, and the patients abilitie. But if the Impostume be not so great, you may be content with the opening of the liuer vaine or *Median* onely: hereby will the Rheume be cut off, that it cannot fall any more into the eies.

For this are mæte also boring cups set vpon the shoulders and higher, with picking: But if the matter be sharpe and biting, one must purge with Mirabolanes, manna, laxatiue iuices of fruits, and such like. Afterwards the patient must be caused to neese, and to gargarise, whereof you haue before in the second chapter and §. 2. good instruction, and shall haue hereafter in other more places. When as this is effected and done, you may vse of these medicines which you will. First there is *Sief album*, (not long since described in the 7. §.) tempered with womans milke. If it leaue beating, then it is a good token, and hope that the sorenes or paine will weare awaie without impostumation: but if it come to impostumate, then must it be clensed with *Hydromel*, or honie of Roses, tempered with raine water, making a linnen cloth wet therin, and so laid on it. Secondly, with astringent things; as the *Sief de Thure*, which is forcible for all humors & defluxions of the eies. Thirdlie, with drying medicines; as with well prepared *Tutia*, and chiefly with the plaister *de Muscilaginibus*, which is described in the first chapter, and in the end of the 7. §. Will you then haue some part of the Catarre repelled? Then put thereto the Muscilage of Fleawort, or of Quince kernels, the which must three or foure times a daie be laid vpon the eies, mixed alwaies with *Sief de Thure*: to wit, as long as the matter cleaueth to the apple of the eie, and no longer.

A good salue. Take *Tutia* prepared in Rosewater halfe an ounce, fresh Swines grease one ounce, Starch three quarters of an ounce: braise it long in a morter one amongst another: afterwards wash it three times in the water of Nightshade, and annoint the forehead, the temples of the head, and the eielids with it, without and within. This salue is marueilous good for all impostumate and running eies, as also for all paines of the eies, bloodshots, scabs, and wounds of the eies. Some doe vse also the maiden milke, or *Lac Virginis*, (which is described in the fift chapter and the 1. §.) but it is somewhat sharpe in the eies.

If there be any sharpe *Catarre* that falleth into the eies; take warme white bread, steepe it in womens (or any other) milke, and laie it vpon the eies.

Item take a white loafe, cut slices thereof a finger thicke, laie them to steepe in Well water, and laie them on the eies.

Oile of burnt linnen is also very good for the impostumate eies, which is to be made as hereafter followeth.

Laie cleane and washed linnen clothes in a glassen helme, strawe powned glasse vpon it: againe afterwards another laye of clothes, and glasse againe, vntill the helme be halfe full: afterward distill it in sand. Some doe burne it in gilt boules, and giue it for the plague. Item set the clothes on fire with a candle, laie them vpon an euen peece of iron, tinne, or siluer, and put them presently out againe. Then shall you alwaies find a drop of oile, the which take vp with a feather, and so gather it. This healeth marueilous wel the impostumation of the eies, taketh away the paine, and is good for the the fistula and wounds in the eies.

Clarified Honie annointed in the corners of the eies doth heale all diseases.

This *Collyrium* following is aboue al measure much commended; a little of it being dropped

often

often in the eye, for it healeth and strengtheneth the sight mightily.

A pretious water for the eyes.

Take Rue, Roses, Endiue, Betony, Veruen, Venus haire, Agrimony, Cleuers, Milfoyle, Eybright, Chamedris, Pimpernell, Sage, of each two M. cut them small, steepe them a day and a night in good Wine: afterwards wring them out, and spread them on a bord that the moysture may runne off: tenne houres afterwards beate them grosse, and distill them in water, and keepe it stopt close.

Item, take the iuice of Celendine one ounce, the iuice of Fennell one ounce and a halfe, Dre gall fiue drag. and one scrup. Wolfs gall three quarters of an ounce, prepared *Tutia* halfe an ounce, temper them altogether, this dryeth much the impostumate eyes.

Item, take Poppy leaues one M. Verueine, Eybright, Fennell, Hallowes, Hollihocks, Cammomill, of each halfe a M. stampe and chop it to pap, mire it with oyle of Roses, make a cloth wet therein, and lay it ouer the eyes. It is a generall commandement, that where one vseth water for the eyes, you must binde it hard with twice double linnen, whereby the medicines applied fall not off thorow neesing, coughing, or any other stirring or motion of the head.

## Impostumes of the eyes through outward occasions.

IF so be that the impostumes of the eyes be caused through any outward occasion, as through thrusts, strokes, and such like, then are the deepe thrusts or pricks dangerous and most to be feared least blindnes do ensue. But these meanes following are to be vsed for the same: Take vnpared Quinces, the kernels being taken out, beate them small, and temper meale of Lentiles amongst them, and a little hony, that there may be a plaister made of them: lay the patient vpon his backe, and apply some thereof vpon his eye. Or take a whole Pomegranate, betweene sower and sweete; seeth it in a little Vineger, stampe it, and vse it as before. Item, take the yolks of a rosted egge, lay it with towe vpon the eye. Item, vse also waters for the eyes that are dryng and astringent, as hereafter followeth: take pouned Bloudstone that is nine times washt in the vrine of a manchilde or boy, one quarter of an ounce, *Gummi Arabicum*, Dragagant, burnt Copper, of each one drag. burnt and washt Pumes stone, *Opium*, of each a scrup. Fennell water as much as is needefull for to forme small trocises thereof: when you will vse them, then steepe them in white Wine. The eyes are also to be often washed with water wherin Roses are decocted, or wel water tempered with Vineger and soure Wine: for this is also fit, Oliue leaues, and if they cannot be had, then in the stead of them is the iuice of Shepherds purse vsed, wherein burnt lead bruised small is to be tempered, also the iuice of Quince leaues, and Medlar leaues, and then sallad oile must be put amongst it, and so lay it ouer the sore eye.

A dryng and astringent Collyrium.

## Where the eyes do bake together in the sleepe.

TAke the iuice of Houseleeke, and annoynt the eyes therewith: it doth soke them softly, and cole them.

Item, take iuice of Agrimony alone, or tempered with womans milke: also Rose water, and other waters for to soke therewith the dryed matter of them.

## Of *Ægylops*, a certaine swelling betweene the nose and the corner of the eye. §. 9.

THere commeth otherwhiles a small impostume betweene the nose and the corner of the eye, the which the Physitians call *Ægylops*. If the same be not holpen betimes, then doth it infect the bone. The Chirurgeons do heale the same in this manner; they cut vp the vppermost skinne, and wring out the impostume which lyeth lockt in a little bladder, and cut it off as neere as may be, the rest do they take away with an actuall or potentiall Cautery. The same swelling doth settle it selfe otherwhiles in the length of the eye lids, yet both are to be holpen with Otemeale, Wine, and *Tutia* tempered together in manner of a Salue.

Of

## Of Blemishes or spots in the Eies. §. 10.

THese are of two speciall kinds; red, and white: The red are causeth thorough blod, when there appeareth in the eie a red drop, or a darke (like as a congealed blod) which at times is also blacke: that is wont to be caused of blowes, fals, great labour, much weeping, and such like. In like manner also of inward causes as hath been said of *Ophthalmia*, and of red or ouer heated eies.

For this is also much commended, the blod of Turtle doues, wilde Pigeons, or (if one cannot haue them) of common house Pigeons being let blod vnder the wings, (like as is already rehearsed) and chiefly in the beginning, if one temper some fine *Bolus* amongst it, and the eies to be fomented with warme water wherin wilde Time, Marioram, Fennel and Barley is decocted.

A water for the eies. Take the seede of Ameos, Comin, Fennell rootes and the seedes sodden togither, and a little *Salgemma* tempered amongst it: you shall often times let some thereof drop into the eies.

If it be needefull to vse any stronger thing for it, then take one quarter of an ounce of Orpiment, put eight ounces of water vnto it, stir it well about, & then let it settle: powre the water cleere from it, that no substance of the Orpiment run with it, and drop thereof in the eie. But good heede must be taken in the vse of this sharpe venim, that there follow no bad accident after it: therefore it is more sure to vse this following.

Take prepared Blodstone three drag. burnt Copper one quarter of an ounce, red Corall, Pearls, of each halfe a dragm, *Gummi* Dragagant of each two dragmes and a halfe, Pepper the waight of thirty graines, washt Ceruise one dragm, Orpiment, Dragon blod, Saffron, Amber, of each halfe a dragme; make a dough thereof with the blod of Turtle doues, of Hennes, or common Pigeons blod, and forme *Trocisces* thereof about the waight of one dragme. When you will vse these, bruse them in womans milke, and put a drop thereof in the eie.

It is also very good for the skinnes of the eies, whereof wee purpose to intreate hereafter.

A plaister. Take Doues dung, make it with wine and vineger into a plaister, and applie it luke warme vpon the eies.

Or take that which followeth which is more certaine. Take Raisins, put out the stones, pownd them, and put vineger to it, vse it as before.

Item take fresh Chese metly salted, Radishes rosted in ashes, Melilot, Cammomil, of each one ounce, rosted Lilly rootes, meale of Lentils, Dragon blod, of each halfe an ounce, Saffron one quarter of an ounce: temper them all togither with the braied white of an egge, vnto a plaister.

In like maner it is also good to foment the eies with the decoction of Colewoorts, and the leaues thereof (sodden together in wine in manner of a plaister with Cammomil) laide vpon the eies.

Now concerning the white spots which doe come commonly after the Impostume of the eies. Of these some are thin, and some are thicke. But they that stand vpon the white and be thin, doe the sight no hurt: but those that are thicke, and lie vpon the apple of the eie, they remaine and are almost vnpossible to be healed, but to be somewhat eased, and rather in children then in aged folkes.

Now albeit that this is hardly effected without the manuall operation of an Occulist: yet neuertheless are these things verie good for it, and especially if the same be white and thin.

First of all he is to bath oftentimes in water, or at the leastwise to foment his face and eies so long with warme water, vntill the face be thorowly red and sweating: and if that thereby be caused a rednes or paine of the eies, it is to be omitted certaine daies, and afterwards begin againe. Also you may vse water wherein Mallowes, Hollihocke rootes, Otes strawe, Barley Otes, and chiefly Fenegreek are decocted; for this is a certaine and approued receipt. After this fomenting, strowe this powder therein: take *Sarcocolla*, white Sugar, *Spuma maris*, of each a like much, and bruse it verie small.

Item take Cuttle bone powdered small, and temper it with womans milke.

Take Swallowes dung, honie as much as is needefull, and if you will make it softe, mire it with

with Fennell water. But the storie of *Tobias* doth shewe that this medicine is especially perilous.

Make the eyes oftentimes moyst with fresh womans milke, but if you cannot get it, then vse the waters wherein Mallowes and Hollyhock rootes be decocted: afterwards you may put thereto the *Sieff de Thure*, the which you must prepare like as hereafter followeth.

Take Frankinsence fiue drag. *Ammoniacum*, Sarcocolla, of each two drag. and a halfe, Saffron one drag. beate them all vnto an impalpable powder, and with the mucilage of Fenegreeke make it into trocisces: vse it with womans milke, it doth mundifie the eyes apparantly.

In like manner, the *Seiff de Plumbo* doth ingender flesh where there be small sores and spots, and it is thus made: Take burnt Lead, Antimony, prepared *Tutia*, burnt Copper, *Gummi Dragagant*, of each halfe an ounce, *Opium* 15. graines: make it very subtile, and forme Trocisces thereof with rayne water: It is very good for all diseases of the eyes, it clenseth and driueth the matter out of the eyes, when it is mixt with Rose water, it taketh away all manner of vncleannes out of the eyes, and stayeth the defluxion also, but preserueth especially the sight of the eye.

Item, take Litharge of siluer brused very small, Comin, Bayberies, Gallingall, Ginger, Aristology, Cloues, Nutmegs, of each one drag. beaten small, put a pint of Malmesey vnto it, or any other strong Wine: stirre it well about three or foure dayes, afterwards strayne it thorow a cloth into an other glasse, and preserue it well stopped, for it is good for all spots of the eyes, and also for all fractures of the bones, and it draweth the wounds together without stitching. First take water that droppeth from distilled honny two ounces, Sugarcandie one quarter of an ounce, drop it twice aday in the eyes. Sugarcandie is good for all diseases of the eyes, and for the sight. Rosemary water made vnder the earth is also very good for these blemishes of the eyes, the which some do thus prepare: Fill a glasse with Rosemary flowers, stop it with wax on the top, and bury it in the Dogdayes about halfe a foote deepe in the earth 40. dayes long, and then yeldeth it a water.

Vertues of Sugarcandie.

Water of Rosemary for the eies.

## When the pearles or Velmes be new.

When the pearles or spots be new, there are foure kinds of waters to be vsed for them. First of all (as is sometimes admonished) let womans milke be dropped into it, and afterwards fine brused Cuttle bone blowne into the eyes. Secondly, take the iuice of Cornerofes and of Centorie, of each one ounce, honny two ounces. Thirdly, take Swallowes dung brused small and dryed, halfe an ounce, honny as much as is needefull. For to make a dough, let it dry: take thereof one drag. and a halfe, Eybright water two ounces, temper them together, this is wonderfull, but (as is alreadie sayd) perilous. Fourthly, take Cuttlebone two drag. Suger one drag. make a subtile powder therof, and let some of it be blowne into the eyes: But if the flecks be out, then are they to be fomented with womens milke, or with the decoction of Hollyhock rootes, Mallowes, Barley or Oats strawe: afterwards this following is good. Take fresh egge shels, burne them alittle, the dung of a greene Lizard, *Spuma maris*, Sarcocolla, that hath lien certaine dayes in the iuice of Celendine, washt Ceruise, of each one drag. prepared *Tutia*, *Sagapenum*, *Galbanum*, of each halfe a drag. Cuttlebone, Ginger, of each one scruple, Kites gall two scruples, poune all that is to be pouned, and temper it with the water of Celendine.

For this serueth also the foresaid Rosemary water, which is made vnder the earth. Fourthly take Verdigreace one drag. Frankinsence two drag. Vitriol halfe a drag. *Spuma maris*, Celendine, Rue, Roses, Rosemary, of each one ounce and a halfe: seeth well the last foure, vntill there remayne about foure ounces: mixe the other poulders with this decoction, and let it dry. Afterwards beate it againe, and temper it as before, do this foure times together. Lastly, make a subtile powder of it, and vse it vpon the pearles. It doth strengthen the sight, and taketh away the white pearles without payne: but if it be thick or old, so that none of these will help it, then is the last meane to take it away with the needle, which belongeth only to the manual operators or Occulists.

Of

## Of the Fistula in the corner of the Eie. §. 11.

THere be many Chirurgeons that describe these Fistulaes amongst other vlcers of the eies: in which place, namely, in the fift part of this booke we shall describe their natures, and what vlcerations they be: but we will here onely write of this Fistula, which is wont to appere in the corner of the eie. The causes of this are bad humours, and for the most part cold, which do a long time in this place settle themselues, putrifie, and lastly impostumate. The signes thereof are humours of the place: and if any wring it, then it doth paine one: it is somewhat reddie, giueth afterwards greene matter; and it happeneth that it oftentimes hurteth the eielids and the nose. But before that the Fistula be touched with any application or cauterie, the patient must be prescribed an order of diet, and must purge well. For diet: first, he must beware of all fat and strong sauouring meates, of milke, moist fruits, Onions, Garlicke, Mustard, and all that is much salted. In like sort, all that may replenish the head with hot vapours, as Spices, sleepe immediately after meales, and doing violent exercise.

For to purge, one drag. of the pils of *Hiera Composita* is to be taken; Make fiue or sixe pils thereof with the sirupe of *Calamintha*: If you will first vse preparatiues, then take of the foresaid sirupe one ounce, *Oximel Compositum* halfe an ounce, decoction of Mace three ounces. Are you afraid of the heate of the liuer? Take some cooling things therewith, as Cicorie water, or any such like. One may vse fower of these potions in the space of eight daies; in the morning, and at the same time that the bodie is stopped. He is to take euery other day, or euery day, one pill of *Aloephangine* before meate, or washed Aloe. After the taking of these fower potions, these pils following are to be vsed *Pill. de Sarcocolla* two scrup. *Cochiarum* one scrup. make with the sirupe of Roses seuen pils of them: afterwards you are to vse euery morning this *Collyrium* following: And after that, apply this plaister on the corner of the eie. Take prepared Antimonie, Frankincense, of each one scrup. prepared *Sarcocolla*, one drag. *Licium*, Dragon blood, burnt Iuorie, parched Dragagant, prepared Iron dosse, of each three drag. Rue, Nightshade, and Celendine waters, of each one ounce; let this drie, vntill one may forme dowe thereof: when you will vse thereof, then dissolue it in the foresaid waters, and put two or three drops thereof in the eies.

For a plaister: Take Dommy, fine Bolus, the iuice of Sloes, Frankincense, *Hippocistis*, Hatticke, of each three drag. Acorne cups, Cipers nuts, Gals that are wormeaten, Isenglas, Dragagant, Gum, of each one ounce. The Isenglas must be dissolued in red vineger, and temper the other ingredients amongst it, and make thereof a plaister.

If it be then perceiued that the corner of the eie watereth; and if one wring or presse vpon it, there come matter out of it: then it is a Fistula, and the actuall cauterie is the best meane to heale it. For otherwise it is very vncertaine as *Rasis* writeth: he found this medicine first, that the Fistula doth thereby cease certaine moneths that one would thinke the same to be thorow whole, and is thus prepared.

Take Aloe, Frankincense, *Sarcocolla*, Dragon blood, blossomes of Pomegranates, Antimonie, Allume, of each a like much, Verdigrease the fourth part of one of them, make a powder thereof: when it is then needfull, wring the Fistula so long, vntill it yeld matter. Lay the patient on the contrarie side where the Fistula is not, and temper this powder with a little womans milke, and drop a drop in it. Now, and a certaine season afterwardes one more, and so fower times one after another: let him lie the space of three howers. Do this the space of a weeke, and looke well to it that the Fistula be wrung out, and yelde no more corruption or matter.

Now although (as it is said) the accident is vncertaine to be healed, yet is there amongst all the rest, Rue, most highly commended for it. When that the Fistula is made wet with the iuice of Rue, and wine of Pomegranates, and couered with a double cloth, also if the cause require to open the Fistula so wide vntill one may see the bottome of the same, which may be effected with the drie roote of Gentian, Elderne Pith, or with an iron. Secondly, the spongious flesh which lieth at the bottome, and is the right roote of the Fistula, must be killed. The which must be effected with an actuall or potentiall cauterie. The corrosiue is made thus: Take Dryppyment, Vitriol, *Cantarides* the heads and wings taken off, quicke Lime, Salarmoniack, Allom,

of

of each one scruple: beate them to powder, and make a dough thereof with the vrine of a man childe; let the same drie, and lay somewhat therof euery morning in the fistula: this will clense it. Also you maie vse this following, which is also very good.

Take Ginger three drag. Verdigrease one drag. beate them small togither, and sæthe them in halfe an ounce of vineger vntill it be thicke; annoint the taint with it, or that which you shal laie in the fistula.

Item take fresh Rue, Agrimony, Celendine, of each a drag. beate them and sæthe them in fiue ounces of *Aquavitæ*, or water of Rue, vnto the halfe; put some thereof euery day in the fistula, two or three times. Thirdly, it must be clensed, which is to be effected with *Hydromel* and Rue water, and honie of Roses, or with sower wine wherein Roses are sodden. Fourthlie, for to cause the flesh to growe or incarnate; you shall take Aloe, Frankincense, *Sarcocolla*, steeped in Fennel water, oile of Roses, of each one quarter of an ounce, Ware as much as is needfull for a salue; one may put thereto one quarter of an ounce of *Ireos*. In like maner Agrimonie is highlie commended, and Rue leaues, of each one drag. decocted vnto the halfe in a pinte of wine, the same being wrong out, and vsed euery day, like as is aforesaid.

## If Gnats, Flies, or any such like thing seeme to swarme before the Eies. §. 12.

THis disease procéedeth of flegmaticke and melancholie humors which fall out of the braines into the eies, oppilating the sinewes of the sight more or lesse, according as the defluxion is tough, hard, thin, much, or little.

The Philitians doe call this accident *Catarractam*, as a cadent water. It doth some times procéede of a fowle stomacke, or thorough some disease of the eies: but if it be caused of the stomacke, then is the danger not so great; for assone as the occasion is taken away, then auoideth that which is caused thereof. But the other is much to be feared, and very néedefull to be loked vnto, whilest it is yet time: but when it wareth old it is incurable by phisicke; and can by no meanes be holpen, but through the néedle, and that is also vncertaine.

That which is caused from the stomacke, maketh before both the eies buzzing and flying, as if there were Gnats or somewhat else, that swarmed so before the eies; and that much more, if the stomacke be full, then when it is emptie. Also whensoeuer such fantasies doe continue, enduring before the eies the space of a moneth or twain without any alteration of the apple of the eie, or disclosing of any other signes; then may one assuredly iudge, that these diseases are caused of the stomacke: for this patient is a certaine order of diet to bee ordained, and he must purge with *Pillulis Cochijs*.

But if this swarming of the Gnats or flies be onelie before one eie, and not to be wiped off; then maie it well be déemed that this disease commeth by reason of some moisture which lieth closed in the eies, especially if one sée no darke thing in the eie: but if one perceiue any darke thing therein, then without all doubt the sinew of the eie is stopt and obstructed. Nowe for to helpe this infirmitie, there is nothing more to be aduised then to begin with a good diet: first is héede to be taken, that the whole bodie, and especially the head be couered well, and kept warme: he must refraine all moist aire and dwelling, and not loke much into the water (specially where it is much stirred with the wind) he must oftentimes fasting rub and combe his head. He must bathe his féete before supper with this decoction following: Take Bay leaues, Sage, Betonie, *Stechas*, Pennirotal, and such like, except Smallage and Dill. Item let him be often times rubbed with warme clothes from the necke to the shoulders downewardes: after meate he must refraine from forcible exercise, and (if it be possible) he must abstaine three houres from writing, and beware of all hard meate; but vse all that warmeth.

And to recite somewhat thereof in particular, well salted and raised bread is not amisse to be vsed, wherein Fennel séede or Fennel powder is baked. Concerning flesh, there is nothing more commodious, then sucking Veale, young Mutton, Roe déere, Kids, and Hares. Of foules, young Hens, Pullets, Capons, young Pigeons, (and chiefly wilde ones, which haue a secret vertue to strengthen the braines) Partridges, Snites, Fesants, and Quailes: the Blackbird is also permitted for this. Riuer fish are more wholesome then other: neuertheles other fish are tole-

tolerated measurably vsed and broyled, dressed with Pepper, Ginger, Fennell, Annis sæde, Parsly, Verueine, Eybright, and Rue. One may eate egges after what manner he list: only so that they be not hard baked, sodden, or rosted. Further, Sugar, Hony, Veriuice, the iuice of Limons and Citrons, herbs of a warme nature, as Sage, all manner of Mints, Pennyroyall, Hyssop, & wilde Thyme, are all good. All kind of Rapes, al their sæd confited doth strengthen the sight. Of all fruits are allowed fresh Figgs, Almonds, rosted hasel Nuts, Pistacies, rosted Chestnuts, Corans, Raysons, Salet oyle, Oyle of Walnuts, Oyle of swæte Almonds. These Spices following may be also vse, as Pepper, Gallingall, Cloues, Nutmegs, Mace, Ginger, Synamom, Graynes, *Lignum* Aloes, Comin, fresh Fennell, Eybright strowed vpon his meate, or take halfe an ounce of Eybright, one quarter of an ounce of Mace; and alwayes take one scrup. thereof before meate, for this hath bæn found to haue oftentimes holpen them that had their sight blemished: Rue sæde is also very good, and for them that haue this passion in the eyes, are the herbs, rotes, and sædes of Piony good, howsoeuer they be prepared for the taking. Also Treacle, and Mithridat, haue a speciall propertie to put away the clouds, and all that swarmeth before the eyes. *Auenzoar* doth write, that all they which be burthened with the forementioned Catarracts, or dymnes, that if they loke earnestly into the eye of an Asse, thereby the defluxion should be stayed: but if so be that this be true, it is a wonderfull worke of nature. This powder following may also be vsed for an approued thing, for many haue bæn holpen thereby.

Take Eyebright with the flowers beaten small, Mace, of each an ounce and a halfe, siluer mountayne three quarters of an ounce, Sugar foure ounces and a halfe: make a powder thereof.

It is also very good that one hold his face oftentimes ouer the vapor of the decoction of Celendine, Fennell, and Eyebright: but such like moe shall follow hereafter.

## What these patients must refraine.

Euery such patient must beware of those things that make great disturbance in the head, as anger, calling, crying alowde, raging, sorow, stench, and from much watching, because they much weaken the naturall heate. But he must oftentimes let bloud, and vse boxing cups. But as concerning his meate: there are hurtfull for him all still standing waters, seafish, and all fish which are taken in mossh waters, to be eaten rather sodden then broyled if one should often eate of them, Crabs, Eeles, Tenches is he vtterly to forbeare: also milke, and all that is dressed with milke, and he must not vse much Vineger but only outwardly. All herbs of cold and moyst natures, as Endiue, Bætes, Spinage, Purcelane, Lettice, Colwombers, Gourds, and chiefely Colewarts which darken the sight, are to be eschued and left. Of all Rotes are chiefely forbidden Garlicke, Onyons, Radishes. In like manner also all pottages (except red pease, which be called *Cichelings*) Rice, Wheate, and Barlye: all fruits which be swæte and colde, as Apples, Cheries, Pingles (whether they be confected or not) are to be refrained. And he must chiefely beware of all that which prouoketh neesing, and the cough. There is nothing better for his drinke, then cleare Wine of a good taste, and that is mætly strong, but alittle at once. But they that drinke no Wine, or haue no Wine, may vse from October vnto March this following: Take Verueine, Celendine, Rue, Eyebright, of each one quarter of an ounce, sæthe them in twelue quarts of water, vntill the third part be consumed, put 14. pound of honny vnto it: sæthe it againe vntill about the third part be sodden away, alway skomming it, then strayne it through a cloth, and kæpe it stopt close in a pot. Now if the sicke person desire it, then may Wine (that is mæte for the eyes) the fift or sixt part be tempered amongst it. By this drinke hath bæn perceiued much amendment, and that in auncient folks who had a darke sight haue bæn holpen therewith. Also *Hydromell*, which is honny water or mead, is much commended for this, without any addition. Euery one may deminish or increase the quantity of the honny euen as it pleaseth him best.

For as much as concerneth purging, which is exceeding nædfull, he must know to direct him according to the time of the yeare, otherwise in winter then in sommer, otherwise in the spring of the yeare then in haruest, or fall of the leafe, which were too long to reherse at this present, and therefore we will recommend that to the Phisitions. But there are to be commonly vsed *Pillulæ Cochiæ, de Sarcocolla, sine quibus, De hiera Composita, Lucis*, of the confections *Hiera Picra, Bene-*

*dicta laxatiua, & Hiera longodion.* The Clisters are to be decocted with the common herbs, and tempered with one ounce of *Hiera*. Further it is then commaunded to take in winter a peece of confected Ginger: in like manner also after dinner and supper to vse one of the tabulats following: Take *Spec. de Xylo*, Aloe three drag. *Diacinamomi* one drag. white Sugar foure ounces, seethe them with Fennell water, and cast Tabulates thereof, of a meetly bignes.

And if he begin to perceiue any clearenes, he must in the beginning of March drinke of this decoction following foure ounces alwayes foure houres before meate in the morning: first, take Ginger, white Pepper, *Calmus*, of each one drag. floures of Eyebright, Balsam wood, of each a quarter of an ounce, three cleansed Hermodactils, stamp them all together, and seethe them in three pints of water, vntill two parts be consumed. Secondly, take the iuice of Fennell, common lye which is not sharp, of each two ounces, *Tutia* prepared with the vrine of a manchilde one drag. and a halfe: set this the space of 20. dayes in the sunne, and vse it as shall be declared hereafter. Thirdly, take iuice of Roses one drag. common lye, Eyebright water, of each one ounce, set it (as is said) in the sunne, and make the eyes therewith moyst euery morning and euening two howres before meate: vse also the iuice of Roses alone, annoint therewith the forehead and the temples of the head.

Before supper he is to take all the spring time a quarter of an ounce of *Diacorum*. Fourthly, take Gall, Mastick, sealed earth, the iuice of Sloes, of each one drag. *Sandaraca* one ounce, the iuice of Roses as much as is needefull to steepe the same in: bray it altogether in a morter vntill it be meetely thicke: annoynt therewith alwayes euery third day when you go to bed, the forehead, and the temples of the head.

Fiftly take Mace, Eybright, of each one drag. and a halfe, *Lignum* Aloe one quarter of an ounce, Fennell, Comin, Ameos, of each halfe a drag. Amber two scrup. Seethe this altogether in a pint of Fennell water vnto the halfe: Take alwayes foure ounces at once tempered with Sugar: drinke thereof foure times a weeke, three houres before meate.

In the sommer you are to vse this following euery morning at the least euery second day, then must you chew (but not swallow) a peece of Mastick and *Cucubes*. Item, take Fennell, Celendine, Rue, the iuice of Roses of each three ounces, Sugarcandie, white Sugar, of each fiue ounces, Sugar pennets, foure ounces of Fennell seede, Licorice, Violets, Roses, Eyebright, of each one ounce, Pillaces three drag. that haue beene steeped fiue dayes in Eyebright water, and be dryed againe: pound them all to powder. The Sugar is to be sodden vnto a sirrup for to make a confection thereof, and take thereof euery morning about halfe an ounce. Secondly take the iuice of Verueine two ounces, the iuice of Roses, of Fennell, water wherein Licorice hath been sodden, of each two ounces, the gall of a Pickrell one drag. temper it, and set it xv. dayes in the sunne. This *Collyrium* is to be put once or twice into the eies, before meate, or at least moisten them therewith, for it is very good and sure.

In the beginning of haruest, and after purging, one must vse to chew sometimes *Calmus*, otherwhiles Nutmegs, Galingall, or as much *Agaricus* as the bignes of a beane: spew out the slime (as is sayd) and then vse the confection with the salue of the forehead.

A plaister for the head, take cleane *Laudanum* halfe an ounce, Rosen one quarter of an ounce, Celendine, *Lignum* Aloes of each one drag. Cloues halfe a drag. melt the two first in sharp Vineger, temper them afterwards with strong Wine, and let them all seethe thicke with the herbs: put the spice vnto it, and make a plaister thereof, and spread it on leather, couer it with red Syndall, make it that it be as large till it come ouer the eyes, this warmeth, dryeth moderately, and strengtheneth the braines. This powder following may also be strowed vpon the head, take *Lignum* Aloes, Eyebright, wild Time, Hyssop, Stechas, of each one drag. Mace three quarters of an ounce, Violets one drag. and a halfe, pound each of them by themselues, and temper them well: thereof strowe vpon the head alwayes two houres after supper, on the top of the crowne about the waight of a scruple, and that once in three or foure daies, the same helpeth much. Or take this powder following, *Lignum* Aloes, Cloues, Cardamome, of each halfe a drag. Amber, Eyebright, Fennell, floures of Celendine, Roses, of each one scrup. Mace one drag. make thereof a fine powder, and vse it as before; but take not more then fiue graines thereof at one time, and when you will strowe more vpon it, then first brush off the former.

Item, winde small stamped Marierom in a peece of silke, and smell oftentimes thereto, fume also your head or hat oftentimes with *Lignum* Aloes ouer the fire.

There

There may also sometime be vsed dr̃ying head ley, whereof euery where many be discouered. Famous Phisitians doe also require to take euery moneth an ounce and thr̃ee quarters of *Hiera picra*, tempered with Fennel water, and that without any feare; for that it is a gentle medicine. There may be taken euery moneth in the stæde of the other, two scruples of the powder of Centorie, with Fennel water, and fast fiue houres after it.

With the things that are to be dr̃opt in, one must goe to worke very prouidently, and that not carelesly, but onely in great nœde, and when the body is well clensed. Amongst the same be these commended, which are also the least: Take the iuice of Fennell well clensed two ounces, let one dr̃ag. of *Salgemma* be dissolued therein, put thr̃ee or foure times a daie one dr̃op thereof into the eie. Or take the iuice of Fennell as it is, or that which is thicke one dr̃ag. bruise it in an ounce of the water of Eiebright, vse it as before. For this are also good the gals of rauening birdes, and also of Fesants, Partridges, and such like, which eate no flesh. This simple *Collyrium* following is very much commended: Take the gall of a Pickerell one quarter of an ounce, *Salgemma* halfe a scruple; let them melt togither. In like maner this following: Take the fresh liuer of a sownd Bucke being washed, prick it well thorough, and fill it with long Pepper, Fennell and Eiebright powder, of each a like much: put it on a spit, and let it rost by a gentle fier, receiue the iuice that droppeth from it in a cleane pot, and vse it as a *Collyrium*.

Or take in the end of Aprill the iuice of Fennell, stop it tight in a glasse, and set the same 15. daies in the sunne: afterwards straine it thorough a cloth, and temper Aloes vnto it six ounces, one ounce of *Lignum* Aloes beaten small: let it afterwards stand fiftæne daies in the sunne, and straine it againe thorough a cloth, and vse it as is rehearsed already.

This following is also many times well approued. Take Swallowes heads, burne them to ashes in a couered pot; take one quarter of an ounce thereof, clarified honie thr̃ee ounces, the iuice of Fennell one ounce; temper them all togither in a glasse, stop them tight, and sæthe them in water vnto the halfe: vse thereof morning and euening, and before and after meat, one dr̃op.

Item burne Fennel stalks to ashes, powre ley vpon it, wash therewith the eies and eielids, for it is very good. It is likewise also good that each one vse his owne vrine, or that of a man childe.

Forasmuch then as for these diseases there be many kindes of remedies described: therefore may one chuse that which liketh him best, and to follow all that one findeth to doe good, for there are not so many described that they should altogither be vsed, but because that one might chuse thereof, and vse onely all that one may get most easilie.

## Of the Skin of the Eie. §. 13.

IT is declared in the beginning, that out of olde Cataracts there doth easilie engender a skin, and the starre, which will take away the sight; whereof we now meane to write: there be therefore commonly two kindes of them discouered by the Phisitians; as the red and the white. The red doe the Arabians name *Sebet*, which commeth of aboundance of blod in the smal vaines of the eies, which doth spreade it selfe abroade ouer the whole eie, so that it seemeth to bee a red cloth; whereof insueth a great itch. The patient can abide by no meanes any light, or sunne, nor fire. This disease will be sometimes also (as is reported) inherited from the parents, but it infecteth not any bodie else. It is grieuous and tedious to be cured, if so be that the manuall operation be not vsed thereto. For this, one of the chiefest things is to leade an ordered life, to vse that which is good and to eschew that which is ill, like as is sufficiently shewed in the 12. §. and is meete for this purpose. For purging are the *Pillulæ Cochiæ* or such like requisite. Also for this is aduised to open the head vaine: And for the itch, to wash the eies with water wherein Roses, Sorrel and Mallowes are decocted. Or you may prepare this powder: take fresh eghels, that haue bẽn infused nine daies in vineger, afterwards sæthe them a good space in the same vineger, drie them in the shadow, stampe and bruse the same: this powder is to be vsed oftentimes in the eies.

Some doe temper amongst it *Sarcocolla*, Aloe, Ginger, Gumme, of each the third part of the eghels, and make it with Eiebright water vnto a *Collyrium*: It may be vsed in maner of a pow-

der, being beaten small.

Item take Ceruise which is washt nine times in Rose water, one drag. burnt Copper, *Gummi* Dragagant, prepared *Sarcocolla*, Beuer cod, Aloe, Frankincense, *Opium*, prepared Pearles, Camfere, of each a drag. temper this with the iuice of Celendine, make your hands fat with the oile of bitter almonds, and make trocises thereof, the waight of halfe a dragm. Afterwardes dissolue one of them in Fennell water, and when you will vse it, put some thereof into the eies: it clenseth them, and taketh away the skin from the eies.

Item make this powder following, which is good to take off the white skin when it is but new: the same is also good for running and sore eies. Take Ginger, Pepper, *Mirabolani Indi*, and of the yellow Mirabolans, of each fiue drag. Aloes one drag. and a halfe, Cuttle bone three quarters of an ounce, Antimonie three drag. Cassia wood and Cloues, of each halfe an ounce: make all this vnto a subtile powder, and let it be blowen into the eies. And if so be that these foresaid things do not helpe, then must the skin be pluckt off; whereof it is not our meaning here to shew the manner.

Vngula. Now as concerning the white skin of the eies, which the Phisitions do call *Vngulam*, which is a naile; for that it is likened to a naile of the finger, which is of nature betweene skin and flesh, and groweth from the corner of the eie towardes the middle of the same: Of these some be harde, and some be soft, yellowish], darkish and reddish, and haue some societie with the foresaid Sebell, whereof some be light, and others very hardly cured by manuall operation. They do growe out of all corners and sides of the eies, vntil that in part or in whole they couer the apple of the eie. The cause of this are many tough and thicke humors, like as one may see in horses, and fower footed beasts mo, which are fed with grosse foode. Now what one is to beware of in this sickenesse, hath beene before declared at large in the 12. §.

For this (like as also in all other) is very good the letting of blood and purging, with all other things which repell this defluxion, for the beginning of the cure, like as is sufficiently shewed in the former instructions. Now hencefoorth we will go and discourse of the smallest and newest skins.

Take Mallowes, Cammomill, Hollihocke roots, Linesæde, of each halfe a M. let it sœthe well, and receiue the vapour into the eies: afterwards vse the *Collyrium* which is described before in the 8. §. and beginneth thus: Take beaten Bloodstone, &c.

Item take *Vinum Punicinum*, put a good deale of Rue therein, and let it stand in a glasse the whole sommer in the sunne, drop thereof into the eies. The same doth driue away the new skin, and all darknesse of the eies. The iuice of Celendine, of Bætes, of Fennell, of Veruaine, each a part or mixed, being put into the eies, do take away the heate of the eies, and all darknes of the same.

Or take the flowers of Cicorie as many as you will, put them into a glasse stopt, couer the glasse with thick dowe, put it then into an ouen. The water which runneth from these flowers, vse to the skin of the eies. This also may be approued: Take Juniper leaues, and the berries that growe thereon: distill water thereof, and put it into the eies. Item take fine honie, bruse some Camfere amongst it, and vse it as all the rest.

Breake a fresh pœce of Beuer cod in pœces, wherein you shall finde some moisture: temper this with wine, and put it into the eies.

Hem For this is also good, great Ants bruised in pœces, and made to pap with the fat of Quailes, Myrrhe, and Fennell water.

Take fiue graines of Pepper, and as much Allome, vineger one ounce, sœthe it vnto the third part, and kœpe it for daily vse.

Take Grashoppers, but not the grœne, nor them that be big, nor too little: binde them on a thred, and drie them in the sunne; then beate them to powder, binde them in a cloth, and lay it all night in wine, drop thereof into the eie; it is very sharpe. Others do but make a cloth wet therein, and so lay it vpon the eie, and that is surer. Some do vse Elderne pith.

Con Item take the innermost skins of the mawe of a Sparrowe, halfe an ounce, *Verbascum* sœdes three drag. beat them very small, and make it into a salue with the oile of sweet almonds: afterwards take Verdigrease, white Vitriol, Salarmoniacke, burnt Copper, of each halfe a scrup. long, white and blacke Pepper, grœne earthen potsheards, *Sagapenum*, *Galbanum*, of each one dragme, Bucks gals one quarter of an ounce: Powne very small what is to be powned,

temper

temper them with some honie, and put of the iuice of Parierom or water vnto it, that thou maiest vse it for a *Collyrium*. There may many be found wherein the venom *Orpigmentum* is put, the which I do not willingly rehearse; because that where any thicke and olde skin doth couer the eie, it is to be taken off with the needle, so that it is vnnecessarie to vexe the eies with any such perilous things.

## Of the mists and cloudes of the Eies. §.14.

THe *Nebula* (which is also called by reason of hir whiteneſſe *Albugo*) is diuers: it hath also other causes than the foresaid white eie skins. Nebula. Albugo.

There be two sortes of these: the first is meetely thicke, like the white of a sodden eg to loke vnto: the other is much subtiler, and is like to a cloud, and it is also easier to cure than the other: both procéede through the defluxion of moistures out of the head, and will be according to the nature of that moisture, thick or subtile. There commeth also otherwhiles a third sort into the eies, as of some kinde of bruse, or olde impostume, or of any blisters of the eies, which are a long time a curing.

Neuertheleſſe it hath béene found, if yong children through the pocks do retaine any such clouds, and the eies with the bodie be waxen greater; that the same clouds do lessen in time. The thicke whiteneſſe is thus to be cured: Euerie morning fasting are the eies to be fomented with cléere warme water, or with water of these herbes following, whereof we meane to vse the iuice: Take the iuice of corne Roses, the iuice of Centorie, temper them togither, or vse each by it selfe. Item take the dried iuice of Celendine three drag. Ameos one quarter of an ounce, make a powder thereof.

Item take white Sugarcandie, each put apart in the eie, is very good. Take Pumicestone, prepared *Sarcocolla*, Aristologie, white Sugar, of each a like much: make a powder therof. Cuttle bones alone, or tempered with one of the foresaid, are also very profitable: womans milke after the foresaid bones, milkt in the eies, and vsed often, mollifieth the white skins. This following is also highly commended: Take Pumicestones, Cuttle bones, prepared *Sarcocolla*. Aristologie, red Coral, Borcas, of each one drag. Sugarcandie three quarters of an ounce, make thereof a subtile powder. Take the burnt shels of Sea crabs, prepared *Tutia*, and Sugar: beate them as small as may be. Now to the end the eies may be clensed, and the cloudes taken away, this hony following is to be put therein: Take clarified honie two ounces, the iuice of Centorie, the iuice of Fennell, of each an ounce and a halfe, let it sethe somewhat, and scum it till it be cléere: drop thereof on the white cloude of the eie. Will you haue the honie more sharpe? then put thereto three drag. of Borcas.

Take one part of Swallowes dung, Hony three partes, temper them together: this will apparantly helpe, but it is sharp like as is said alreadie.

## Dispersion, or contraction of the eye beames or sight. §. 15.

BEcause that these parts or skinnes of the apples of the eye (called *Ragodis* and *Vuea*) are sometimes disgregated through inward and outward occasions, so that they be stretched out euen to the white of the eye, whereby the sight is not alittle hurt: It is therefore first to be marked, whether this disease be from the natiuitie, or procéede of the great paine in the head, *Cephalæa*. If it be borne with one, there is then small hope to haue it cured: But if it be caused through any other occasions, as falls, blowes, thrusts, many humors that disperse themselues abroade, or of some former impostume that hath not long béene past, then it is still to be holpen; first, by letting of bloud in the head vaine on the contrary side where the disease is; afterwards through purging with the pilles of *Cochiæ*, and thorow a well gouernde diet. This is one of the best medicines, for it consumeth all humidities not only of the head, but also of the whole bodie. Afterwards one may make a plaister for it with fine Bolus, Mirtle séede, of each halfe an ounce, Linséede beaten small two ounces, Rose water, and the iuice of Barbaries: or take Night-shade, Plantaine, the iuice of Houslœke, of each alike much, and lay it ouer the eies with a cloth.

Item, wet a cloth in Rosewater wherein *Tutia* hath bene infused, and lay it ouer the eies; for this is cauterization in the neck very much commended: but if this disgregation of the sight be small, then it will be easily cured with the *Sieff* of Gals, which hereafter shall follow, which foresaid *Sieff* of Gals, or *de Fellibus* is thus prepared.

Sieff de fellibus.

Take the gals of these aforenamed beasts, to wit, of Cranes, Pickrels, Bucks, Hobbies, Sparhaukes, or of any other rauening birds whatsoeuer, of each two drag. and a halfe, *Euphorbium*, Coloquinte, *Sagapenum*, of each one drag. melt the gumme, poune that is to be pouned, and temper it with the gals, and with two ounces of the iuice of Fennell, and vse it like any other *Collyrium*: It is also specially good for those that are poreblinde, whereof shall be hereafter spoken.

But if the starre or beame of the eye be dispersed because it is hurt, there is then no great care to be taken, for the same is easily to be holpen; make this plaister following. Take beanes, and barly meale, of each one quarter of an ounce, oyle of Roses halfe an ounce, the yolke of an egge, temper it well with the iuice of Endiue, as much as is needefull.

Take Nightshade, Houseleeke, and Rosewater, of each one ounce, and the white of an egge, make a cloth wet therein, and lay it vpon the eyes. For this is also good, the gall of a Buck, ashes of the burnt head of a Magpye, of each a like quantitie, tempered with Honny, and the iuice of Celendine, and so layd vpon the eye; this is commended for a very approued receipt.

And if so be that the apple of the eye be contracted and ware smaller, it is then caused through drought; and although naturally the small apple of the eye be good, yet is the diminishing of the same very bad: For this are good moyst meates to be vsed, to bath in sweete waters, to vse oftentimes womans milke, and drop of the foresaid mildest *Collyrium* into the eyes.

## Of the extuberation of the eyes, as if they would fall out. §. 16.

THis is caused through many occasions, as for that the head is full of humors, or that the eyes of themselues do swell through a full bodie, & otherwhiles through winde, and otherwhiles through some kinde of impostume, if there be much bloud or flegme with it, whereof mention is before made in the 8. §. It may happen also that the sinewes of the muscles about the eyes are feebled and lamed through some superfluous humor of the head, like as it may well happen by reason of the great paine of the head, through extreme vomiting, and strong straining of going to stole, of hard coughing, and of such like strong motions: and this hapneth especially in the dropsie, if it come through fulnesse of the bodie, then doth the patient feele a strong pricking and paine about the eyes: if through winde, then is the pricking not so strong, but rather contracting: if it come through much bloud, that do the red vaines declare, with heate, *Cholera* maketh pricking and smarting. If this infirmitie be new, then it is easily to be holpen (in case that it is not caused through the dropsie) and that onely through good gouernment of diet. But if this infirmitie be but small, then lay cotton on the eye and tye it to a linnen band: eate and drinke but little, sleepe much, and refraine from all labour. But if the griefe be much, and with great paine, open the head vaine, and purge with *Hiera* and with Pils ordained in *Ophthalmia*. Set boring cups with picking on high vpon the shoulders, foment the eyes with woll which is dipped in warme vineger and water, or with water and vineger wherein Pomegranat blossoms and peeles gals and Sumach is decocted, and make the whole face wet therewith. And if therewith be great heate, then make a plaister of the herbe Shepherds purse, Plantaine, and Houseleeke, and so applie it vpon the eye. But if it proceede through weakenes of the sinewes, then purge the head, vse Gargarismes, and the Salues that hereafter are taught in *Paralysi* and contraction of the mouth, make a fomentation of warme herbs, or this plaister: take Frankinsence, Mastick, Cipers nuts, and the leaues of each a like much beaten, tempered with oyle of Cammomil; but if you will put some of the iuice of Sloes vnto it you may.

Of

## Of eyes that be burnt. §. 17.

IF any bodies face be burnt, so that one haue feare of his eyes, and that they do swell, then take water of Verueine, steepe Quince kernels therein, wring the slime through a cloth, and annoynt the face therewith, and the eyelids: but looke for that which is written before of white and red eyes, what coleth all kindes of inflammations, or that is declared in the fift part.

## When soeuer any be stroken in or vpon the eye. §. 18.

TAke pouned Wormewood, temper it with the braied white of an egge, and lay it ouer the eye.

Item, take the iuice of Verueine, the white of egs well brayed, lay it on the eyes with a wet cloth: looke also thereof in the 6. Chapter and the 1. §. of the humors of the eye lids.

## If any thing be fallen into the eyes. §. 19.

IF so be that the eye (through any thing that might fall therein) be bruised or perished, that must forthwith be holpen, to the end that it do not inueterate: for this it is aduised, to take fresh cleare water in the mouth, and spout the same into the sore eye so long, vntill all that whatsoeuer be in it may be washed out.

Yet womans milke is more commodious, sprouted into it out of the brest. This may also be done with white Wine, for it causeth the eyes to runne better; and if one wring thereon, then commeth that which is fallen into it with more ease out of it againe.

Or take a peece of white Rosen, let it be made warme in the sunne, or after another manner, then drawe it very softly on the apple of the eye, then doth it remaine hanging thereon.

This operation or power is attributed also vnto *Rubys* and *Saphires* being stroked in the eies.

Roll the vpper eyelid about, and wipe it with a soft linnen cloth, then doth it remaine hanging on the cloth.

Item, take Betony, Celendine, Eybright, Hyssop, Pennyrall, of each alike, seethe them in meetely water, and wash the eyes with this whilest that it is warme.

## How to cure the deminishing, feeblenes, and darknes of the eyes. §. 20.

THe sight is many times of some disease of the eyes (like as in *Ophthalmia* is declared) lessened, and also enfeabled, as the shining of the sunne, looking glasses, shining Copper, lightnings, fire, long darkenes, watching, the beholding of white things, like as when one walketh farre in the snowe, cold ayre, or that chalke, dust, or any things else come into the eyes, through much looking vpon small things, to let much blood, or that one doth it not if he be accustomed, also through an vnchast life. Further, the eyes are much weakened with great lashes, great labour, odoriferous things, and specially the *Basilicon*, of which we are not to omit this admirable worke of nature, that is, if one eate too much of this, then will the sight be weakened, where notwithstanding the iuice thereof dropt into the eyes, doth strengthen the sight and dryeth vp the moysture.

These patients must beware of all grosse meates, as cheese, old flesh, coleworts: also from ouermuch eating and drinking, and from fasting. Also all such deminishing of the sight is clensed through great paine of the head, swimming and great heate, which dryeth too much: also, through cold moystures which obstructeth the sinewes of the sight. There are three kindes of the weakenes of the sight, the first of all deminisheth, when a thing is seene vnperfect, and when it is thought to be lesse; the second kinde is a spoyled or corrupted sight, whereas one seth any thing otherwise then it is, like as happeneth in the disease *Scotoma*. Thirdly, it is a contracted

ſight, when one can diſcerne nothing by the ſight, like as in the blindnes. For all theſe aforeſaid infirmities, ſhall the patient firſt vſe preparatiue potions, and purge with the Pilles *Cochiæ*, or *Stomachicæ*, and alſo vſe Cliſters, which drawe all humors downeward. Fennell ſéede vſed in all meates, is ſpeciall good, both before and after meate: then as it commonly hapneth, that the féeblenes of the eies do procéede of a bad full ſtomacke which doth cauſe many bad vapours in the head; then do the auncient Phiſitions aduiſe, that theſe ſicke perſons ſhall be cauſed to vomit, for that will dry and cleanſe the ſtomacke from all bad corruptions and intolerable moyſtures. Alſo there be drying powders to be put into the eyes, whereof there be many before deſcribed. But if with this imperfection of the ſight, there be an abatement or conſumption of the bodie, like as one ſéeth in all thoſe that recouer after a languiſhing ſicknes, they muſt be fed with good meate, for that if one be faſting or hungrie, the paine will be the greater and more forcible: Alſo he is to be let to ſléepe wel, and giuen wine to drinke, to make the head oftentimes moyſt with warme water, or to bath: but beware that he ſweate not too much.

In the noſe and eares is he to drop the oyle of ſwéete Almonds, and beſprinkle the eyes oftentimes with yong womans milke.

Hereafter do follow certaine medicines: firſt a gouernment of life, for that a good order of dyet is no leſſe of importance for this, then it is in any other ſicknes. Firſt of all one is aboue all the other foreſaid things, to abſtain from very cleare ayre, vnmeaſurable venerie, reading ſmall prints, or writings, &c. from going to ſléepe with a full ſtomacke, from all ſalt and ſtrong meates, from dronkennes, and all that repleniſheth the head. If the cauſe be moyſture, then is likewiſe to be feared bathing, much ſléepe, letting bloud, cupping, and vaporous meates, new Wine, Beanes, Peaſe and other pottages, Lettice, Vineger, and Radiſhes, much fiſh, peares, apples, and all moyſt fruites, eſpecially after meate. In like manner alſo moyſt, darke, and miſtie weather, ſmoke, winde, duſt, moyſt dwellings, going idle, vnleauened bread, old and groſſe fleſh, and all that maketh groſſe bloud. On the contrary ſide, there be many commodious things that ſtrengthen the weake ſight, as the ſight of grœne fields, trées, the pretious ſtone *Smaragdus*, grœne glaſſe, grœne linnen, and ſuch like more, which are to be ſet before our eyes, to the end it may thereby be quickned. In like manner alſo all blew colours, and all other orient colours, as to looke into a ſtœle looking glaſſe, in the cléere water, gold, the ſtarres of heauen, the pretious Saphir ſtone, floures of Burrage, of Eybright, and eſpecially of Larks ſpurres which are chiefly commended.

Wine, and conſerue of Eybright.

The like operations are aſcribed vnto the Wine and the conſerue of Eybright, and that not without reaſon, for that they be both forcible for to ſtrengthen the ſight, and to make it cleare and freſh, ſo that many old folks through the vſe of theſe haue continued and ſtrengthened their ſight with them. They do alſo deopilate the obſtruction of the Milt and Liuer being dayly vſed, they cleanſe the ſtomacke, and withſtand all agues that procéede out of the ſtomacke, for what they ſerue elſe, and how they are to be prepared, the Regiſter ſhall make mention. Therfore hath the wine of Eiebright alſo, and the conſerue of the ſame, not their names in vaine: for they haue like power in ſtrengthening of the ſight, to drie the moiſtnes of the brains, and to cléere all darke ſights.

Further it is very commodious, that one do kem well once a day, eſpecially ancient folkes: youthes are to waſh their eies often with freſh water, alſo to ſuffer hunger and thirſt ſomtimes, and to drinke ſwéete water. In like manner all that is mœte for the ſtrengthening of the memorie, is alſo very fit for the ſight, as hereafter ſhall be ſhewed: and all that is accounted good for the fiue ſenſes, as the ſight, the hearing, ſmelling, taſting, and féeling. Cléere faire aire is alwaies good, bread well raiſed, good wine ſoberly drunke, alſo light meate which fume not into the head: This is now ſufficiently written of the order of diet. Now we will come to the medicines, and waters for the eies. Here vnder is one which was ordained and made for the Emperour *Fredericke* the third, the which vnto this preſent day is very highly commended, and is thus prepared: Take Betonie, Rue, Veruaine, Celendine, Eiebright, Roſes, all of them grœne, of each fiue good handfuls, Aloe one ounce, long Pepper, Cloues, of each halfe a drag. ſome alſo put thereto three handfuls of Woodbinde, and the flowers. This being all chopped, is to be diſtilled through a glaſſe helme: drop thereof in the eies, and annoint all the face therewith. Or take the iuice of Fennell and of Veruaine each by it ſelfe, or mixt amongſt other, drop it into the eies, lay it ouer them with a cloth, it taketh away the dimneſſe. There is alſo deſcribed before in this Chapter

The water of the Emperour Fredericke for the ſight.

and

and first §. a water for the eies of Celendine decocted with honie, which is specially good for all darknesse of the eies.

Another: Take Fennell, Eiebright, and Rosewater, of each one ounce, *Sarcocolla*, *Tutia*, both prepared, Sugarcandie, of each one scrup. the gall of a Pickerell, fiue leaues of beaten golde: put these togither in a glasse, and let it seeth awhile in hot water in a glasse, and vse it as a *Colyrium*. This preserueth the sight maruellously.

Item take Fenegreeke, Hollihocke rootes, of each two ounces, clense them well, and let them seethe well in cleere water with a milde fire vnto the halfe: wring them out hard, and straine them thorough a cloth, tempered with Aloe, a quarter of an ounce, Sugarcandie, or Sugar of Roses one ounce, straine it with the Rose water thorough a cloth, and let it seethe togither vnto a syrupe: preserue it stopt close in a glasse, and vse it as other eie waters. Take prepared *Tutia* one drag. white Amber halfe a drag. Camfere halfe so much, Fennell water and Rose water of each two ounces: temper them togither. The water that is gathered of the vapour of hot bread maruellously cleereth dim eies: Take Rose water as much as you please, Sugarcandie as much also: Let it stande (before that you vse it) a certaine time in the sunne. All gals of rauening birds, as also of Partridges, of Buls, Hares, Wolues, Foxes, and aboue all the Bucks gall, doth drie the eies and sharpen the sight. But one of these or more must be decocted with much iuice of Fennell, and clarified honie (once as much more as the other) and dropt into the eies. Take the gals of Partridges, Balsam oile, of each one quarter of an ounce, the iuice of Celendine one drag. temper and vse them as the other. The ancient Phisitions haue highly praised this following: Take the iuice of Pomegranates which be neither sower nor sweete, two ounces: seethe them in a siluer vessell vnto the halfe: then adde clarified honie one ounce, let it boile wel, straine it thorough a cloth, let it stand certaine daies in the sunne, and drop it into the eies. Item the iuice of sower and sweete Pomegranates, of each two ounces, set it in the sunne two monethes, then straine it, and temper thereto one drag. of Aloes, long Pepper halfe a drag. And if you desire it to be more drying and biting, put thereto one scrup. of Salarmoniacke. The older this is, the better.

Hereafter follow certaine simples which strengthen the sight, as the iuice of rosted Onions tempered with honie dropt into the eies, the braines of Flitter mice or Bats tempered with honie and dropt therein, the ashes of the same blowne into the eies especially in the beginning. Rue hath an especiall propertie in the eies, is good eaten, and the iuice of it tempered with the iuice of Fennell and honie dropt into them. Hyssope vsed in meate is also very meete for the sight, Rapes, and sodden yong Doues are very good, also their broth drunken: so are also Swallowes and Magpies eaten, good for the strengthening of the sight, and the ashes of them tempered with honie, and put into the eies; Calmus rawe and confected is very meete, burnt Coral drieth and consumeth all moisture of the eies: *Acatia* strengtheneth and sharpeneth the sight, and expelleth the rednesse; Almonds are also very good. All odoriferous herbes, as Lauander, Rosemarie, Gilloflowers, Roses, and all pleasant smelling fruites, are good for the eies.

Pomanders. Take Rosemarie, Nep, Marioram, Pennyroyall, of each one drag. *Lignum Aloes*, Marioram gentle and Mace, of each one quarter of an ounce, *Muscus Ambra*, of each two graines, make thereof a powder, binde it in a peece of red silke, and smell oftentimes to it. They may also vse the same which haue the disease of the Catarract, whereof is much admonished before. Pomanders fit for a bad sight.

The ancient Phisitions were of opinion, if one annointed oftentimes the eielids with Corall, pretious stones and golde, or did behold them, that it were to strengthen and cleere the sight.

This powder following of *Rasis* is much commended for to strengthen the sight therewith: Take prepared *Tutia* ten drag. make this to paste with the fresh iuice of Marioram gentle when it hath stood a night and be well setled: afterwards let it drie well, beate it againe, and put Ginger vnto it, long and blacke Pepper, and Celendine, of each a drag, Salarmoniack halfe a drag. all beaten small, and made moist with the cleere iuice of Fennell. Let it drie againe, & so preserue it: when you will occupie it, then beate it vnto an impalpable powder, and put it into the eie.

This powder following is to be strowed vpon the head: Take Cloues, *Lignum Aloes*, *Betonica*, *Sandaracha*, burnt Iuorie, *Styrax Calamita*, of each halfe a drag. make thereof a powder: strow all the head therewith. As oftentimes as you will vse it, then kembe the head before, to the ende the first may come off, afterwards vse twise a moneth when you go to sleepe one quarter of an

ounce

ounce of the trocistes of *Diambra*, holde them long in the mouth vntill they do melt.

Item take Cumine which is steeped one night in vineger, and afterwardes dried, Annise sedes, prepared Coriander, of each three ounces, Fennell sede sixe ounces: temper them all togither. You may also let them be confited with Sugar, and vse it after meate: this strengtheneth the stomack, staieth the vapors from gathering vpwards toward the head, and consumeth all colde matter in the stomacke and the head.

## A powder to be vsed with meate.

TAke Siluer mountaine, Ginger, Cucubes, Cloues, long Pepper, Nutmegs, the rootes of Celendine, Diptamer rootes, of each halfe an ounce, prepared Cumine, Fennell sede, Annise sedes, flowers of Eiebright, with the leaues of each, three quarters of an ounce, prepared Coriander one quarter of an ounce, Sugar as much as you please: this is to be beaten small togither and vsed daily in meate; it strengtheneth the sight, and defendeth against blindnesse.

This following is also to be obserued for a speciall meane that one must gargarise euery ten daies: two daies togither in the morning and euening eight or ten times togither. Take Parierom gentle one handfull, Licorise halfe an ounce, seethe them in a pint of water vnto the halfe: take a good cruise full thereof, temper amongst it one drag. and a halfe of *Hiera Picra:* gargarise with it (as is said) it is very requisite, but bitter.

After supper take one of these Tabulates: Take *Spec Diambræ* one dragm. and a halfe, Eiebright, Celendine, Fennell, Veruaine, of each one scrup. the sede of Rue, of Siluer mountaine, of each halfe a drag. Sugar fiue ounces: seethe all these with Eiebright water, and cast Tabulates of it: lastly, take Rue, Celendine, Eiebright water, of each two ounces, Fennell, and the iuice of Veruaine of each one ounce, the gall of a Pickerell three drag. *Lignum Aloes* beaten small halfe a drag. the sede of Rue, of Celendine, Mariorum gentle, of each one dragm. temper them with the foresaid water, stop it tight in a glasse, and sement it with dowe: afterwards set it in an ouen where the bread is taken out, and let it stand a whole day therein. The next day take of the dowe againe, and set it the space of twelue daies in the sunne; afterwardes straine it thorough a tight cloth: but wring it not out, and keepe it in a stopt glasse: whereof put euery morning and euening one drop in the eie, and lie vpon your backe: then shall you perceiue an apparant amendment of the sight.

## *Pillulæ*, Pils.

TAke white beaten Eiebright halfe an ounce, Carrowaie sodden in vineger and dried, Mariorum gentle three quarters of an ounce: *Lignum Aloes*, Indie *Spica*, of each one ounce, the sedes of Sorrell fiue scrup. temper them with the Julep of Roses, whereof you are to take at one time a halfe or a whole dram. once in three or fower daies in the euening when you go to bed.

Will you then make a powder thereof? put thereto prepared Coriander, Cinnamom and Fennell, of each one quarter of an ounce, Sugar as much as you please. This may you take after supper.

The confection of Montagnana for a bad sight.

This following is a costly confection, and strengtheneth the sight, therefore it is called of *Montagnana, Electuarium Oculistæ*, bicause it is very profitable for the abating of the sight which procedeth through flegmatical humors: for besides that it strengtheneth the brains, it restoreth the lost sight againe; and maketh also the spirits of the sight subtiler and stronger.

Take Siluer mountaine sed, Eiebright, Fennel and Cucubes, of each a drag. Cardamome, Mace, of each one dragm. and a halfe, the sede of Celendine, of Rue, of each one quarter of an ounce, Rosemarie one ounce, Annis sede, *Lignum Aloes*, Carroway, *Consolida Sarracenica*, of each halfe an ounce, Sugar or Honie, as much as is nedefull for to make thereof a confection.

## Another.

TAke dried Betonie, Celendine, Eiebright, Hyssope, Pennyroyall, of each one drag. Fennell, Siluer mountaine, Annis, prepared Coriander, and Mariorum gentle sedes, Basil sedes, Cardamome,

Cardamome, Cinnamome, Ginger, Galingale, Nutmegs, Cloues, long Pepper, *Lignum Aloes*, Mastick, Spikenard, of each halfe a drag. preserued Citron pils three drag. conserues of Borage, of Rosemarie, of each one quarter of an ounce, Sugar decocted in Fennell and Rose water as much as is needefull for to make a confection. This patient shall take also after purging the second or third day one dragm. of Treacle, *Aurea Alexandrina*, or Mithridate. Or make a potion: Take halfe a drag. of Treacle, breake it in wine, water of Rue or Fennell, and take it once euery weeke, yet this is best of all that one may vse for a weake sight, preserued *Chebuli* eaten fasting doth much strengthen the sight; some chaw euery morning Juniper berries, spetting it afterwardes into the hands, and letting the fume go into the eies: the which can also strengthen the sight much. The same vertue hath also chewed Annis, Cumine, and especially Fennell seede, whether they be confected or no.

All later and ancient writers do commend this remedie following as well for the strengthening of the sight, as for those that be purblinde: Take the liuer of a Bucke, take off the gall, cut broad peeces out of it, lay therein whole long Pepper, couer it with another peece of liuer and Pepper as before, thus continuing til all the peeces be laide one vpon another, so that aboue and beneath be nothing but liuer. Put this then into an ouen, and drie it well away: then take of the Pepper, beate it small and mixe some Muscus amongst it, and with the moisture which droppeth from the liuer, moisten therewith the powder, and make losings thereof, preserue it vntill you haue neede of it, then temper it with Eiebright water, or such like, and vse it as the other. To these spices of medicines are three kindes of commodities ascribed: the first to drop fatnesse into the eies: the second to receiue the warme vapour into the eies: thirdly, that the patient eate thereof many times a yeere, euery time three daies togither.

One more (which is almost like vnto it) doth hereafter follow: Roste a Hogs liuer, wet the eies with the dampe of this rostemeate, and rub the fatnesse on the eielids.

Take a slip of Rue, drinke the infusion of it at your meale, it is also very good for this.

Take Cinnamome, Cloues, Mace, of each a like much, powre Malmsey vpon it, and vse it as you please.

When one hath then vsed a good deale of these foresaid things, and there be yet perceiued much more moisture in the eies: there is sometimes to be vsed for to drie the braines of this iuice following, drawing it vp thorough the nose, to wit, of Marioram gentle and Dane weede.

There are also twise a weeke two of these pils following to be taken after supper: Take *Pillulæ Lucis*, Rubarbe, of each one scrup. and a halfe, and make thereof fiue or seuen pils.

## Of all those that after the rising of the Sunne, do see nothing at all, or very badly. §. 21.

21:f.

THis infirmitie of the sight is of two kindes. The first is when one can see well in the day time, but against the euening and night can see nothing or very badly. The other to the contrarie, when one in the day time doth see little or badly, moouing the eies vp and downe, when he doth come into the cleerenesse, without holding them open, therefore be they commonly called in Dutch blinde Cats: but when it groweth towardes euening, then begin they to amend, and can see much better. Both these infirmities do proceede of like causes and according as the spirits of the sight be formed, whereof the philosophers do dispute much. The Grecians do call them *Nyctilopas*, the Latinists *Luscioſos*, in English purblinde, whereof *Galenus* speaketh generally, that it is a disease which proceedeth of no manifest cause. Others write that it is incident rather to blacke eies than to other: what concerneth the signes, they are to be inquired of them that haue this infirmitie.

First for this is reputed good, if the partie be full of blood, that first of all the head veine, afterwards the veines in the corners of the eies be opened: others do aduise to open the median and the veine in the forehead. Afterwards whether it be of a *Phlegma* or *Melancholia*, purge with the pils *Cochiæ* or *Lucis*, and then to take Mithridate or Treacle. In the eie is to be vsed the fat of the Bucks liuer (described before) or to temper it with a little of the Bucks gall, or the Bucks gall alone decocted with a little vineger, applied likewise as aforesaid: for in this disease is most of all commended, that which commeth from the Bucke or Goate. *Plinius* admonisheth that some haue aduised, that one should wrap the Goates dung with ware, and so swallow it downe.

He

He writeth also that this blindnes is to be holpen with Goats bloud, and it may come thereby, for that it is said that those beasts do see as well by night as by day: therefore it was commanded to *Nycripolis* to eate the Bucks and Goats liuer rosted. And how the same shall be dressed is shortly before declared where we haue discoursed of the deminished and weake sight.

## When one is waxen almost blinde. §. 22.

IF there fall any moysture in the eyes which maketh one almost starke blinde, then it is found out by experience, that the decoction of a Viper, the head and tayle chopt off, hath holpen (yet the intrailes pluckt out and stuffed with Fennell seedes) like as also helpeth if one eate the flesh of this Serpent boyled. This is reported of the nature of the viper snake.

The like vertue also hath the decoction of *Guaiacum* vsed after his manner or kinde, the which is not only meete for this, but also in certaine confections for the sight, which Pope *Innocentius* the third did send to an Abbot, who was almost blinde, and is made thus: Take Fennell seede halfe a pound, Siluermountaine seede and blew Chamedris of each foure ounces, Smallage, Annis, Parsly seeds, Penyroyall, Hyssope, Sarifrage, Juniper berries, of each one dragm. the seede of Staueſacre two ounces: this being beaten small with Hony or Sugar, and a confection made thereof, and vse thereof morning and euening, and you shall see meruailes.

Commeth the cause of the hinderance in sight through obstructions of the sinnewes whereby the sight commeth into the eyes: then vse the Pils *Cochiæ* and *Lucis* of each halfe a drag. make 7. or 8. pils thereof, swallow them in the morning betimes and fast fiue houres vpon it, vse them once euery month. Afterwards vse this confection, take Pennyroyall, Rue, Betony, Celendine, of each one handful, Sarafrage, Louage, Annis, Cammomill, Ginger, Fennel, Parsly, Hyssop, Mariorum, Siluermountaine, of each two drag. and a halfe, Gallingall halfe an ounce, poune all very small that is to be pouned, and temper it with Sugar which is clarified in Fennell water, it requireth halfe a pound of Sugar at the least, cast Tabulates of it, and then lay them vpon the tong, and let them melt of themselues: this do and continue it the space of two or three months, all after that the blindnes is great and hath long continued.

## Of Squintneſſe. §. 23.

THis is a distraction of the eyes out of their naturall places towards the right or left side vpwards or downewards: the occasion of this is sometimes through resolution of the sinewes where the whole place doth draw that infirmed vnto it. Also it may be a crampe in the same sinewes, where to the contrarie the shrinking sinewes do draw the whole vnto them; it commeth also very well through a custome, when yong children in the cradle do lye alwayes vpon one side, and open but one eye: but if the squintnes do come through slacknes of the sinewes or the crampe, that is seene and shewed by the signes which are described in *Paralyſi*, or in the crampe. This disease could the auncient Physitions heale very badly, and it is very vncertaine in yong children, neuertheleſſe we will not pretermit to shew our aduise for it: on the side where the disease is, put some clearenes to the end the eye may be drawne to his naturall place: also when it is caryed about on the arme, the auncient Physitions haue vsed all those things which were wont in *Paralyſi* and in the distraction of the mouth to be adhibited.

## Hydromell, hony water: how to make and vse the same. §. 24.

IT is before oftentimes mentioned, and therefore it is very worthie for to describe heere how to make it: The auncient Philitions toke rayne water and hony decocted therewith, skomming it well, and vsing it for a common drinke: in the steede of water or wine, like as also it standeth discouered in many places of this boke; now it is for the most part made with well water and hony: In fine, *Hydromell* is no other thing but our common meade without any addition: of other sorts of meade is spoken hereafter in the eight part.

Of

*The eight Chapter.*

## Of the Nose.

THis is also one of the principallest outward members of the face, artificially conioined of sinewes and gristles, and by nature ordained for manie kind of vses: for who knoweth not how exceeding needefull it is for the life, and for preseruation of the good breath, and for discerning of all smels and sauors: in behalf of both these two causes is the Nose set in the height of the bodie, and endued with such a property that it might refresh and cole the heart, the lights and al Inward parts with continual breathing, without the which no man liueth.

Besides this it hath power to discerne and iudge the sauor of the meate: It is set besides and aboue the mouth, to the ende it might adiudge and giue euidence to all before it goeth into the mouth what is pleasant and what is to be eschewed, or is necessarie or hurtfull: it standeth also in the middest of the face not onely for a garnishing, but also for a stay or defence betweene both the eies for to defend them (as hath beene said before.) It is also a right pipe or gutter to purge and clense thereby all the moisture of the braines and the head; to the end there should nothing fall downe vpon the breast or other principall parts that might there cause great sicknes. This member is subiect also to many kind of diseases, as Impostumes, Obstructions, Rheumes, excessiue bleeding, losse of smelling, of all which and others mo, shal be hereafter spoken.

### Of Obstruction or stopping in the Nose. §.1.

THis infirmitie is caused thorow inward or outward occasions: If the nose be stopt thorough falling, striking, or thrusting; then must it swell: if it be then swolen, then be the waies thorough which the breath and smell commeth stopped: yea also the smell otherwhiles wholly lost. It may also be well stopt thorough some grosse moisture that falleth out of the head and braines, which cannot passe thorough the nose, for that the nose vents are thereby stopped. As much as then concerneth any outward bruising, there must be salues and plaisters layd vpon it, like as vpon other tumors. The same being healed, the vents and pores will be open againe, and the smelling restored, yet it is alwaies good aduise to set boring cups vpon the necke and shoulders, and to laie vpon the brest braied whites of egs, tempered with some Camfere. But of this stopping shall be spoken more at large hereafter, especially in the losse of the smelling.

### Of the Vlcers in the Nose. §.2.

THese impostumations do the writers diuide into *Vlcera & Apostemata*, which we doe English, Vlcers and Impostumes; the Vlcers are alwaies drie or moist: drie when they make hard scurfe, and contrarily when they yeeld out much moisture, like as if the nose were rubbed on the inside and thereby bled, and yelded yellow, greene, or blacke matter; both proceeding of sharpe salt and burnt matter that descendeth out of the head into the nose. The signes thereof may one easily discerne: if there bee paine in the nose, then is to be seene against the bright sunne where the disease is. For this accident the patient is to be purged with the Pils *Cochiæ*, or *Hiera*, and such like. This is also a common rule in the curing of all Vlcers, to wit; that it be begun with no strong medicine, or that the partie be purged before. Like as for example, if the patient be plethoricke in bodie, and the Vlcer be great, open the Median, and let out foure or fiue ounces of blood according to the strength of the patient: but if the disease be not so great; then open the head vaine vpon the arme or vpon the hand, at all times vpon that side where the disease is not, and sometimes very well in the vaines of the nose. In like maner also are cups to be set in the necke, thereby to seduce the matter. This being done, the patient is to vse the space of eight daies or fiue daies this preparatiue potion: take *Oxyzaccara* (which shall be immediatly hereafter described) the syrupe

of

of waterlillies of each three quarters of an ounce, Sorrellwater, and Fennellwater, of each three quarters of an ounce, drinke it luke warme in the morning. The purgation vpon it is this.

Take halfe an ounce of the confection *De succo Rosarum, Cassia* prepared, with the water of Violets one ounce, temper all together with three ounces of barlywater meetely warme, for otherwise it is too thicke. Immediately after purging lay this plaister following vpon the nose, that it may be couered euery where with it: Take small Houseleeke, and the iuice of Plantaine, the iuice of shepherds purse, of each one ounce, the whites of two egs, Campher bruised small foure scrup. prepared *Tutia*, and butchers Bromesedes of each one drag. burnt Corall and Amber of each two scrup. Starch one ounce and a halfe, bruise these together in a leaden morter some houres together, this is to be vsed three or foure times a day.

## Another.

PVt the iuice of Tassell leaues three or foure times aday into the nose, it may be drawne vp into the nose: but if you feare that it will cole too much, then temper the third part of the iuice of Betony amongst it.

## *Oxyzaccara.*

THis kinde of Sirrup may easily be made by all housekéepers, it hath also great vertue and operation, for it doth consume the mired and flegmatike humidities which do pinch or annoy the vppermost parts, and cause the vnruly double Tertian and quartaine Agues: Take sixe ounces of white Sugar, the iuice of Pomegranats foure ounces, sharp Vineger two ounces: séethe them in a little pot by a milde fier, vntill they be of the thicknes of a common Sirrup.

Item, if there be scurfe in the nose: Then take sallad oile, the grease of a Capon as much as you please, and powre a little molten ware amongst it, and annoint therewith the scurfes: likewise take warme water, drawe it vp into the nose certaine daies togither, in the morning it is also good. Item take the gum of a Cherrie tree, the gum of a Palme tree or Dragagant, dissolue them in Rose water which thou wilt, annoint the muscilage or slime in the nose with a feather. Or take the marrow of an oxe bone, new ware, of each halfe an ounce, oile of water Lillies one quarter of an ounce, melt and vse it as before. Or you must in stéede of the oile of water Lillies, take also the oile of Roses.

Another. Take Dragagant and the séede of Fleawort, stéepe them in Rose water and oile of Violets, annoint the nose oftentimes with this muscilage. You may also make this salue: Take Ducks and Hens grease, the fatnesse of Shéepes woll, Harts sewet, honie, of each halfe an ounce, burnt Mirabolans, Gals, of each a drag. temper them togither. This allwageth and drieth much.

In like manner this salue following is very conuenient: Take oile of swéete Almonds one ounce, oile of Roses one ounce, walht butter, Hens grease, the muscilage of Dragagant, of each one quarter of an ounce, and a little ware.

Or take fresh marrow out of the Calues bones, and gum, of each one quarter of an ounce, oile of white *Camelina* one ounce and a halfe, ware as much as is néedefull. The same doth also butter walht wel with faire water, likewise also decocted Hollihocks, Nightshade or Malowes.

Another, almost as the former. Take the marrow of Calues bones, the yolks of egs, Dragagant and gum, of each one quarter of an ounce, oile of *Camelina* one drag. and a little ware.

But if the impostume onely beginneth to run: Then dip Cotton in strong and well salted vineger, put it into his nostrels, herewith they will be dried. But this following is better: Take prepared *Tutia* which is slaked in the vrine of a man childe of two yéeres old, and Ceruse, of each two drag. and a halfe, the iuice of Houseleeke fiue ounces: rub this at the least the space of three daies togither the space of three howers euery day in a leaden morter, set it afterwardes well stopt in the sunne when it is too drie: then powre againe other iuice vnto it, and bruise it as before; do this so three or fower times togither, with this salue are you to annoint the disease three or fower times a day. This salue is so forcible, that many people which haue had the canker and *Polypum*, thereby haue preserued their life a long time.

Canker Polypus.

And

And if so be (through the great vncleannes of this vlcer) there be ioyneth stronger things, and the disease be also old: then make first of all the scurfes moist with wine, wherein Agrimonie, Veruaine, and hony is decocted, drie it and make it moist againe, afterwards vse this following: Take Vitriol, red and yellow Orpiment, of each halfe a drag. beate and steepe it in the gall of a bull or oxe, and refresh it daily vntill the matter be white; then put thereto Antimonie and Myrrhe, of each one quarter of an ounce, ware as much as will make an ointment, annoint therewithall, and stop it in the nose: if you will haue this somewhat milder, then put thereto beaten Horsemints and Mallowes, to the quantitie of one quarter of an ounce. This that followeth isnot so strong.

Take Cypers rotes, Allome, Gals, Myrrhe, Saffron, of each one quarter of an ounce, beate them to powder, and blowe it into the nose. Or make thereof a salue with honie. Also you may vse the salue *Vnguentum Apostolicum*, the which is made thus: Take Turpentine, white ware, white Rosen, *Ammoniacum*, of each one drag. *Oppopanacum*, Verdigrease, of each halfe a drag. the Litharge of gold two scrup. sallad oile sixe ounces in the sommer, but in the winter nine ounces, vineger as much as is needefull for to dissolue the gum with it, make a salue thereof. This salue is common at the Apothecaries, and is not onely good for this, but also for all sore eies, fistulaes, for clensing the wounds, wherein it hath a maruellous operation: for it consumeth the bad flesh, incarnateth afterwards, and healeth all hard swellings: so that there is not almost the like vnto this. Vnguentum Apostolicum.

Item take burnt lead well washt, Ceruse, Litharge of gold, of each a like quantity, oile of Roses, and Ware as much as is needefull for a salue. This also following is much commended and is certaine: take one sower Pomegranate, others take sower, meane and sweete Pomegranates, of each one stamped with their pils, wrung out and decocted a while in a little pot and clarified, dip a taint in it and put vp into the nose; but if there be any Vlcers with it, then vse this following. Take Ceruse, Myrrhe, Litharge of golde, burnt Copper, Gals that are parched a little, Allum, of each one drag. oile of Roses three ounces, Ware as much as is needefull for a salue: this healeth and drieth. Item take Ceruse one ounce and a halfe, calcined and washt Ceruse, Litharge, of each halfe a drag. Vineger, Ware, of each one spoonefull: make it with oile of Mirtles vnto a salue, wash the nostrels with warme wine and pisse, wherein Myrrhe and Frankincense is decocted. And if this vlcer will not be healed with the foresaid things, it is then to be taken for a secret Canker, which one may not touch with sharpe things; as presently hereafter shall appeare.

## Obstruction or stopping in Childrens noses without any other infirmitie. §.3.

IT happeneth oftentimes that young, yea new borne children doe suffer great stopping in the nose: Their breasts must be annointed well with the oiles of sweete Almonds, and of Violets, and to them that giue sucke wine is forbidden.

And if the childrens breast be full, then is the oile of Violets with Sugar to be put into their mouth. Ancient folkes (if they cannot abide the oile of Violets by reason of the smell) then take Sallet oile, or oile of sweete Almonds in stead thereof.

## Impostumations of the Nose. §.4.

THe second kinde of erulcerations in the nose are much more perilous and worse, and are called *Apostemata*, *Hamorrhoides*, *Polypus* Canker.

The first is a soft excrescence of flesh, which giueth moisture when one wringeth the nose; soft in feeling, and bleeding quickly: this proceedeth of moist water which falleth out of the brains, rotteth there, and degenerateth into the flesh, the which otherwhiles groweth out so long that it hangeth without the nose: it taketh away the speech, the breath, and also the smelling, sometimes shewing red and sometimes white and blackish. But the Polipus is hardish, hath many rotes and vaines: he is so called after the name of a fish which hath manie feete; and for many mo similitudes and properties that are betweene them. This is caused of melancholike humors tempered with slime or *Phlegma*, and stoppeth

stoppeth the nose thorugh his increase.

This Canker is wholly hard and fast: it manifesteth himselfe also on the outside vpon the nose, with manie blacke vaines of melancholick blod, whence this sore taketh his offpring, and doth bring with it an intollerable stench (which the Philitians do call *Ozenam.*) The cause of these tumors is the affluence of bad humors: but that which causeth *Hemorhoides* is a swéete *Phlegma*, which is without blod but rotten, very moist without paine, therefore is better to be healed then this following.

But in *Polypo* is corrupted blod, whereto doth come a stincking *Phlegma*.

The Canker is a burnt rotten and hardened *Melancholia*. Both these last are vncertaine, yea wholly impossible to be holpen: neuertheles there be many kindes of remedies ordained and vsed as followeth.

When as then the first sort doth appeare with softened or white flesh which filleth the whole nose, then is the head vaine first to be opened; afterwards a taint annointed with this salue following, to be put into the nostrels where the disease is. Take yellow Orpiment, Coperas, Verdigrease, of each halfe an ounce, Quicksiluer, Salarmoniacke, of each one ounce; braise these small, and cast it into lime ley: this may you vse so: or make it with honie vnto a salue. Others do vse this sharp water following: Take yellow Orpiment, quick Lime, Verdigrease, Quicksiluer, of each one ounce and a halfe, Salarmoniack halfe a dragme; beate them cleane, and let it sæthe well in water: when it hath stode a while, then will it be very sharpe. In like manner, getteth also a Corroding qualitie, the water wherin quicke lime is quenched and wherin quicksiluer is put.

This is more gentle, take Allome, Verdigreace, of each halfe an ounce, yellow Orpyment one scrup. temper them, and stick a taint in Vineger, sprinkle it with this powder and so sticke it in the nose where the disease is. Of the meane Corsiues is also taken for an approued thing, pouned Vitrioll blowne into the nose in the morning and euening. There is also described in this Chapter in the 2. §. a medicine with the iuice of Pomegranats, which are especially good for this, amongst which you are to temper alittle Antimony and Verdigrease. But if this will not help, then are stronger things to be vsed, as an actuall cauterie or incision, and although this do seldome prosper, neuertheless we will discourse somewhat thereof. For this soft excrescence of flesh, whereof we haue spoken at the first, is not wholy incurable, but may through these meanes be cured, which neuertheless is very vnpossible in the Cancre: but if it were found that there ought to be vsed either the actuall cauterie or incision, then must the cauterized place be annointed with fresh butter, and the braied white of an egge, and couer the nose with the whole face with vineger and water, or Rose water, or take the yolks of an egge, temper it with oyle of Roses, and the iuice of Roses, this swageth almost all the paine of the Cauterie.

Here do now follow certaine sharp, yet good meanes, which are most surest in greatest necessitie, the first is, that these superfluous excrescences be clipt off with a sharp paire of Cisors euen to the bottome, afterwards take away the rest that remayneth behinde with this salue following: Take one ounce of honny, vineger one quarter of an ounce, *Sarcocolla*, *Ammoniacum*, of each halfe an ounce, sæthe these vpon a milde fier, and therewith annoynt your taints which you thrust into the nose, it hath a speciall vertue of healing and drying. The other meanes, if this were not sufficient, then burne the disease with an iron that is flat before, thrust it through a copper pipe which is wrapt in clothes wet in Rose water, to the end that the sound part of the nose be not burnt, do this so long vntill one can perceiue no remanence of it more. Afterwards annoynt the cauterized place with butter, vntill that the escarre falleth off, and heale it with Basill and the oyntment of Ceruse, or with the salue that is described in the 2. §. in the vlcers of the nose with *Tutia*.

The third meane to expell this accident, take a long and strong horse haire, thrust it into the nose vntill you bring it out of the mouth againe: fasten it on both ends and plucke it hitherwards ouer the accident, and that so oftentimes till it be cut out at the bottome. This being accomplished, stanch the bloud with this powder, take Mirrhe, *Sarcocolla*, fine Bolus, Dragon blod, of each one drag. prepared *Tutia* halfe a drag. this powder must be blowne in the place where it bleedeth, or strowe a taint with it and stop it into the nose; now the bloud being stanched, heale it with the foresaid salue.

Of

## Of the Canker in the Nose. §.5.

THe causes of this Canker in the nose, and the signes thereof are discouered before. First, he sheweth himselfe small, like a corne of wheate, but afterwardes will be as big as a hasell nut or almond: it yeldeth seldome matter, and remaineth alwaies (as is said) harde and drie: it will abide no strong things, as actuall or potentiall cauteries; but it must be softly medled with, and vse thereto easie remedies, as to let blod, laratiue things, and Mast. *Tristrams* water, which is described in the fift chapter and first §. Also oile of blew Flower deluce annointed thereon, and chiefly Treacle and Mithridate thrust into the nostrels, and to hold the same in the mouth and eate it. Also it is very good to purge the head with this potion: Take *Mirabolani Indi* one ounce and a halfe, Sene, *Epithymum*, of each one quarter of an ounce, Sugarcandie fower ounces, sethe them togither in nine ounces of water euen to the halfe, straine it then through a cloth, and temper it with Manna and fower dates amongst it, of each one ounce. In like sort may one purge also with the *Pillulis fætidis*, or *Stomachicis*. The place of the accident is also to be twise a day (at the least) strengthened with the oile of Roses wherein Camfere is tempered, and lay a cloth therein dipped in them, or made as it were into a salue, and annointed therewithall. Yet in stede of this may he vse the iuice of Nightshade. The patient must much beware of all pottages, cheese, harde flesh, and all which engendreth melancholike blod: but must vse drying meates. His drinke must be wine tempered with water. For the defluxion *Ozena*, which the Canker bringeth with it, is this following very meete: Take one ounce and Ozena.
a halfe of oile of Roses, halfe an ounce of white ware, a little vineger, and the braied white of an ege, milke one ounce, washed Ceruse one quarter of an ounce, the iuice of Lettice, of Plantaine, of Nightshade, of each halfe an ounce, stir them togither the space of two or three howers in a Leaden mortar.

## Of the Murre. §.6.

WE haue taught in the description of the nose, that it is by nature ordained for a chanell, thereby to clense the moisture of the head, and of the braines, like as is brought to passe through this course of the murre; the which the Grecians do call *Catarrhum*, especially this murre which falleth downe into the nose, do they call *Coryzam*: of the other two kindes, whence commeth so much badnes, which be salt catarrhes or rheumes, which descend into the throte and vpon the brest, shall be taught at large in their places. We will onely here now discourse of all these maladies that concerne the nose: that this course or running proceedeth out of heate and colde, which is *Cholera* and *Phlegma*, that shall be shewed at large in the discourse of the paine in the throte in the second part, where is spoken of the catarrhe or rheum. Here is no other thing discouered but onely of the murre, how that that is most caused, when one commeth suddenly out of great warmth into colde; and to the contrarie, out of great colde spedily into warmth: like as when one runneth bare headed out of the bath into the winde: or as one runneth out of the great colde into the warme stew, and this is also the course wherefore that the people for the most part in the later end of winter or sommer are plagued therewith. Now when this murre or sniuell is salt and biting, then doth it sone cause these accidents, *Ozena*, *Cancer* or *Polypus*: therefore the sniuell is not to be estemed so small, but rather endeuour by and by to prouoke and moue this defluxion. To the ende the matter may be carried out, whereto this fume following is conuenient: Take Cloues, Myrrhe, Frankincense, odoriferous fruites and herbes, as Quinces and their parings, Rue, Mariorum gentle, and such like. Lotions for the feete are also very fit for this purpose, like as followeth: Take Sage, Lauander, Betonie, field Mints, or any other, three or fower P. sethe them in water, and put the feete therein, vse it oftentimes, and meetely deepe.

A lotion for y^e feete
See pag. 239

## The clensing of the head.

IN all the former cases, the most principall remedie was alwaies to clense the head and the braines, whereto this water following is very good: Take fower ounces of the iuice of wilde

A water to restore y^e smelling.

Cucumbers, Salarmoniacke poumed small, halfe an ounce tempered in a glasse, and fill it halfe full with water, stir it oftentimes about, and sniffe it vp into the nose in the morning fasting fiue or sixe times togither warme, and do this alwaies about the second day. This openeth all obstructions that hinder smelling, whether it be in impostumes or vlcers of the nose: it draweth also the matter out and consumeth it, and it strengtheneth all the instruments that are created for smelling. *See page 203. a secrete.*

Item take the iuice of Marioram and Pennyroyal, of each one ounce, Muscus two grains, vse it as before. Make also this powder following: Take Pennyroyall, Marioram and Pep, of each one dragg. Graines three dragg. poune all and binde them in a fine cloth, and smel sometimes to it.

Take oile of Violets, oile of Saffron, of each three dragg. Irees, long Pepper, *Euphorbium*, of each two graines, make a salue thereof with a little ware, whereof you shall take the quantitie of a Pease, and annoint it in the nose when you go to bed, it purgeth and cleanseth the braines.

Some do vse Hellebor or Pepper for the nose, but it is not without danger; for it troubleth too much the braines: but how and through what meanes the head is to be cleansed with neesing, looke in the first and second Chapter of the paine in the head.

## Of the excessiue bleeding at the nose. §.7.

THe excessiue bleeding at the nose hath diuers causes, which were too long to discouer them all at this present time, it onely suffiseth vs to shew the inward and outward causes: as concerning the outward causes of bleeding, are blowes, fals, thrusts, sore labour, and the heate of the sunne: all these things do open the veines, and make subtile blod, which is easily moued to run out. The causes thereof can easily be perceiued and inquired of the patient. The inward causes be superfluitie, sharpnesse and heate of the blod, the which is ouer all the whole bodie, head, liuer, milt, wombe and other places.

In like manner also through agues and other great sickneese, through paine of the head, a forcible expulsiue powder, and feebleneese of the retentiue vertue, in full bodies and abounding of blod is the bleeding at the nose requisite, it emptieth the head and other partes. In *Phthisi* and other sicknesses moe, it is commanded to prouoke it, whereof shall be more at large spoken in other places. Therefore if there be perceiued an vnburthening through this bleeding at the nose, then it is a god signe of health: like as to the contrarie a sudden and excessiue bleeding is very dangerous, and a signe of death. But if this bleeding happen through any bruising of the skin of the braines, then it is very hard, yea in danger neuer to be holpen.

And whensoeuer the bleeding be aboue 48. ounces, then it is a bad token, and yet badder if it do surpasse it: if it come then vnto twenty or 24. pound, euery pound reckoned at 12. ounces, then must death follow after it immediately.

In like sort the signes of death are, if the bleeding person be not onely of a bleake colour, but also darke, graene or leadie coloured.

## An order of diet.

THis bleeding at the nose commeth through some causes that require alwaies a god order of life to be obserued. For this purpose is this most common, that those things be alwaies vsed that cole the blod, and make it thicke: if there be any agues with it, then must light things be vsed (which be coling) as Lettice, Purslaine, Endiue, small Endiue, vineger, veriuice. Is then the bleeding strong and vehement: to the end it might once be staied, vse Beanes, Pease, Lentils, Rie, Colewors, Cheese, Beefe, Hares and Harts, also thicke red wine, all hot spices, white wine (if so be that they be not well watred) are to be eschewed.

Now we will shew how the blod is to be stanched.

For to performe the same, there be fiue kinde of meanes: first, by the foresaid coling things (which be to be eaten) these things following are to be dropt into the nose, and laid thereon: In like manner also vpon the forehead, the iuice of Lettise, of Houseleeke, of Nightshade, Corne Roses or Nettles: In like manner the water of water Lillies, of Cichorie, of Roses, and Cumine water:

water: Also the herbe of Poppie, Willow leaues, or their iuice: Item also Horsetaile, Shepherds purse, vineger and Camfere, and if it be very great nede, *Opium*: for these things all together make thicke blod, that it cannot run so hastily out of the veines. It is also good to irrigate his head with colde water, that so long continuing vntill his head be so cold, that he get thereby a shiuering, and shaking or trembling. In fine, to keepe the head cold, and not to stir it much, is very commodious: also wet a cloth or napkin in cold water, in vineger, or in Rose water, wring it not out too hard, and wrap it so about the necke.

Item, take the whites of twelue egs, pouned Allome foure ounces, beate it well together, wet a cloth in it, and wrap it about the neck, about the forehead and temples, afterwards take Hares haire, or the haire of a Roebucke, stop the nostrell full thereof, and that at the first.

Also it is commended that both the thombs and their armes be bound hard about the elbowes; but let them not be bound too hard, but being sometimes made lose, to binde them againe.

Or make one of these plaisters, take the iuice of Nightshade fire ounces, Rose water one ounce and a halfe, Barly meale as much as is nedefull for to make a plaister, lay this vpon the lyuer, if the blood runne forth of the right nostrell.

The seconde meane to staunch the blood effected with stopping things, as the iuice of Sloes, red Corrall, Womy, Aloe, Horstayle, Amber, Bloudstones, *Hippocystis*, *Bolus*, flowers of Pomegranats, Lentils, Gals, Sumach, Shepherds purse, Medlers, Seruices, Quinces, Peares, and other sower peares amongst the compounded things, *Trociſces de Carabe*, *Terra Sigillata*, which foresaid things, all that be of this nature, do draw and shut the vaines together.

For this are also mete these plaisters following, take the iuice of Plantaine and Rose water, of each two ounces, Vineger halfe an ounce, and the white of an egge, sealed earth, or in the stead thereof lyme as much as is nedefull for to make it metely thicke: lay it vpon the forehead and the temples of the head.

Another. Take Dragons bloud, parched gumme, parched starch Roses, the iuice of Sloes, *Hippocystis*, burnt Iuory, the blossoms of Pomegranats, Bolus, sealed earth, Bloud stone, red Corall, and Amber of each one drag. and a halfe, Poppy sede, Purcelane sede, of each one drag. *Opium* halfe a drag. poune that is to be pouned thereof, and with the iuice of Plantaine make it to a plaister, and vse it as before.

This following is not much vnlike to the former: Take Dragon bloud, parched gumme, the yellow sedes of Roses, the iuice of Sloes, *Hippocystis*, burnt Iuorie, blossoms of Pomegranats, Bolus, sealed earth, bloud stone, red Corall, of each one drag. and a halfe, Poppy sedes, Purcelane seds, burnt Harts horne, ashes of gals, Cypers nuts, of each one drag. Beate them all small, and mixe them amongst the other with the iuice of Plantaine, afterwards make smal cakes of it; when you will now vse it, then beate it to powder, and blow it into the nostrils; but you may vse it as a plaister for to lay vpon the forehead and temples of the head.

Item, take well beaten Womy, as much as you please, mixe it with copwebs and the white of an egge, dip cotton or lint in it, and then stop it into the nose. First take Harts bones, burnt Iuorie, Dragon bloud, *Verbascum* pouned with Vineger, temper the foresaid powder amongst it, according to that you will haue of it little or much put it into the nose, all these things staunch bloud, tempered together, or each alone, or mixe Aloe with the white of an egge, vse it as afore-sayd. Item, take the whites of foure egs well brayed and tempered amongst Aloe one dragm. 1
Frankinsence one quarter of an ounce, Dragon bloud and fine Bolus, of each halfe a dragm. vse this yet putting therein Hares haire made wet.

Secondly, take well brayed whites of egs, and temper Gips or plaister amongst them, so 2
that it war a pap, then lay it vpon the forehead, take Hares haire, temper it wel with the white of egs, and alittle Allom, afterwards mixe it with Rose water, or Rose vineger: take pouned Horstayle, temper it with Plantaine water, or the iuice of Plantaine.

Thirdly, the bloud is to be stopt with astringent things, as Dragagant, Gumme, Frankinsence, mill dust, whites of egs, and such like, take Tormentill or Pyrola one of both, this is 3
to be held in the mouth. These astringent things are not oftentimes vsed alone, but commonly tempered with the aforementioned binding and coling things.

Fourthly, the bleeding is to be inhibited by potentiall cauteries, as Coperas, Orpiment, quicke lyme, Salarmoniack, when the same be powdred and blowne into the nose, for they 4

make an escarre. But this is to be feared, if so be that the bloud be not quenched therewith, that it might afterwards bleede the sorer, therefore it is not without great danger to vse this meane.

5 Fiftly, it will be stanched with those things which haue a proper and hidden vertue for it, as the iuice of Basill, but especially Asse dung and Hogs dung are said to be good for it (be it of what soeuer cause that the bleeding be prouoked) if the same be but of it selfe alone, held before the nose, and so let smell thereto, and also the same tempered with the iuice of broad Plantaine, and annoynted in the nose, or burnt to ashes and blowne therein, or a plaister made thereof and laid on the top of the nose: this plaister is also meete against the excessiue termes or flowers of women, put into the necke of the wombe, and also applied to their priuities.

Termes in women.

This is also very good: Amber, Purslaine, garden Mints, and their iuice with cobwebs, thrust vp into the nose.

6 Sixtly, the bloud will be stanched if one let it out on the contrarie side, the which is effected if one open the median or liuer veine, as also many learned phisitions do affirme, that they haue for the bleeding of the nose not approued any thing more better nor certainer, than to open the veine vpon the hand or on the foote, and then to drinke two scruples of *Philonium Persicum* with Purslaine water: they haue also, as hath beene said, powdered *Troc. De Carabe* and blowen into the nose.

It is also very good to set boring cups on the shoulders and on the legs, vnderstanding well, that if the blood run out of the right nostrell, then set the bores vnpickt vpon the Liuer; if it run out of the left nostrel, vpon the Milt in the left side: Also the legs, the armes, and the breast are to be bounden, to rub the outward members, and also vnder the arme pits and other places of the bodie with burnt nettles for to drawe therewith the blood downewards.

Besides all these aforesaid, I am to manifest one remedie more that exceedingly stoppeth also bleeding: Take sleckt lime, make a plaister thereof with vineger, lay it ouer the nose, it will stop presently. Others suppose also that this lime is to be blowne into the nostrels, or made vp with the white of an eg, to be so put with a taint into the nose. This also (as some suppose) wil the woll or flare doe that flieth from the herbe *Carduus Benedictus*, cut small and thrust into the nose.

Item it hath been oftentimes found, that an extreme frighting hath caused bloud by and by to stanch and cease, for that the bloud runneth then towards the heart. In this also hath superstition and vnbeliefe taken place, whensoeuer one holdeth in his hand a dead mans bone, and the mosse that groweth vpon a dead bodies scalp be stopt into the nose, then is the bloud stanched out of hand. In like maner also, albeit that it be somewhat more naturall, if one lay the mosse of the blacke (or sloe) thorne in the shoes and goe thereon, it doth stanch bloud.

Item take broad Plantaine, and the iuice of Shepherds purse, of each three ounces, prepared bloud stone, fine Bolus, sealed Earth, dragon bloud, of each one drag. and a halfe: spread it on a cloth, and lay it on the place of the nose where the bloud commeth, and refresh it oftentimes. Or take beaten Beane meale, temper it with the white of an eg, and vse it as before. It commeth also otherwhiles to passe (and is also no wonder) that such superfluous bloud of the nose doth bring swouning with it; for the which are sicke persons hands and feete to be rubbed with salt and vineger, to binde fast the armes and legs, and to bind & vnbinde them againe, also to vse other outward meanes, which here afterwardes in the second part shall bee described for the swouning.

Item if the bloud run out at the right nostrel, set a boring cup vnpickt vpon the Liuer: And so whensoeuer the swouning is past, the Liuer vaine is to be opened, or the *Saluatella* in the left side and to smell to cold things; as that which is made of Quince peares, and to vse Lettice, Purslaine, Beanes, and other potages, vntill that the bloud wareth thicke.

For a conclusion you haue hereafter many remedies in the fift part for to stanch bloud, which are also good for this purpose.

## Enfeebled or lost smelling. §.8.

This is no small disease to man, for if one be borne with it, or haue had it long, he is esteemed by the Grecians incurable, vnles it be thorough continuance of time and with great trouble: neuertheless, the ancient and latter Phisitians haue imployed all diligence

diligence to deuise all necessary meanes; and first described three seuerall kindes thereof. The first kinde where thoroughly and wholy the smell is lost.

The second is a diminishing of the smell where a thing is smelt like as it is, yet vnperfectly: and this disease is much more with men then with beasts, for that they be of a moister braine, and all beastes haue their braines much drier, therefore doe they also smell sharper and further.

The third kind is a corrupted smel, where one receiueth the smel otherwise then it is of it selfe, like as when one adiudgeth stinking things for odoriferous. The cause of the smell is vtterly lost, is when the conduits that goe towards the braines be thoroughly obstructed, that the aire receiued cannot come to the skin of the braines, which obstruction may happen thorough some violent motion or blowes on the head: Also if about the place and instruments of smelling there ingender any wart or fleshly excrescence, or any vlceration: or that also through any other grosse humors that will settle there, and stop vp the conduits of smelling. Lastly, through repletion of the head and of the whole body.

The cause of the diminishing of the smelling is, as before, but is not so great: It may also be caused by cold or by hot medicines, which be vsed at the nose. The cause of a corrupted smell is a bad moisture, which lyeth hidden in the same place, and there makes stinking vapors: And so may also the canker of the nose be caused and procured.

The signes of the obstructions are, that no moisture commeth out of the nose without paine, vnles the braines had some impediment: but if any moisture doth appeare without paine, then doth the same moisture obstruct the conduits of smelling.

If it procede of heate and drought, then may you perceiue the heat in the forehead and nose: of colde, it is also discerned by the same places: or if it be some stinking moisture, then doth all stinke that he smelleth vnto, and all what is nere him, also his breath is vnsauorie and stinking.

Other infirmities or lets, are knowen by sight, they may also be discerned by the paine and by the matter. The cure of them all consisteth especially in comforting and clensing the infirmities of smelling and the braines, whence most commonly all these infirmities doe procede.

It may also be perceiued by the former reasons, that all these obstructions and forenesses, the diminishing and losse of smelling doth procede of humors: now to remedie the same, are you to begin the cure by a good diet, wherefore all meats easie of digestion are best, as brothes, yolks of egs, Hares braines which haue a proper and secret vertue for this infirmity, Pullets, young Pigeons, Partridges, Fesants, Veale, Cawdles, and all of them distilled with Sage, Marioram, Rosemarie, and Betony: parched Hasell nuts are also verie good for this purpose: small white wine shall be his drinke, neither may you omit to purge the bodie: if the sickness be caused of colde, then is he to be purged as hath been said in the second chapter and first §. of the cold paine of the head; but if blood and heate do cause it, then are you to procede as hath been shewed in the first chapter and first §. good for smelling.

Afterwards you are to clense the head with nesling in them that haue lost their smelling without any excrescence of flesh or forenes of the nose: for which purpose you may loke the second chapter & second §. also in the first §. of this present chapter: but these simples are especially to be vsed for it, to wit, Amber, Rosemarie, Cinnamom, Cloues, *Lignum* Aloes, Nigella, to which he must smell often and long, for they open the obstructions of the head: which is also effected with these dried herbes following; namely, Rue, Germander, field Cipers, Pep, and Marioram: but for to prouoke sternutation or nesling, take *Lignum* Aloes, Pepper, and Staues acre. Also the vapor of boyling vineger receiued into the nostrels very often is of good effect, for because the same hath a biting nature, it doth moue nesling. Also you may sethe one of these things following in wine, and receiue the vapor as is said into the nostrels.

Take *Calmus*, Gentian, Bay leaues, Pennyroyall, field Mints, Annise and Fennell sedes, Parsley, and rotes of Smallage: or receiue often in one day the vapor of warme water wherein Melilot or Fumitorie be decocted, the water of *Asarabacca*, or of Elder is also good for this vse. Also the sedes of Nigella bounden in a cloth, caried with him and smelt oftentimes vnto it, the same strowed vpon hot coles, and to receiue the fume of it. nigella seeds.

Item take the powder of Nigella, Ireos, of each 3. quarters of an ounce, Marioram gentle,

Cammomill, Bay leaues, Pep, Stechas, of each halfe a handfull; fæthe all in sufficient water, vntill about the third part be wasted; mixe the powders amongst it, and drawe thereof into the head, it doth clense the head very wel. Also this powder following may be prepared: Take Nardus sæde, which hath lien a day and a night in sharp vineger, & is dried againe one ounce, Beuer cod and Nutmegs, of each one drag. and a halfe, red and white Behen, Galingale, white Pepper, Marioram and Pep, of each a scrup. Costus rotes, *Sagapenum*, the sæde of Rue and Basill, of each one ounce; stampe each apart, and binde it being tempered in a pæce of Syndall, and smell oftentimes vnto it. This is good against all hinderance of the smelling which commeth through coldnesse, be it with or without obstructions.

## Pomanders.

TAke red Storar, Nutmegs, Cucubes, Cloues, Nardus sæd, *Lignum* Aloes, Indie *Spica*, and Cinnamom, of each one drag. Muscus and Amber, of each one scrup. *Laudanum* one ounce, make a pomander thereof, like as there be many described in the firt part, and is also taught how the same is to be made. Or vse Cammomill, Melilot, Rue, Marioram, decocted in halfe wine halfe water. But if these things wil not helpe, then take the iuice of blew Flower deluce, and a little beaten *Piretrum*, annoint that or stop it into the nose: do the like with oile of Spike, wherin is tempered a little *Euphorbium* and *Muscus*, for both of them be strong and hot.

This following is commended for a worthy receit, wheras the smelling is lost: Take small pouned Nardus sæde, temper it with oile of Oliues, binde the head backward as much as is possible, and let thræ or fower drops fall into the nose, but take the mouth full of water, to the ende the oile may run the lesse into the mouth. Item take Nardus sæde, which hath lien thræ daies in vineger, and is dried againe, one quarter of an ounce; stæpe them in thræ ounces of the iuice of Marioram gentle, or at the least in faire water, and vse it as aforesaid thræ or fower times betweene day and night, and so shall you sæ maruels. Take oile of Tyles, like as shall be described hereafter, halfe an ounce, Muscus two graines, stroke them in the nose being made warme. The gargarismes are also commodious, like as here followeth: Take Radish, Marioram, Calmus, Betonie, Penniroyall, of each halfe a M. let them sæthe in a pint and a halfe of wine, vntill about the third part be sodden away; put thereto as much honie as you please, Mustard sæde, *Piretrum*, of each one drag. vse it in the morning. The like also gargarized with decocted Rue and Hyssop, also *Piretrum*, Mastick, and Zeduary, or one of these, are to be taken and chewed in the mouth, and to spet out the moisture: likwise is also very good to strowe this powder following vpon the head.

Take Bryonie, *Lignum* Aloes, Graines, of each one drag. Marioram gentle, Cloues, of each one quarter of an ounce, Beuer cod one scrup. Muscus, Amber, of each one graine and a halfe, pouned apart and then mixed: of this powder take fower graines, and strowe it vpon the head before where the haire beginneth to the crowne of the head.

For conclusion: Bicause amongst the foresaide remedies there be some violent, which may prouoke much paine in so pretious a member as the nose is; therefore drop them therein when the paine is too great, the oile of Gourds sæde, and powre warme water vpon the head, that will asswage the heate and paine: so will also all whatsoeuer coleth and moisteneth, whether it be vsed inwardly or outwardly, or stopt inwardly into the nose: like as for example, a cloth made wet in Rose water and laid vpon the nose, or Rose water drawne vp into the nose.

## Oile of Tiles or bricks, called *Oleum Philosophorum*.

THis oile is worthy for hir vertues sake, that it should be here described: for it is not onely good for the lost smelling, but also for all cold sicknesses; for it is warme and pearsing, it consumeth all tough moisture of the members, and expelleth all swelling: it is also very good against the falling sickneſſe, swimming of the head, the dead palsie, losse of memorie, crampe, and paine of the backe, and against all manner of goutes; it is also highly commended in all diseases of the milt, the bladder,

bladder, and of the kidneies, in all vlcers, leprie, scals and fresh wounds. This oile is made as hereafter followeth.

Take a very old tyle or bricke, beate it in peces as big as Walnuts, make it glowing hot, cast one pece after another in olde Sallet oile, leaue them therein so long, vntill they be well soked through with the oile; afterwardes beate them to fine powder, and put them in a glasse helme, the which is cleane ouer well luted, lute also the helme and the recipient, afterward distill it in sand or ashes, but first with a milde fire augmenting the same a little; the oile which commeth out of it, preserue it well stopt.

## *The ninth Chapter.*

## Of the Eares.

THere be more partes of the face, to wit, the Eares, in truth precious and necessarie members, the which nature hath ordained as instruments for receiuers and iudges of the voice and their noise, whereof as well men as other beasts haue alwaies twaine, on each side of the head one, that alwaies stand open, because that as well sleeping as waking we haue neede of hearing. They be also outwardly shapen with diuers croked entrances, to the end they may receiue much aire, and noise might retain and discerne the same the longer: which croked waies are also meete for this, that there may not easily fall any thing therein, which otherwise might befall if the entrance were right out, whereto is alwaies the moistnesse in the entrance of the eares, which we call the Ware of the eares, and is as it were birdlime, to the end that the small flies, fleas, and other such like that would otherwhiles crepe into the eares, might be first staied therein. It is also very seldome seene, that men can stir their eares, the which neuertheless is seene in all fowerfoted beasts.

The eares are also subiect to many kinde of diseases, the which are diuided by the learned in three principall kindes.

The first is when any one be wholy and throughly bereft of his hearing, the which we call with one word, deafnesse.

The second is when the hearing is diminished or weakened, like as when one heareth not but when one calleth alowd to him.

The third kinde is, when the hearing onely is lost or altered, like as one thinketh that he heareth one pipe, sing, rush, or any thing else, the which in truth is not so.

But of this, and of other moe that concerne the eares, we will write thereof more at large.

The causes which may hurt both these are almost incurable, some be naturall, some also through some outward and inward accidents, to wit, as to come out of too hot or too colde aire, sudden alteration of colde or heate, from warme water to colde water, or any thing else that might come into the eares, as thrusting, falling, striking, wounds, beasts that may crepe therein, vnslackt lyme, &c. In like manner also, disturbance of the brains, of the head, and of the whole bodie, rheumes of the head, and chiefly cold, toothach, paine of the sinewes, and of other members which do touch the hearing: or impostumations, swellings, and wormes that do growe in the eares. All these and other moe haue their speciall signes: if the deafenesse or diminishing of the hearing procede of outward causes, the same may be well demaunded of the patient: Doth it come from the braines? then will also the sight, smelling, and especially the taste be annoyed. If it be caused through hot impostumes, or swelling of the sinewes, then is there intolerable paine, panting, trembling, and some frensie with it, yea hot agues, and lastly death it selfe, if so be that there be not some good aduise taken for it in time: if it be caused through colde humors, there is then impostumation and cold alwaies about the same place: be windes the causes? then is there alwaies some sitting with it: impostumations do yeld matter; wormes may be perceiued by their stirring or rumbling, and if otherwhiles one fall out; what now concerneth the description of the remedies, our beginning shall be first of all of the paine of the eares, and afterwards of all other infirmities of the eares.

## Paine of the Eares in generall. §. 1.

FIrst it is herein to be noted, that the paine of the eares is not rightly nor properly spoken; for that which toucheth the outward part of the eare, the same can suffer no great paine: and although the paine were great, yet is there no danger of life with it; for that they be no principall members of the life: neuertheless this is wont to be called, the paine in the eares which is within in the head, and in the instruments of the hearing, as in the sinewes of the hearing, which are nére vnto the braines, and are knit therewith, of which intolerable paine deadly agues and frensies do proceede. Therfore we will here expresse sundrie remedies for the strengthening and clensing of the braines, from whence these terrible accidents do come, like as alreadie hath béene done in the description of the head, in the first and second Chapter: and more yet where we haue discoursed of the pose or murre, that for this are especially these following gentle clensings of the head commanded to be vsed.

Take two ounces of Marierum gentle, white wine one ounce, the séedes of Lycebane, *Piretrum*, of each one scup. temper it and drop it into the eares: such clensing of the head is not to be spared, as long as the paine of the eares or head endureth. Or when he perceiueth that it will come againe, it is forthwith to be preuented and cut off: but if the paine get the vpper hande which is causéd through blod, the which the red and swolen face, with beating of the braines doth shew; then is the head veine on the same side where the paine is, to be opened, that the matter may be drawne downwards.

If there run any choler amongst it, then may the same be purged with yellow Mirabolans, sower dates, sirupe of Roses, *Cassia, de Succo Rosarum*. After both these remedies following, or one of both are to be vsed outwardly.

Take oile of Roses, of Willow leaues, of each a like much, temper a little vineger amongst it, and drop it lukewarme in the eares. Or take warme womans milke like as it commeth from the breast, and drop it oftentimes therein. Both of them do slake the heate, and asswage the paine. For this is also good the braied white of an eg, tempered with a little oile of Violets and some Camfere: others do vse oile of water Lillies alone, or tempered with others.

## A generall rule of the outward applications into the Eares.

FOr asmuch as now it is of much importance, how that is to be vsed, which is to be put into the eares, therefore we will, before we run any further, declare this rule following. First, there ought nothing to be dropt into the eares, before that the body, & especially the head, be purged: but before we come to this, he may vse the fomentations, bags, vapors, & plaisters that are to be vsed, most safely: for this application hath alwaies some more danger in causing some obstruction or stopping. And if so be that with them nothing can be effected, then is the imposition to be attempted; yet the eares are first of all to be clensed with clothes: also there is nothing to be put therein, which by nature is either too hot or too cold, but al whatsoeuer is middle, mean & lukewarme: also not too much, but from one to 4. drops, and to hold the same not aboue three howers in the eares; howbeit that neuertheless others do suppose this time to be too short, for that the medicine in so short time cannot performe his operation, therefore do they prescribe sire or eight howers. In the imposition shall the patient lie vpon his whole eare; yet not to drop it in, if so be that it be not first run out: the which through néesing, crying, strong blowing of the nose, is done. And this is also to be noted, that there is neuer any repelling medicines therein to be vsed, to the end that the paine be not driuen to the braines. Now for to come to the hot paines of the eares, then take the water of Purslaine, grated Gourdes (the iuice prest out) temper them, or vse each alone, like as is alreadie taught.

Or take the séedes of Gourds, Melons, Pompions and Cucumbers, of each one drag. and a halfe, beate them and séethe them in sire ounces of vineger, vntill that two ounces be consumed; straine them through a cloth, and vse them like as all the other.

Take the iuice of Houslécke, oile of Roses, of each halfe an ounce, and temper them: or take

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the iuice of Roses, of Houseleeke, of each halfe an ounce, oile of *Sesamum* two drag, temper them togither. Or take the oile of Roses two ounces, sharpe vineger halfe an ounce, let them seethe vntill the vineger be sodden away, then temper therein *Philonium Romanum* one quarter of an ounce, and rub it in and about the eares.

Take the iuice of Houseleeke, temper it with womans milke and vse it. Also you may take the iuice of Peach leaues, tempered with a little vineger.

Item take a small glasse with a narrow necke, put therein the fresh leaues of Violets halfe full, put more vnto it afterwards twenty Ants egs, & then fill full the glasse with the foresaide Violet leaues, stop it tight. Burie it the space of sixteene daies in the ground, wherein Ants are; afterwards wring them out, and drop thereof into the eare: and if one perceiue thereby no amendment, and that the paine be yet augmented, then are stronger things to be vsed for it as followeth.

Take *Opium* one scrup. oile of Roses one ounce, temper them togither, and drop a little thereof in the eare, it asswageth the paine, and procureth sleepe: but doe this but seldome, for we haue oftentimes warned you from the *Opium*. The same may you also do with the iuice of Southernwood, with the foresaid oyle. In like maner also garden Snailes decocted in the oyle of Almonds. Eye waters may also be vsed for this, which are ordained for the hot and sharpe paine of the eies, like as here before in the seuenth chapter, in the fourth and fifth §. is declared, if so be that the paine be intollerable.

This plaister following is very highly commended for all paine of the eares: Take drie Violets and Cammomil, of each one ounce; temper amongst it well decocted and beaten Henbane rootes, with Barley meale, of eache one ounce and a halfe, the fat of Hennes one ounce, oile of Cammomill as much as is needefull; let them seethe thicke togither, and lay it vpon the eares, and vpon the temples of the head: when it is cold, then lay another vpon it that is warme. It must also not be neglected to rub the patient softly behinde his eares with the foresaid oile, being made luke warme, once or twice a day. But if the occasion of this paine be thorough colde, then parche first Millet and salt vpon the fier, and lay it warme ouer it in a cloth, and purge the patient like as hereafter shalbe taught of the diminishing of hearing.

For to put into the eares are to be taken these things following, which are extant or in readines: as oile of Bayes, oile of Costus, oile of Radish seedes, the iuice of Mariorum gentle, the which also is good each apart, or mired and dropt therein. Also oile of Rue, oile of Spike, of Beuercod, and of Behen: the eares are to be rubbed round about with the salue of *Martiaton*, and couered with vnwalht sheepes woll, and to doe this twice in 24. houres.

Take oile of Roses, or of Egs, and the iuice of Sage, of each two ounces, stamp therein one or two Scarabées (which are of the small beasts that flie abroad in the euening with or without hornes) also as many Earth wormes washt in wine; seethe this by a soft fier vntill all the moysture be wasted: afterwards straine it through a cloth, and drop thereof in the eare euerie morning and euening luke warme two or three drops.

Item temper Beuercod with womens milke, vse it as aforesaid. If this helpe not so sone; Then take Ants, bruse them and temper them with womans milke, the iuice of Radish, dropt therein the space of three daies shall also take away the paine.

Take the iuice of Pauls Betonie, of Strawberry leaues, of Sage, of Houseleeke, of eache one ounce, Mastick and Frankincense of each one drag. and a halfe; temper them togither, the decoction of Colewortes two ounces: drop thereof into the eare, should also take away all paines.

## Of the order of life or Diet.

WHereas we haue shewed many causes of the disease in the eares, yet can there no certaine order or rule be yelded for it. But one must direct him according to the qualitie or importance of the cause

But generally whereas paine or impostume of the eares be approching, then must one keepe him alwaies sober in eating and drinking, and to eschew all that which ascendeth to the head whereof is already sufficiently expressed: also all that maketh winde, as pottages, moist fruit, cheese, smoked and salted flesh, vnleauened bread, and great fishes, small or watered wine is he to drinke and to eate coste meate, Comin, Annise, Caraway, and Fennell are very requi-

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site for all diseases of the eares which procéede thorough colde; so also is prepared Coriander after meate.

## Of the noise and hissing in the eares. §.2.

THis disease hath many causes, as blowes without wounds, ouermuch vomiting, great stirring of the head and the whole bodie, great cold or heate, wind, moisture of the head, or the impostumation of any other member: But the principallest cause of this sisling is, that the vapor and windes of the braines doe fall into the eares; and according to the importance thereof, do forcibly rushe like water, which either continueth alwaies without intermission, or at sometimes also ceaseth. Now pretermitting manie subtile differences; this hissing procédeth most through the féeblenes or imbecility of hearing, by reason it is not throughly cleare and cleane, so that it may be thereby knowen; to wit, that it is lesse perceiued fasting and when one is hungrie, then when one hath eaten; for that the ascending vapors of a full stomacke do much take away all such purenes in hearing.

This hissing must be preuented betimes, for that when it endureth continually, it is not to be cured thorough good gouernement and necessary medicines; then commonly followeth after it a perfect deafnesse: and for this are commonly vsed these following: *Pillulæ de Hiera, Mastichinæ, Cochiæ, sine quibus, de Agarico*, and *Trociſci de agarico*. These diseases of the head be clensed with the things which are described in the first §. of the paine of the eares thorough néesing and otherwise.

Certaine ancient Phisitians haue more violently dealt with it, and aduised to temper two grains of *Opium* in oile, and to put it into the eares, but the same is so perilous, that some therby haue remained vtterly deafe: But if *Opium* must néedes be vsed, then is this more safe.

Take *Opium*, Beuercod, of each one graine, breake them with one quarter of an ounce of vineger, and drop a drop or twaine into the eares: yet is this following much safer.

Take sallet oyle wherein Poppie séede and Mirtle séede are decocted, and vse it as is expressed. But if the sisling come with anguish of the head, and specially through cold causes, féeblenes of the hearing, and windie vapors, whether it be from the stomacke, the wombe, or any other parts of the bodie, then vse for it the iuice of Mariorum, with womans milke.

Vse also which of these oyles that you will, as the oyle of Radish séede, of Bayes, of Roses (wherein some Beuercod is mixed) of Mustard séeds, *Costus*, and of *Sesamum*, and about all is the oyle of bitter Almonds commended. In like sort these things following which haue the same efficacie are to be vsed, temper Radish water, with oyle of Bayes, the iuice of great Harts tong, with hony, the iuice of an Onyon alone steepe well in Rue water, afterwards take bitter Almonds, and the iuice of Rue, of each halfe an ounce, and prepared *Euphorbium* brused small & tempered amongst it: but if so be that these foresaid things do not helpe, then it is a token that this sisling of the eares procédeth of a great moysture which lieth enclosed in the pannicles, which couer the braines.

And then must the braines be oftentimes purged with the pils of *Hiera cum Agarico*, and *Pillulæ Cochiæ*, and to take them in the euening after meate. Will you then according as it is aduised vse preparatiue potions before: then take Drimell, and Drimell of Squils, Hony of Roses, Sirrup of Betony and of Stechas (which you thinke good) each time one ounce and a halfe, or two ounces, tempered with the water of Baulme or such like, continuing this thrée or foure mornings one after another. After the purging take Mariorum gentle, Stechas, Sea mints, Wormewood, Mariorum, of each halfe a M. séethe them and let the warme vapour goe into the eares.

Item, take Rosemary, Sage, Betonie, Cammomill, Mariorum gentle, of each alittle sodden together, and vsed as aforesaid. Item, for this is also good, the vapour of vineger wherein Wormwood is decocted: also the iuice of Onions and of Rue decocted in oile, and two or thrée drops put into the eare; boile the Betonie alone in wine, and let the vapour go into the eare, the iuice of Mariorum put into the eare oftentimes in the day, driueth away all sisling of the eares, which commeth through any winde or colde matter, and hinderth sléepe.

We haue before shewed how to mixe *Euphorbium* in the oile of bitter Almonds, for which one may take the oile of Elderne, of Rue, of Cammomill, and Dill, also of Lycebane, Peach kernels

kernels, oile of Walnuts, of Baies, or which you will: or you may vse one of these aforesaide, which you will, alone or with oile of Beuer cod, and of *Euphorbium*, which is not so hot. Item take the gall of an Oxe, or of a Sheepe, the oile of bitter Almonds, of each halfe an ounce, the iuice of Onions, or of Garlicke and honie, of each one quarter of an ounce, temper them, and vse them as is aforesaid. Take the oile of Spike (at the Apothecaries) and the iuice of Onions, of each a like much, vse it warme as before, it is very forcible.

Item take one drag. and a halfe of Aristologie, temper it togither with the oile of Baies, and vse it as before.

## Hissing in the Eares with bad hearing.

TAke white Hellebor, Beuer cod, of each one drag, Rue, Saltpeter, long Pepper, of each two scrup. *Euphorbium* one scrup. the iuice of Radish and Garlicke, the oile of sweete and bitter Almonds, oile of Dill, of Cammomill, of Nardus, of each one ounce, let them sethe alone in a pot of water vntill the iuice be consumed: afterwards straine them through a cloth, and drop two or three drops in the eare with a chip or slice of Cipers wood, whereon is laid a good deale of the stamped leaues of Marierum. These little Cypers bourds are very highly commended of famous Phisitions, made warme and laid alwaies before meate vpon the diseased eare and temples vntill it be colde, and this continued so long, vntill the hissing be gone away: also when one goeth to sleepe he may lie downe vpon his eare, putting alwaies the stampt Marioram vnto it.

And if any body through the great hissing cannot sleepe, then is he to prepare this bag following, and after that it hath laine certaine howers in ley, to wash and rub himselfe therewith.

Take the innermost of the Coloquint, field Cypers, *Asarabacca*, Centorie, of each one handfull, Marioram, field Mints, Pennyroyall, of each two handfuls, water Mints one handfull and a halfe, chop it small, and make two bags thereof: lay them in ley and wash your head therewith, afterwards wring them out well, and lay them warme vpon the head, or on the hissing eare. It is an approued remedie.

Item in like maner may you take a drie bag for to holde before the eare; to wit, of Betony Stechas, Marioram gentle, and Cammomill; lay these warme vpon the eare. Take Mastick halfe an ounce, *Piretrum* one drag. beate it small and temper it with as much honie of Roses that you may forme *Trocisos* thereof, chew it in the mouth and spet it out againe: they doe draw much slime out of the head.

Treacle and Mithridate are not onely good against this hissing, but also against all the diseases of the eares and hearing: Therefore it is commanded in this disease, for to take after purging, one drag. of fine Treacle, with conserue of Bugloss.

After meate you shal vse Mermelade or any such like that detaineth the ascending vapors out of the stomacke towards the head: it is also commended not to eate much in the euening, nor to drinke late. But rather to take a spoonefull of Carroway sede (which is steeped in vineger) and so goe to bed, or may vse also Annise, Fennell, and prepared Coriander.

## What meates are to be refrained.

BEware of all whatsoeuer doth ascend vpwards towards the head, as Garlicke, Mustard, Onions, Horseradish, Nuts, strong Wine, and all that is made of dowe and milke, of Colewarts, sodden fish, and especially from Eeles and Tenches, also from all broths, but especially in the euening: also it were not amisse euery fourth day before the supper, or two or three howers after, to take these pils following.

Take Beuer cod fiue graines, pils of *Sarcocolla*, halfe a drag. washed Aloe one quarter of an ounce, make pils thereof with the iuice of Nep; after this vse the vapour described in this §. where it beginneth: Take Marioram gentle, Stechas, &c. afterwards this bag or cap laid vpon the head, that both the eares euen to the necke be couered therewith: Take Nep, marsh Mint, Pennyroyall, Marioram and Rue, all drie, of each one handfull, Mace halfe an ounce, Ameos, Borage sedes, and Carroway, of each halfe a handfull, two white Poppie heads, stamp

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all these to powder, and make thereof a cap or bag.

Another. Take *Asarabacca*, Pep, Pennyroyall, Stechas, of each one handfull and a halfe, Spiknard, *Spica Romana*, Rosemarie flowers, Basill, *Lignum* Aloes, of each halfe a drag. Mace halfe an ounce, poune this together, and make a cap thereof; make it warme betweene two Cipers boords, and lay it on the head, as before. Capitall powders are also commended for this purpose: Take *Lignum* Aloes, Cucubes and Cloues, poune each apart, and strowe this in the haire on the top of the whole head, as is taught before.

Will you then haue a mixt or compounded powder? Then take one quarter of an ounce of *Lignum* Aloes, *Spica Indica*, Cucubes and Cloues, of each one drag. *Sandaraca*, and Roses, of each two drag. Mace three drag. make thereof a powder; strowe this vpon the head two howers after supper and early in the morning, like as is said. Whereto all such patients are oftentimes to smell, is sufficiently alledged here before in the eight Chapter and 8. §. in the diminishing or lost smelling.

## Of the binding or rubbing in the hissing of the Eares.

For this rushing or hissing of the eares is very good, that the shoulders euen vnto the rump, and the knees vnto the feete, be forcibly rubbed and chafed downwards so long, till they be through red.

It is also very commodious to binde them hard, and againe quickly to make loose and vndo them: also to binde hard the brawne beneath the knees, and then afterwards ascending by little and little, euen to the very priuities.

In like manner are also meete for this, boring cups without picking, applied from the buttocks vpwards euen to the shoulders.

Lastly, if there appeare in the face or on the temples, any extuberating, then can it not be ill to let two or three ounces of blood out of the Median. To these we will adde a very olde superstition, whereof *Plinius* hath written 1500. yeares agoe, which is, When ones right eare itcheth, then is there somewhere some good thing spoken of him: but if any ones left eare itch, then is there some ill speaking of him: which misbeleefe continueth with many euen to this present day.

## Impostumes and sores in the Eares. §. 3.

It happeneth very seldome that nature accustometh to purge her superfluous moysture through the impostume of the eares, neuertheles it chaunceth in yong new borne children which are full of moysture; this appeareth oftentimes in the first described hissing of the eares, but when this hath ceased and abideth away, yet commeth againe and endureth the space of three dayes; then it is a signe that there is an impostume of the eares at hand, for which maturatiues must serue, and when it is broken vp, mundification. The running and mattering of the eares is moued through three kinds of causes, to wit, of an impostume, or of some vlcers of the eares, or through any defluxion into the eyes that afterwards falleth towards the eares, and there putrifying, is altered into corruption and matter.

For all these foresaid a sober life is fit and requisite, whereby this course of matter may be diminished. Also the patient must refraine from all grosse and vaporous meates: moderate exercise is meete and commodious for him: he is alwayes to hold the bodie loose: if he be hot and full of bloud by nature, then is his head vaine to be opened, in the hand or in the arme. And if so be this (by reason of occasion) might not be compassed, then are boring cups to be set vpon the shoulders, also to purge with the pils *Cochiæ*, and otherwhiles moue neesing, for that it draweth the matter into the nose, whereby it may be easily purged and drawne, for the Gargarismes are also very meete which are prescribed in *Paralysi*: for this are also outward things to be vsed wherewith the impostumation may quickly be maturated, the matter euacuated, and the vlcer mundified, the which can be by no surer meanes effected then by this: take oyle of *Sesamum* halfe an ounce, Ducks and Hens grease of each one quarter of an ounce, melt them together, and drop them oftentimes in the eare, or vse Hydromell which is described in the end of the seauenth Chapter.

Item

Item, take salt water wherein fish hath bẽn sodden, or the pickle of salt Olives, and vse them as before: the same may you do also with the leaues of Betonie sodden in wine, which are very good for all paine of the eares: or take the iuice of Harts tong tempered with hony, afterwards are to be vsed one of these things following.

First. This is a commodious plaister for to draw out the matter therewith, take two ounces of *Galbanum*, *Ammoniacum*. Turpentine and Wax, of each halfe an ounce, Serapin one quarter of an ounce, the iuice of Onyons one drag. and a halfe, Myrrhe, Beuercod, of each one drag. dissolue the Gums in a little Wine, and poune all that is to be pouned, afterwards mingle them and worke thoroughly this salue with oily handes; So that there be made a hard plaister of it.

Another: Take one ounce and a halfe of fine wheate flower, the Muscilage of Linsẽde, of Fenegrẽke sẽde, Eeles grease (which droppeth off when they are rosted) gold Litharge, Ceruse, and Frankincense, of each on drag. make a plaister of it, and lay it all ouer the eare, and rub it also in the eare. Item take fresh Hollihocke rotes beaten small, two ounces, Linsẽd, and Fenegrẽke sẽde both beaten, of each one ounce, Dill sẽde and Cammomill of each halfe an ounce: let them sẽthe somewhat togither in butter: afterwards make a soft plaister thereof and laie it vpon the eare as is aforesaid.

Another, which is not vnlike vnto this former: Take the muscilage of Hollihocke rotes, of Linsẽdes, and Fenegrẽke sẽde, of each three drag. Lilly rotes sodden and stampt as much as is nẽdefull for a plaister: temper amongst it one ounce of sẽdes of Dill, two ounces of Cammomil, butter fiue ounces; if it be too thin, let it sẽthe till it be thicker, annoint all ouer the eare therewith, and lay it vpon it.

But when the paine beginneth to cease, it is then a signe that the impostume is ripe and will breake: But for to drawe out the matter the better to mundifie and heale, you are then to vse this that hereafter followeth.

Take *Sarcocolla*, Aloe, Dragon blod, Iron drosse, Uerdigrease, Myrrhe, and Frankincense, of each halfe a drag. temper altogether with Uineger, dip a taint therin and put it into the eare. The same doth also the well knowen salue called *Apostolorum*, whether it be newe or olde. Iron drosse alone bruised small and tempered with vineger vntill that it be as thicke as honie, rub the same in the eare, it dryeth much. The like also doth burnt Allom tempered with honie.

This ensuing is also marueilous good for all kindes of impostumes of the eares: Take honie fiue drag. Uineger halfe an ounce; let them sẽthe; put thereto one drag. of Uerdigrease bruised small: lay it with woll in the impostumated eare. Item, whether you sẽe the impostume in the eare or not, you are to washe the eare with water wherein Willowe leaues and Agrimony are decocted and mixte with Drimell. If there be great paine with it, then looke into the 1. §. chuse there what you please to allwage the same: but if this matter and impostume be caused of a hot corruption, the which may be knowen by the former signes, then is the head vaine to be opened and let him bleede. Lastly also purge, as is alleadged in the paine of the eares through heate, and drop oftentimes new womans milke. For this is also good, oile of Roses decocted with vineger vntill all the vineger be consumed.

Some do take oile of Roses, of Violets and vineger, of each halfe an ounce, Henbane sẽdes halfe a drag. and let them sẽthe till the vineger be wasted away, then straine it through a cloth: this may be done the first three or fower daies; and then vse this drying and healing salue.

Take Iron drosse as much as you please, make it glowing hot, and then slake it in vineger, and do this so fiue times togither; afterwardes take thereof one quarter of an ounce beaten small, and bruise it very small vpon a bruising stone; temper amongst it one ounce and a halfe of the oile of Roses, vineger seuen drag. Waxe as much as is nẽdefull for to make a soft salue; spread thereof vpon the taint, and stop it into the eare, or sẽthe it in vineger and oile. Take sheepes woll with the fat called *Hyssopus Humida*, temper therewith as much oile of swẽte Almonds, and vse it in the eare, it is very wholesome: likewise is also Ueruaine and Nightshade sodden.

Item take the leaues of Nightshade, beate them very small, temper some Salt amongst them, make a plaister thereof, and lay vpon the eares. Take oile of Roses and clarified honie, of each a like much; temper it well, and drop it in the eare: this is good for all impostumated and sore eares.

Will

Will not the paine cease but rather increase? then take *Opium* one scrup. oyle of Violets thrée dr̃ag. vse it like as in the paine of the eares is exprẽssed in the §. 1.

Or take two graines *Philonium Romanum*, and alittle womans milke, drop it in the eare, it asswageth the paine. This is to be layd on the outside, take the muscilage of Linsæde and Fenegrœke sæde.

Item, take Ducks grease, Hens grease, the suet of Foxes, or which you will, tempered together with oyle of *Sesamum*, it delayeth the paine.

If the impostume be very hote, temper Goats suet with Hony, this maturateth and asswageth the paine. For this is also mœte Butter alone, or else tempered with Calues sœte, oyle and Hony.

Item, melt Hony and oyle of Cammomil together, temper some Gosedung amongst it, let it sœthe a little, and then wring it through a cloth, this helpeth for the opening of the impostumes. But this insuing is more better and more profitable for to maturate and open all impostumes.

Take Litharge of gold and Ceruse of each halfe an ounce, white Rosen, Frankinsence, and mildust, of each one ounce and a halfe, Sallet oyle sixe ounces, For grease, Goats suet, and Hogs grease (altogether fresh) of each one ounce and a halfe, Muscilage of Linsœde and of Fenegrœke as much as is nœdfull, let them sœthe vnto a plaister, and lay it ouer the eares vpon the forehead and temples of the head. You must also kœpe a part soft with the water of the greater Withwinde, and when you will occupie it to mollifie it with Hony and moysten Cotton therein, and so vse it in the eare. But if the impostume do come through colde, the which may be perceiued through the small paine, lesse beating, by cold weather, continuance, and such like, then is he to be purged againe with the pils *Cochiæ*. For this, is also mœte the forementioned suets and greases, tempered with oyle of Spike.

Item, take a good handfull of Millet, parch it in a pan, that thereby it may lose the moysture, and may warme the better, put it in a bag and lay it so warme vpon the eare; this doth also parched brand mixed with salt: in like maner also dryed Betony layd warme in a bag vpon the eare.

Item, hold the eare oftentimes ouer hote water wherein Mints, Stechas, and Marioram are decocted.

Take Rue, Onions, both or each apart, vse them as before. This warmeth also the matter, and prepareth it to breake out. The oyle of Hemp sœds dropt into the eare helpeth also to mundifie. The iuice of Onions and Rue, of each a like much mœtly salted, doth much drie the running of the eares; likewise also the iuice of Radishes.

In like sort are requisite for this these iuices ensuing, to wit, that of Daffodils, of shepherds purse, of Uerueine, Knotgras, each alone, or mixed: the iuice of Betonie tempered with oyle of Roses, and so vsed is very good for all impostumes and paine of the eares.

Item, take Beanestraw, sœthe it in water and receiue the vapour in the eare, for it is especiall good for all hissing impostumes, and paine of the eare which procœde through colde.

But if these foresaid things will not help, then take one ounce and a halfe of sallet oyle, stœpe one quarter of an ounce of Turbith a whole day therein, then let it sœthe somewhat, and temper one ounce of the oyle of Lillies amongst it, *Euphorbium*, Beuercod, of each one dr̃ag. vse it as the former; this disperseth the matter mightily.

In like sort it is oftentimes found, that the water which runneth out of the grœne Ash wood layd on the fier, doth helpe marueilously if one let a drop or twaine thereof fall into the eare.

Here before is an oyle also described which is made with Bœtles, which are called in latine *Scarabæos*, the which in time of nœde is also to be vsed. These beasts do flye in the euenings alwayes in Sommer.

Item, take the salue *Basilicum*, melt it in the oyle of Lillies, or the salue *Martiaton* molten in the oyle of Spike, and rub it all ouer about the impostume.

Bathing is also very mœte with warme herbs wherein Stechas, Cammomil and Bay berries be decocted: but first to purge with the pils *Cochiæ*, otherwise it is not commodious.

And if so be this impostume would fistulate, then temper Dre gall, with as much vrine of a yong boy and drop it into the eare: or take the oyle of Rue, Hens grease, and Dre gall, of each halfe an ounce, Swines bred one quarter of an ounce, Comin one dr̃ag. both beaten, let these sœthe

seethe in two ounces of vineger vntill the vineger be consumed, whereof being strained, you shall twice a day drop into the eare. Item, take wine wherein white Frankinsence is sodden. Another: Take red wine and honie, of each halfe an ounce, white Hellebor one dragme and a half, scrape a linnen taint therein, and sticke it in the eare. For this is also good, whatsoeuer is described for the fistula of the eie.

## Outward sores of the Eares. §.4.

About the eares do also engender mo kinds of outward swellings, which are called *Parotidæ* or *Gemelli*. For that commonly there commeth one vnder each eare, chiefly in the time of the plague; wherof is more at large discoursed in the first part. These are somewhat perilous, not onely in the time of plague, but also hurtfull for the braines at other times, for that they be causes not onely of frantickenes, but also of death: in like maner also if the matter descendeth towards the throte, it doth sometimes cause a squinancie, whereby the patient commeth otherwhiles in great perill, and might be strangled therewith.

These foresaid swellings may procede from the blood *Cholera*, *Phlegma*, and *Melancholia*: the signes of blood are fulnes and hardnes, if it be wrong with the finger, the place where the finger was sheweth white and in the twinckling of an eie spreadeth with red; also with heauy breath and ill swallowing. If the griefe do come through *Cholera*, or of the subtilest blood, then there is a byting payne and great heate, without any impediment either of breathing or swallowing. But if it procede of *Phlegma*, then is there a little payne in the feeling, without heat or great rednes. As the other be, the *Melancholia* giueth great hardnes and little paine, and is leaden coloured: these are to be cured as followeth. First, if the patient be of a Plethoricke constitution, then the matter of the same is to be auoided & drawen away with Clisters and letting of blood: also to be holpen with setting of cups, especially if there be no headache or Ague at hand, that thereby one doe not agrauate paine with paine: but if there be great paine with it, then vse outwardly warming and moistening things; as Butter, the yolks of egs, sodden Hollihocke rootes, Swines grease, Figs, mucilage of Linsede, of Fenegreke sede, oile of Oliues, warme water & such like: and if the same swelling encline to maturation, then make a plaister of these things following, which are in a readines; as mill dust, Linsede meale, and Fenegreke meale, or wheate meale: temper them with water wherein Mallowes, Hollihocke rootes, Figs or Fenegreke are decocted: these things do mollifie, consume, and maturate; when they be ripe they are to be opened, the matter is to be let out, and the issue so long continued, vntil all the vlcer be fresh and well mundified. But if the swelling be caused through colde, then are hotter things to bee vsed for to maturate it, as oyle of Cammomill, oyle of Lillies, & old Swines blood, tempered amongst it, or Goates dung, Sheepes dung sodden in wine and a little honie put thereto. This is very forcible also, Ore tallow with honie, oile of Lillies, the iuice of Onions, Linsede oyle, Pease meale, and such like tempered togither.

But if the maladie be olde, then must strong things be vsed therunto, as *Ireos*, Pigeon dung, of the foresaid grease or tallowe of old beasts, for how much older the beast is, so much the better is the grease.

For this is also good Badgers grease, Beares sewet, the marrowe of Harts bones: of these foresaid things may plaisters be made: Take which you will of the Gumme *Ammoniacum*, the fatnes of Sheepes woll, *Sal gemme* and such like, are you to mixe amongst it.

## Of the bleeding at the Eares. §.5.

This vnaccustomed bleeding of the eares, doth come of falling, or of blowes on the head, but seldome of superfluous blood, but often thorough very subtile blood, the which openeth the vaines in and about the eare: if it come in hot Agues, or in great paine of the head, then followeth great ease afterwards: if it be caused of falling or blowes, then is the head vaine to be opened on the same side, for that thereby the blood will be drawen downe and hindered that it congeale not in the eare, and so cause an impostume: if there be paine with it, vse oile of Cammomill, Wormewood, or the iuice of the same with

with so much wine wherein hot bread is steeped, and so laid ouer all the eare. Item, sethe Gals in vineger and water, and drop thereof in the eare. Take a whole Pomegranate, sethe it in vineger, and wring it out well: also for this is good Hares grease decocted in vineger. But if you be afraide of any gored or congealed blod in the eares; for that vse the iuice of Garlicke tempered with vineger: if there be any heate with it, then take the iuice of Shepherds purse, the iuice of Plantaine, the iuice of Houseleeke, which you will, tempered with wine. These are cooling and astringent.

Item take both the kidneies of a steere or oxe, with some of the tallow about it; salt it meetely well, let them roste: of the fat which droppeth off, put a little into the eares. All that is also described in the eight Chapter 7. §. of the bleeding of the nose, that is also very fit for this purpose.

## Of little wormes that growe in the Eares, and that do creepe into them outwardly, and such like. §. 6.

WOrmes do growe as well in the eares as in the intrailes, although that the same be not so common: these do make an itch with great paine. Besides that, it happeneth oftentimes if one do lie vpon the bad eare, that the wormes do crepe or fall out. Against this are you to vse any of these iuices following; of Mints, of Peach leaues, Peach kernels, and water wherein Aloes is dissolued, put of each a drop in the eare; for that they kill all wormes whether it be that they be growen or crept into them, as fleas or earwigs. The same doth also the iuice of Wormwood, of Lupines, of Capers rootes, Coriander rootes, which haue therein an especiall propertie; and also the iuice of greene nut shels: some do decoct in wine a little Hellebor, and so drop it therein. But if these maladies may otherwise be cured, then is the vse of these rootes to be omitted.

Item, take burning Nettles, stampe them and straine out the iuice, put it into the eares, and giue him to eate of the roote, it will helpe immediately. Take Aloe halfe an ounce, Coloquint, *Agaricus* of each halfe a drag. beate them togither, and temper them with hot water, bruise them and vse as aforesaid. Take a slice of well tosted bread, hold it to the eare, then will the wormes, fleas, earwigs, and such like come out: or holde the eare wherein the wormes be, on the vapour of hot new milke: then do the wormes crepe after the vapour of the said milke.

Another, take one quarter of an ounce of Wine, Hony, and oyle of Roses, of each three drag. temper them together with the braied whites of two egs: make cotton moyst therein, and stop the eare therewith, lye about an houre on that side, afterwards plucke it suddenly out, then will the worme hang vpon it: the same doth also the woll steeped in Hony. Item, set a great boring cup or glasse on the eare, then will it be drawne out whatsoeuer is within it.

## Obstruction or stopping of the Eares through inward and outward causes. §. 7.

IF the eares be stopt, and thereby the hearing hindred, the same must procede either through an inward or outward cause. The inward cause may be some tough slime or moysture, wormes growing in them, congealed bloud, matter, impostumations, excrescence of flesh, warts, and such like. Outward causes are, if there come any thing into them whereof we will speake seuerally. Do now these obstructions proceed of excrescences, warts, and such like, which one cannot see nor come at with the hand; then is it taken to be incurable: as contrarywise if it may be seene, it may very well be cured, the which is committed to the Chirurgions, otherwise the oyle of Bay, Ore gall, Hempe oyle, are very good, each vsed apart. If then the stopping be through slime, matter, or any other vncleannes, mollifie it with the oyle of bitter Almonds, or drop hony water warme into it two dayes together, and oftentimes to vse the one in stead of the other: afterwards take a warme tyle, sprinkle it with wine, couer it with a cloth, lay the eare vpon it, to the end that the matter may runne out: for this is also good Goats gall tempered with oyle, or Scorpion oyle for the stopping with wormes, you haue heretofore in the 6. §. the remedies.

If

## If any thing be gotten into the Eares from without. §. 8.

THese things are of two sorts, as it also hapneth that the one child doth put pease, small stones, or chery stones into the eare of an other; the other be soft things, as water, Fleas, Carewigs, and such like. If this happen, then is not the same to be slept vpon or delayed, for those things require help and aduise with all speed, for there is great danger imminent, especially if that which is cropen therin be of any bad nature, for of that commeth great paine, and consequently great sicknes.

For this accident, first one of these foresaid Oyles is to be dropped therein, afterwards to bath, and to sit there a good while, moue neesing, and to hold in the breath for to driue out whatsoeuer is in the eares: but if this will not help, then is the same to be done with manuall operation with instruments. But if that which is gotten in be liquid and soft, as water; then vse oyle againe, and bend the necke alwayes towards the side of the disease, and exercise your selfe with leaping and iumping: and if so be that it come not out thereby, then indeuor your selfe againe to neesing. Also you may often cleanse the eare with an eare picker couered with woll, or with a peece of a spunge, or to tye the pith of Elderne wood at a thred and so to thrust it into the eare or through a little pipe let the moysture be suckt out, the which in like manner may be done with the wormes. One may also hold the eare ouer the vapour of whote wine, wherein Cammomil, Linseede, Annis seeds and such like are decocted. But if fleas or wormes be gotten into them, they do rayse great paine through their iumbling, especially the fleas: For the which take a Taint and annoynt it with a little cleauing salue made of Turpentine and Rosen, to the end that the fleas being fast thereat may remaine hanging at it and so be drawne out.

If this cannot be effected, then vse that which is heretofore described in the 6. §. of the wormes in the eare, and wherewith they be to be destroyed.

## Of the deminishing of hearing. §. 9.

THe deminishing of hearing may procéede of many sundrie occasions: the outward causes are these, strong fumes, vnexpected, vehement, and sudden noyse, as when the thunder striketh on, oftentimes hath beene seene that some thereby haue lost their hearing, and haue beene starke deafe. In like manner the south winde doth also cause it, by reason that it filleth the braines with moisture whereby the sense of hearing is infeebled. What now concerneth deafnesse, and the diminishing of the hearing, thereupon do all learned men first conclude, That if we be iborne with it, or that it continue the space of two yeeres, that there is no hope at all left for to cure the same: and if the same do procéede of any moisture, water, matter, or other cause, whereby the hearing is weakened, that may be knowen by these meanes ensuing.

Take a sponge, make it very drie and warme; binde it in a double linnen cloth, and when you go to bed lay it vnder the eare: if you then in the morning see the cloth spotted, then may you well adiudge, that there is some matter in the eare, whereby that the hearing is hindered: but if the cloth be cleane and faire, then dependeth it on another cause.

If that this disease do then come through heate, yet without any impostumation, the which thereby may easily be discerned: if the patient complaine of no heauinesse, but much rather of lightnesse in the head, the heate perceiued in the feeling may well abide colde things, and hot things very ill: where this is found and perceiued, then to take away the great heate is first to be endeuored, and to drop those things ensuing into it lukewarme.

The oile of Roses, oile of Violets, oile of water Lillies, temper them togither, or vse each alone. Item, take a Pomegranate, wring out the iuice, put vineger and oile of Roses vnto it, of each a spoonefull, pouned Frankincense one dragm. and a halfe, let it seethe a little, and drop it therein.

Take the water of Lettise, the water of a cut Vine, mire them togither, or vse each alone, the braied whites of egs with womans milke (mingled togither or each vsed alone) that giueth suck

to a maiden child, are also very good: the iuice of Houslæke alone, or tempered with other things, is also good.

Take Mallowes, Hollihocke rootes, Lettice, Purslaine, Willow leaues, Nightshade, of each halfe a handfull, let them sæthe togither, and receiue the vapour.

But if this deafnesse, as it chiefly happeneth through cold matter, which cannot be without winde, then is the patients head alwaies heauie, the face puft vp or swolen, casteth out much moisture through the mouth and nose: For this is the head vaine to be opened, certaine potions to be vsed, as Drymel of Squils, or sirupe of Stechas, one ounce and a halfe, in a broth wherein Marioram gentle, Hyssope and Fitches be decocted; and afterwardes to purge with the pils *Cochiæ* euery 14. daie once, in the weight of a French crowne. Some do vse the *Hieralogodion*: two daies after purging, he is to gargarise with this decoction following.

Take Hyssope, Marioram, field Mints, of each halfe a handfull, Calmus, Mulkard sæde, of each three drag. stampe and beate it with honie vnto a confection, take thereof one quarter of an ounce, temper it in eight ounces of water, wherein Dane wæde, Fullers grasse, or Lycebane is decocted. Also to prouoke næsing is very mæte: how that is to be effected, loke in the first Register.

In like maner Mastick doth drawe out much slime. Also Ginger and *Pieretrum*, oile of bitter Almonds alone is to be dropt into the eare, oile of Bay tempered with a little oile of Roses, & some Pepper amongst it, or the iuice of an Dinion, of Radish, of Garlicke, of Daffodils (which you will) as much strong vineger with it, and for euery ounce foure graines of *Euphorbium*, tempered amongst it: The vapor of water wherein Wormewood is decocted, and the warme vapor of Vineger receiued into the eare openeth all obstructions, and consumeth all moystures.

Take Hares gall, Fore fat, molten Pitch, of each a little quantity, temper them togither, it is very good for deaffenes. In like sorte Shæpes gall, Sallet oile, the oile of bitter Almonds and wine decocted togither vntill the wine be cleane euaporated.

Of this ensuing it is said that it hath holpen deaffenes, which hath continued thirtie yæres, and they that find it so may iustly say, *Probatum est.*

Fill a bottell with the blossomes of Walnuts, stop it fast with ware, that it do not putrifie, & that there come no vapor out of it, burie it in horse dung, that it stand couered all about three quarters of a yarde: let it stand so a whole yeare, when you then open it, then shall you finde therein a kinde of oile or moistnes, that must you straine out and set in the sun certaine daies togither, then put a drop thereof into the eare, and you shall quickly find amendement: At the first opening it hath a lothsome stench; therefore must the eares and nostrels be stopped, and to eschew as much as is possible the receiuing of this vapor.

But if the infirmitie of the hearnig do come out of any vncleannes, then is the same to be remedied with the things described in this chapter, in the §. 3. of the impostume of the eares, or els if it be nædfull to vse the manuall operation for it: and if so be that there be no matter appearing, and that the disease doth bæde through repletion, or of some great former sicknes, then are the eares to be fomented with the water wherein Mariorum gentle, Wormewood, Stechas, Mints, and Mariorum is decocted, for that this vapor doth consume and expell all windes and thicke vapors, which doe stop the conduits of the hearing. Also one pound of fresh or new Sallet oile sodden, and the vapor thereof receiued into the eares is also verie conuenient.

## Trocisces.

FVrther you are to prepare these Trocisces: Take Coloquinte halfe an ounce, Borax one scrup. Beuercod, Aristologie, the iuice of Wormewood of eache halfe a drag. the rote of Costus 15. gr. *Euphorbium* ten grains, Cowgals as much as is nædefull for to fashion Trocisces thereof: when you will vse them, then breake it with oile of bitter Almonds, and drop thereof into the eare.

This medicine is very fit for all infirmities or diminishing of the hearing, which procædeth of winde and flegmatike humors.

Item take Aloe, Coloquinte, *Euphorbium* of each one scrup. temper it altogether with Cowgall, afterwards diuide it in small pæces and let them drie: when you will vse this, then bruse it on a stone, and mixe it with the iuice of Radish and so drop it luke warme into the eare, and annoint

annoint it also therewith. Item take oile of Baye, and sœthe therein a cast skin of a Snake.

Take beaten Bay berries halfe an ounce, sœthe them in the oile of Lillies; afterwards wring it out through a cloth, and vse it as before.

Or take Balsame, oile of Juniper, the oile of bitter Almonds, temper them together, or vse each alone.

Item take the iuice of Sage, as much as you please, temper it with Ore gall, or Goose grease, or the fat of an Eele.

Item take oyle of Scorpions, of swéete Almonds, and Wormewood, of each a like quantitie, mixe them togither, or vse each alone. The same doth also the herbe Coriander decocted with Dinions and water.

Or take Ants egs, powne them, and put thereto a fresh Hares gall, as much honie as both of them, temper them togither, and vse them luke warme.

Item take a reasonable big Radish, wind it about with wet towe, rost it vnder the ashes, clense it, and afterward stampe it, wring out the iuice, then put as much Sallet oile vnto it, and vse it as the other.

Take Ore gall, the iuice of blew Flower de luce, oile of bitter Almonds, of each a like quantity; drop it warme into the eare. Take also the iuice of Peach leaues, the iuice of Wormewood, of eache a like much: This is very forcible for the impostumation of the eares, and payne of the same.

Master Tristrams water described before in the discourse of the face, and 1. §. is very good for this infirmity of the hearing being dropt into them, and vsed otherwise.

But if this disease be caused of too much fasting or too much watching, whereby the face is cleane fallen away, and waxen leane, and the eies stand dœpe in the head, then must one bathe oftentimes, eate well, and drinke more than before, slœpe longer: to powre oftentimes vpon the head warme water and oile, and to kœpe it moist.

## *The tenth Chapter.*

## Of the Lips.

IN the face is comprehended the mouth that outwardly doth not appéere in sight, but only the lips, which do hide all that is contained therein, and accordingly are described among the inward members.

The vse of the foresaid lips is diuers: First and before all they are most nœdefull for the spœch, therefore that they also by nature are wholy mœueable and light, yea made more swift to mœue than any other muscle of the bodie: so that iustly they may be called neither skin nor flesh onely, but a musclie skin. They do couer (I say) and shut the mouth, to the ende there come nothing into it against ones will: also that they might couer the téeth from all colde aire, and whatsoeuer else; they do retaine the spettle, that otherwise would alwaies drivell apparantly out of the mouth. So do they also kœpe in the meate, the which the tong doth thrust amongst the téeth, and might fall out of the mouth. Lastly, both for man and beasts they are behouefull to drawe in the drinke.

The learned do ascribe fower kindes of maladies vnto the lips, as chops and clifts, impostumation and quauerings: others do write onely of the chopping and the swelling, as hereafter shall appéere.

### Of the chops or clifts of the Lips. §. 1.

THis is otherwhiles caused through fals, strokes, great heate or colde, whether it be inward or outward, and very often of nipping colde windes: the signes of the outward causes are to be perceiued by the patient. Be they then prouoked through sharpe hot catarres or rheumes, which do fall out of the head: then is there a manifest heate and drouth in the lips; in like manner also in the forehead and in the

nose: if there be no such, then is it a signe that it doth proceede of vapor. If now these chops proceede of a burnt matter, as salt *Phlegma*, *Cholera*, or *Melancholia*, then are the same to be prepared for expulsion, and to vse three or fower mornings togither the sirupe of Fumitorie, of Wormewood, or *Oxysacchara* tempered with Endiue water, or such like; and then to purge with these pils following, which are approued especiall good for all such burning matter: Take the rindes of yellow Mirobalans, *Chebuli*, Sene, *Epithymum*, of each two scrup. Mastick halfe a scrup. *Agaricus* and Rubarbe, of each one scrup. *Diagridion* two scrup. Fumitorie halfe a drag. make thereof pils with the iuice of Fumitorie: one may giue of these pils one drag. vnto one drag. & a halfe. Afterwards lay a Nut vpon hot coles, vntill the shell be somwhat blackish, then wring the oile out of the kernell, and annoint the clifts therewith.

Item take Dragagant or gum of Cherrie trees (which you will) in the mouth, vntil it begin to dissolue, afterwards rub it with the tong vpon the clifts, or dissolue it in Rose water, and so vse it.

Item, take fresh Butter, the muscilage of Fleawort, Calues sewet, Ducks grease, honie, oile of Roses, of each a like much, melt them and temper well amongst them the well brained white of an eg and Pease meale.

Item, burne the herbe Ferne to ashes, it healeth maruellous well: or take Ware, Hens grease, of each halfe an ounce, Turpentine one ounce, Dragagant halfe a drag. Gals one quarter of an ounce, melt them all togither with a little oile, and mixe the rest amongst it.

This following is also altogither wholesome: Take the Caule of the hart or stag, lay it the space of three daies in ley, wash it euery day with fresh water, and renew the ley euery day, let it drie; the third day cut it small, and melt it by the fire: then temper amongst it halfe so much harts sewet, Ceruse bruised small, sixe ounces, Camfer one drag. or beaten Ginger and Cloues, temper them togither: but if so be that the chops do eate in, then leaue out the Ceruse.

*Pomade.*

*Pomade* is especiall good and safe. Take the sewet of a Hart, fresh Butter or Barrowes grease, of each three ounces, let them melt togither on the fire, put thereto fower or fiue small cut apples, also white wine sixe ounces: let all these sethe togither, vntill that the apples be soft; then bruise them well togither, and put Camfer vnto it, Cinnamome, Cloues, Nutmegs, of each halfe a drag. beaten small togither, also Buscus fower graines, Rose water two ounces; sethe these againe in another pot in boiling water, vntill all the Rosewater be wasted away: afterwards wring it through a cloth, and wash it so long with Rose water, vntill it be white. This *Pomade* is also good for all chops of the hands and otherwise. For this is the Poplar ointment also good.

Item, take white Ware, Hens grease, the sewet of a Weather sheepe, the iuice of Rue, of Cammomill, Dragagant, of each a like quantitie, temper them togither.

Take Gum, fresh oile of Almonds and Hens grease, of each a like much, Ware as much as is needfull: these two last are also speciall good for the impostumation of the nipples and womens brests, although they gaue suck vnto children.

Hæmorrhoidæ. The blood of the lips (do the Phisitions cal *Hæmorrhoidæ*) it is to be healed like the vlceration and bleeding of the nose, which hath beene shewed in the eight Chapter.

Trembling of the lips. The trembling or quauering of the lips is commonly a messenger of imminent vomiting, the which afterwards ceaseth again: what is to be vsed for this quiuering, looke in the Register.

If the lips be hot and swolen: for that do some aduise that the nauell is to be annointed with Sallet oile, the which is easily to be approued. You haue in many places else what is to be done to all such hot swellings: of the inuersion of the lips, shall be spoken hereafter amongst the diseases of the mouth.

*The eleuenth Chapter.*

## Of the Beard.

This is the last part of the face which one seeth outwardly, and also a goodly ornament of man; therefore that men do desire to haue it grow, and staied from falling out.

For

## For the growing of the Beard. §.1.

For to make the beard growe thicke and spedily, take Southernwood, *Squinanth*, of each a handfull, powre oile of Dill vpon it, stop it close, and let it stand a night; then afterwardes sethe it in water two or three howers space; temper then more amongst it, about halfe an ounce of pouned Southernwood: after this straine it through a cloth, and annoint the place therwith, where you desire to haue a beard.

## Another.

Take oile of Dill two ounces, of Southernwood halfe a handfull, Squils two scrup. wine three ounces, let these sethe so long together vntill all the wine be consumed, and then straine it through a cloth and vse it, as before. Loke for this also in the third Chapter §.1.

## Against the falling out of the Beard. §.2.

Take as many Bees as you please, kill them and lay them in the sunne or elsewhere, beate them to powder, make with Sallet oile a salue thereof, and annoint therwith the balde place. Take fiue drag. of Ware, the oile of *Palma Christi* sedes two drag. & a halfe, liquide *Styrax* and Myrrhe, of each 3. drag. *Laudanum* one ounce, *Euphorbium*, wilde Rue, Gum, *Cantharides*, of each three drag. powdered Bees or Waspes two ounces, melt all that is to be molten, and temper the pouned things amongst it: therwith annoint the place of the beard when you go to bed; but chafed well first: and in the morning wash it off againe; let also the beard be often shauen away.

This ensuing is also good for the haire of the head and of the eiebrowes.

Take the oile of Behen, sethe *Cantharides* therein, whereof the head and wings be abated, make it smell well with Muscus and Amber, and vse it as before.

Euen as of all outward accidents of the head and the face, mention hath bene made before; so will we now also speake of all inward diseases and members of the same. And first of the Braines.

## *The twelfth Chapter.*

## The Braines, and all that concerneth them.

Like as is already alledged, the braines are the vppermost and chiefest of all the inward members of mans bodie, a place and abode of the vnderstanding, memorie and iudgement, the which are shapen, and by nature fashioned with many kindes of wonderfull, seuerall, and proper shapes, for they be without blood, without flesh, soft and congealed together like as a scum, also as marrow, moist, cold, & of themselues insensible; where they neuertheless through the sinewes, do impart and send to all other members the sensiblenesse and motion. With this part of the bodie are all beasts endued (which haue much or little blood) but most of all men aboue all beasts, and the men more than the women: the foresaid braines are also moister in man than in any beast.

Hence do also spring al the sinewes, that thence (as is specified) do spread themselues through the backe ouer all the whole bodie, strengthening and conioining it, making it moueable and sensible. Vnto the braines do also stretch and reach the right beginning of all vaines out of the hart, and there do they ende: from thence commeth also sleepe, which imparteth rest vnto the whole bodie.

It is also the second part (next to the hart) that is formed in the mothers wombe.

This pretious and tender part is also subiect vnto many accidents, which bring with them very great inconueniences, like as for example, if so be that the brains through fals or strokes be

annoyed or molested; then doth it oftentimes come to passe, yea cõmonly, that the patient becometh mute and dumbe: like as also in the dead palsey the members are altogether nummed or vterly lamed, and so losse of vnderstanding ensueth. But before that we do come to these infirmities, we purpose here to admonish, that before the description of other diseases of the head, those things are not discouered, which might be conuenient for the brains; as Pœsing, Treacle, Pithzidate, Eiebright wine, conserue of the same, and such like. With these may be also well annered, all that strengtheneth the braines, dryeth the superfluous moysture, taketh away heate, and whatsoeuer might be els. But because our whole booke is full with such like things, therefore it is the lesse nedefull for to write much thereof.

## For to drie the Braines.

For to drie and strengthen the braines, you haue amongst other, many and sundrie remedies. When you goe to bed, swallow downe two or three little peces of Frankincense, this strengtheneth and dryeth the braines marueilous much. The smell of Sugar is also very good receiued at the nose.

Certaine Aromaticall wines which in the last part are described with their operations, and other moe, as Calmus, compounded waters, Master Trissrams water, are also very good for this vse.

And especially this following: Take Ireos three ounces, Lauander flowers, Rosemarie flowers, and the hearbe, Rose leaues, of each one ounce and a halfe, red *Styrax*, *Benzuin*, of each one ounce, *Nigella*, prepared Coriander, *Epithymum*, *Stechas*, of each one drag. make a powder thereof, furre a cap therewith and weare it on the head. You shall haue also many moe such like whereas we shall discourse of the giddines of the head.

But if you desire any cooling things for the braines, whereto you haue not onely commodious things to lay thereon in the first chapter and second §. but also in other places where we discourse of the ague and plague, as much as concerneth their vertues and infections of the brains; we will begin with that costly treasure of memorie.

## Of the Memorie. §. 1.

MEmorie is a retaining of acts either heard or seene: Or memorie is a comprehension of the things ouer past; the which the minde, as present, doth keepe and retaine.

Item memorie is a retaining, establishing, and preseruing of matters which haue beene conceiued in the spirit. If so be that this memorie be hurt, then followeth forgetfulnes of matters which be past and done. And there be two sorts described thereof by the Philitians: The first they doe call the greater *Lethargus*, the sleeping disease, whereof we will speake a parte hereafter. The other is lesse and without Ague, that may in time so take the vpper hand, that not onely the memorie will be enfeebled; but also that men lose their vnderstanding and become childish and foolish. The cause of this is commonly a bad and cold complection: otherwhiles also adioyned with cold and moisture which ouerruleth the hinder part of the head. If it be caused onely through colde, then it is *Stupor*, astonishment: These sicke persons doe speake neither of things past, nor yet things to come; they care for nothing, they sleepe and wake meetely, they feele no drought of the tongue nor yet of the nose.

Lethargus

Stupor.

Cold braine.

Cold & drie.

Cold & moist

Mania.

But if this disease be caused thorough cold and drithe, then can the patient sleepe, thinketh well vpon things which be ouer past, but not of any thing that is present: the mouth and nose are alwaies drie. If it come through moysture and colde, then it is the sleeping disease, which forgetteth all former things wholly and throughly, and all present very quickly: they haue verie moyst braines; so that the moysture runneth out at the nose and mouth. If heate and drithe be causes, then commeth it to *Mania*, that is the right madnes.

To the end now, that this precious treasure of memorie maie be continued and kept; thereof you shall haue sufficient instructions which you finde of the sleeping sicknes, astonishment and madnes: So that we will onely speake here of that kinde of forgetfulnes which is caused of colde and moysture togither, and is not an absolute *Lethargus*: neuertheless doth raigne most.

For

For this is to be applied for a generall rule to defend the head from all superfluous moysture, how the same is to be effected you haue many and sundrie meanes especially there whereas it is discoursed of the cold paine of the head, in the first Chapter §. 2. and also hereafter where we shall speake of giddines.

But to the end we haue an orderly rule for to preuent this forgetfulnes, therefore we will here prescribe an orderly meanes for an example.

If this disease procede of an excessiue vncleannes, surfetting of meate, of drinke, of colde, and such like outward causes, then are they to be shunned, and good gouernment obserued, whereof we will once againe speake more at large.

For this, must also strong Clisters be vsed, take *Consolida Saracenica*, Betony, S. Johns wort, both kinds of Sage, both sorts of Centorie, Rosemary, Stechas, Flouramour, Cammomil of each halfe a handfull, Baulme a handfull, Coloquint 1. drag. and a halfe; all these things are to be bounden in a cloth and sodden in sufficient water, afterwards wrong out and to take of this decoction 12. or 16. ounces, wherein shall be tempered *Hiera Picra*, *Benedicta Laxatiua*, of each fiue drag. Salt one quarter of an ounce, oyle of Lillies two ounces and a halfe. This Clister (as is expressed) is strong; will you then haue a milder? then vse them that be described for the cold paine of the head: for a preparatiue potion is mete *Oxymel Squilliticum*, with the decoction of Galingall, or Calmus. Afterwards purge with these pils following, take *Pillulæ Cochiæ* one drag. Coloquint, Mastir, Bdellion, of each halfe a drag. make pils thereof with the iuice of Baulme, you may giue them all together to a strong man, although they be strong. Hereafter you may vse certaine dayes Treacle, Mithridate, or *Aurea Alexandrina* one drag. at one time: afterwards purge againe with *Hiera Logodion*, or *Simplici*, according to the importance of the matter. You must annoint the head with Beuercod dissolued in Vineger, and oyle of Lillies, or rub the neck with some of these waters of life hereafter described, like as most of all those waters are requisite for this vse which be described in the eight part. For this, is also conuenient Ginger, Mastick, *Pyretrum* chewed or bounden in a cloth by reason of his heate, they drawe out much moysture. In like manner are things of a good sauour or smell to be holden before the nose, and those that be of hote nature as *Muscus*, *Ambra*, *Lignum Aloes*, Cloues, Nutmegs, Indie *Spica*, floure Amour, and such like sauours: take Frankinsence, Pepper, Cipers rootes, and Myrrhe, of each a like much; make with decocted Honnie a conserue thereof, giue thereof a drag. at one time.

The auncient Phisitions commend much to take euery morning one drag. of Frankinsence, Pepper halfe a scrup. and that with a draught of wine.

## Order of Dyet.

For forgetfulnes of cold and moyst causes are alwayes warming and drying things to be vsed; the dwelling place must be cleare and cleane, and carnall copulation as much as is possible to be refrained, and that not only therein, for it is seldome found that they that be immoderate therein, haue a good memorie or vnderstanding: Mustard, Garlick, and all things which be of cold nature: in like manner, all excesse of meate and drinke is also very hurtfull; likewise also Mutton, Marrow of Mutton bones, sleepe immediately after meate, and such like: to the contrary all dry fruites which be parched, as hasell nuts and Chestnuts be very good.

Also all Fowles are very mete for this and the braines of the same, whereof we haue made mention in the other description of dyet, where we haue spoken of the memorie, ordinarie going to stole, and making water, &c. moderate mirth, fresh water wherein Baulme, Fennel, Bay leaues, and such like are decocted.

The head may also twise a weeke be washed with lye wherein Cammomil, Rosemary, Sage, Baulme, Betonie, or which one will, is steeped or decocted.

Like as for example to be followed, here we describe for these matters.

## A good powder.

An especiall powder for memorie.

TAke three ounces of Sene leaues, Seduarie, Cumine, Parsley, and Dill seede, of each one ounce, Ginger halfe an ounce, Cloues, Nutmegs, Calmus, Galingale, Pimpernell roots, Sage, Rue, Valerian, Annis, of each one quarter of an ounce, Sugar three ounces, poune all small, and temper them togither; take thereof in the morning and euening about one drag. at one time: this powder doth not onely strengthen the braines, but also the memorie: it is also good against giddinesse of the head, clenseth blood, and is good for the stomacke, strengtheneth the wombe, preserueth the lights from all superfluous humors, withstandeth all diseases of the hart, paine of the lyuer, of the milt, of the gall, driueth away the cough, maketh a good colour and a cleere face. It is also good to be vsed against all swellings, and against all pestilentiall aire: holden in the mouth, it taketh away all toothach, stinking breath, and keepeth men in good health.

The water of *Carduus Benedictus* is said to strengthen the memorie, to take away the paine of the head, to amend the giddinesse, and all other accidents of the head, if so be that one take the water or the decoction of the herbe euery morning two or three ounces at one time.

Coriander seede and bitter Almonds confected with Sugar, doe strengthen also the memorie and the braynes.

You haue heretofore in the second chapter and first §. of two lie bags which strengthen memorie, and in like maner in the eight chapter 8. §. of the oile of Brickes which is also requisite for it. Secondly, there be also prepared for this many compounded wines, as the wine of Marioram gentle, which not onely strengtheneth the memorie, but also cleanseth it, if it were lost, to returne againe.

## Another meane for to strengthen the memorie.

Iohannes Coletus.

THere was by our time, at Canterburie here in England, a Canon, a Doctor of Diuinitie and also in the Lawe, named *Iohannes Coletus*, to whom by that time he was sixteene yeeres olde, was an experiment imparted by a Christened Iewe, whereby he obtained such a marueilous strong memorie, that he retained and kept all that euer he read in all his life time: the which when he was in his 39. yeere of age, he lying at the poynt of death, his friends praied him to disclose and reueale this secret remedie and experiment vnto them: where he hath declared that before he had a very grosse & hard vnderstanding; but through the vse of this experiment he afterwards obtained such a sharpe wit and memorie, that he could not only remember & hold in mind that which he read, but also all that he heard and saw: Insomuch that he could recite by heart from word to word the *Decreta*, *Decretals*, the orders of all the Emperors lawes, with their expositions, *Aristotle* and other authors which he had seene and read. Also how manie names that were rehearsed before him, he could afterwards without missing one repeate them againe.

Therefore may this experiment be reputed of a great value, and as a gifte of God, because that thereby men may with so little trouble attaine vnto so great a matter.

First the head is to be clensed with these things following: Take *Pyretrum*, Galingall, Ginger, Caraway, seede of broade Plantaine, prepared white Mustard [illegible] a like much: this being beaten grosse together: and if this powder wey about two ounces, [illegible] seethe it in a quarte of water stop close to, when it hath now sodden well, then put a quarte of strong wine vnto it, and an ounce of cleere honie, let it seethe againe vntill about two fingers breadth of the loquor be wasted: herewith are you once euery morning (in the increasing of the moone) to gargarise well and many times, holding it long and warme in the mouth, to the end it may vapor vp into the head.

Afterwards make this potion following: Take Ginger, long Pepper, of each one dragme, Galingall one scrup. Cloues, Cubebs, of each one drag. and a halfe; powne them altogether to powder, and binde them in a linnen cloth, let them seethe well togither in two quartes of Wine stopt fast as aforesaid: afterwards let it stand couered vntill it be cleere, wherof you are to drink euery morning fasting, and at euening going to bed a good draught, and that before you shall haue annointed with the salue which shall hereafter be described. The vertue of this wine is for

to

to drawe a superfluous moysture out of the head.

This being done, then place your selfe in summer time in the sunne, and in winter season by the fier, and kembe your haire softly along time; so that thereby the pores may be opened: afterwards wash your head with the water of Rue, and drinke a good draught of wine, and thereupon eate a bit or twaine of bread that hath bëen steëped in the wine, then fast so vnto the euening. Your supper must also be sober, your slëepe quiet and vndisturbed: continue this many daies togither, the longer the better.

When now the vaines be warme with kembing, then annoint the head and the temples with this salue following. Take white Lillies, Colewort leaues, wilde Baulme, of each one drag. powne them togither, put them in a pot, powre therein two ounces of Sallet oile, fresh butter as much as all the rest, three spoonefuls of the spirit of wine (which hath bëen rectified at least foure times) water of Rue, of Sage, of Celendine, of each two spoonefuls, old white Wine fiue spoonefuls, temper them well togither, set it so fire or eight houres in a warme place, then straine it through a cloth; afterwards sëethe the liquor vntill it be as thicke as honie, (and that by a small milde fier) then set it in the sunne so long till it be of the colour of Copper: This salue must be alwayes made betimes, and it can continue good the space of two yëres. Also it behoueth to gather all the hearbes for distillation when the daies be at the longest: and then may also most mëetely this salue be prepared. This salue must you (as is rehearsed) vse after that the head is purged, you must annoynt well the hinder parts of the head and the temples with it; afterwards couer it with a letherne cap or hat, so that the head may be warme that the said salue may haue her operation the better in the blood and braines. In the euening is the head to be washed with good warme wine, and one must këepe a good diet, and vse meates that be light of digestion, also vse moderate drinking. This order is to be kept at the first by the space of foure daies, and so to continue it the space of a whole yëre, euery eight wëkes once two or three daies togither.

The nert yëre afterward you may chuse one day vpon which it is good to take phisicke, and then vse this salue euery three moneths once, when the moone increaseth: The third yëre it is sufficient once in twelue moneths, and afterwards so long as you liue, once in two yëres.

## Of the giddinesse of the head, and infirmitie of the Braine. §.2.

THis disease is called of the Grecians *Scotomia*, and of the Latinists *Vertigo*, which is a giddinesse or swimming of the head, we call it also the swimming of the head, for that it sëemeth that all which one sëeth runneth round about: or the sight faileth when he will behold any thing, and he thinketh that he sëeth swarming before his eies many maruels, and things which be of strange colours, yea it often happeneth that his eies be very darke, and must fall to the ground, like as also it sometime happeneth to a sound bodie, if they run too much about: or to such that looke too much downward from a great height, or vpon a quicke turning thing, or into running waters.

This disease do they chiefly get, that are wont to frequent much the sunne, and their heads [illegible]rheated: It is also caused of the stomacke, if that it be ouercharged with any [illegible] whereby the mouth of the stomacke is harmed, and sendeth some bad vapours to [illegible]head, which do cause this swimming or giddinesse.

[illegible]winter time and when the winde is southerly, then are all people more subiect to this giddinesse, than in drie sommer. Of this giddinesse the Phisitions do make many kindes, like as also it is diuers according to the nature of the humor whereof it is caused: but to speake of the foresaid giddinesse, when many one thinketh that all that he sëeth runneth round about, the sight vanisheth as he would fall to the ground, the face and the eies ware red, the vaines swell, the eares shew themselues great and full of blood, whereof it may easily be adiudged, that it is caused through superfluous blood in the head, the which troubleth and molesteth the braines: therefore is this sicke person to procure presently afterwards to open the vaine behinde the eare, and to let out three or fower ounces of blood; for that is a certaine remedie for this disease. And further, for all other spices of this swimming, of whatsoeuer cause that they may procëde: for if so be that this giddinesse do continue long, it is much to be doubted, that the falling sickenesse or the dead palsie may come therby. In like maner are boring cups vnpickt to be set aboue vpon

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the head, in the necke, vpon the shoulders, and on the legs. For this also are certaine lotions of the fæte to be vsed, made with herbes which do strengthen the head, whereof before in the first Chapter 3.§. for the heate of the head, and in the seuenth Chapter 12.§. sundrie are described. But although these foresaid vaines do not appere and make shew, and neuertheless the face were alwaies red, then must the median be opened, boring cups, as is said, to be vsed, to moisten the head with vineger of Roses, and with oile of Roses, and to eschew all hot meates, much slæpe, long watching, to loke from great height downwardes, and such like things: Lintels, milke, kids flesh prepared with veriuice, iuice of Pomegranates or with vineger, rosted peares or apples after supper are very good for him: of herbes, Lettice and Purslaine with vineger may he also eate well: for his drinke he may also temper vineger or the iuice of Pomegranates, Sugar water decocted with Fleawort, or any small thin wines.

mirabolanes: to purge.

For purging are mæte yellow Mirabolans, especially if the giddinesse be caused of *Cholera*, the which are thus to be vsed: Take one ounce and a halfe of yellow Mirabolans beaten grosse, sæthe them in eight ounces of water at the least, put thereto one ounce of sower Dates, let them sæthe togither vnto the halfe; then temper amongst it three or sower ounces of sirupe of Violets, or of Roses, and so giue it to the patient in the morning fasting.

Take sixe ounces of whay, lay therein to slæpe one drag. and a halfe of Rubarbe a whole night, wring it afterwards out, and giue it to the sicke person colde or lukewarme.

Take ten drie Prunes, sower Dates one ounce, sæthe them in sixe ounces of water, then take thereof 3. ounces, and mixe amongst them two drag. and a halfe of the Electuarie *De succo Rosarum*, and drinke it warme. Item take sower Dates, Manna, of each one ounce, temper them with three or sower ounces of Prune broth.

Also these pils following may be vsed: Take *Pillulæ fœtidæ, de Sarcocolla*, of each one scruple, temper them, and make thereof seuen pils.

After the purging he is to kæpe him quiet, and to couer the belly with warme clothes. But if to this giddinesse there happeneth no rednesse in the face, nor any ague, it may be concluded thereof, that the cause procedeth of colde, whereof the matter lieth in the stomacke, which there prouoketh the patient to wambling and vomiting, whereto the patient is then to vrge himselfe thereby to be rid of it; and that through this meanes: Take Radishes, or Horseradish one ounce, the sæde of Drage and of *Asarabacca*, of each halfe an ounce, sæthe all this in 12. ounces of water vnto sower ounces: vnto this strained decoction you are to adde halfe an ounce of Dile, Saffron one drag. vineger sower ounces, giue thereof two spoonefuls in the euening after meate. Preparatiue potions are to be vsed according as the cause of the disease, for the space of certaine daies, and then to take these pils following, *Aurea* or *Cochia*, the waight of one drag. Or in the stæde of these pils, to vse halfe an ounce of *Hiera Picra*, and *Oxymel Compositum* one ounce, with sower ounces of water, wherein Hyssope and Zeduarie is decocted.

It chaunceth also oftentimes, that at the first this giddinesse doth come with some swarming or fantasies which appere before the eies, the which neuertheless in truth is nothing so. This the Phisitions do call *Scotomiam* and *Imaginationes*, whereof before in the seuenth Chapter and 12.§. is spoken at large. Of the which very many be holpen by these meanes following: Take Eiebright two ounces, Mace halfe an ounce, beate them small; giue thereof after the purging halfe a drag, or two scrup. with wine or flesh broth. What further concerneth this kinde of giddinesse, you may discerne hereafter, where we speake of *Paralysis*, with the which this swimming doth agræe. This patient must refraine from all meates and drinkes which be colde of nature: but kids, Mutton, Pullets, Partridges, Pheasants, and all other fowles that haue their abode in hilly countries; he may well eate them, yet rather rosted than sodden; in like sort egs and all that is dressed with wheate or Rice: small red wine, or rather honie water is to be his ordinarie drinke. But if this will not helpe, and the foresaid giddinesse do still continue, then is this commended for a principall remedie, to wit, to open the head by actual or potential Cauteries aboue vpon the seame (which is called *Sutura Coronalis*) to the end that thereby all bad vapors, which cause these infirmities in the braines might exhalate. Some vse in stead of the foresaid Cauteris this corrosiue salue following: Take *Cantharides* (the heads and wings broken off) two ounces, sower dowe halfe an ounce, temper them with spirit of wine or vineger, lay them behinde in the necke, and behinde vpon the brawnes of the legs, in bignesse of halfe a doller; let them lie so long vntill they raise a blister, that is, about twelue howers or somewhat more. These blisters are

to

to be holden and kept open, with the laying vpon them of a Colewort leafe as long as is possible. But if so be that neither ague, nor vomiting, nor any other impostume do befall with it, and yet neuertheless the giddinesse persist and endure, then is the sicke person oftentimes to be purged with the pils *Cochiæ*, and to withdraw him (as is said) from colde meates, bicause that the cause of this disease proceedeth of colde. Further, he is to be let smell to a little bag of Annis seedes, and in like sort must he weare a cap with Annis seedes vpon his head, and receiue the vapor of the decoction of Annis seedes into his nose; for that the smell is very requisite, bicause it dryeth and warmeth well. Also the head is to be clensed, as oftentimes hath beene shewed: but this ensuing is especially good for it: Take the iuice of wilde Cucumbers one ounce, honie water wherein Marioram is decocted, two ounces; temper and drawe them into the nose; but take before, thy mouth full of cleere water, so that it may come the lesse into the mouth.

## Gargarismes.

Gargarismes are also to be vsed for this purpose, thereby to expell all flegmatike humors which cause this maladie: Take Betonie, Hyssope, of each one handfull, Licorise, Rue, and Raisons (the stones being taken out) of each one ounce, *Piretrum*, Ireos, of each halfe an ounce, Mustard seede, Lycebane, Ginger and Mastick, of each one quarter of an ounce, clarified honie three ounces, seethe them in sufficient store of water, and scum them well, take thereof before and after meate, at each time two spoonefuls in the mouth, holding it long therein, and hauing gargarized, spet it out againe.

With this may you also vse chewed Mastick, *Piretrum* decocted in wine or water, or steeped. But alwaies (as is admonished before) the rootes knit in a cloth: for it is otherwise too strong.

Item, take Mustard seede, Marioram, *Piretrum*, long Pepper and Sage, of each one quarter of an ounce, seethe it to the halfe, being strained vse it as before.

The *Piretrum* hath an especiall operation against the giddinesse, therefore it is also to be decocted and beaten to pap with the whites of egs, and so laid vpon the head.

## A powder for meate.

Take Nutmegs, prepared Coriander, of each halfe an ounce, Misselden of the Oke, Piony seede pæled, and Galingale, of each one drag. Calmus, Betonie, Cubebs, and Cumine, of each halfe a drag. Sugar, as much as you please. You haue heretofore in the first §. a good powder for the memorie, which is also meete for this purpose: and this following is very necessarie for it.

Take the iuice of Fennell one ounce, Sugar two ounces, seethe it togither like to *Manus Christi*.

## An Electuarie.

Take a pound of Currans (well clensed) Licorise cut small, Bugloss water and Endiue water, of each sicke ounces, let them seethe togither, and afterwards wring it out hard: in this decoction are you to put of preserued Mirabolans, *Chebuli* and *Emblici*, of each fiue ounces, honie of Roses and Sugar, fiue ounces; let it seethe vntill it be somewhat thicker than honie: afterwards clarifie it with the whites of egs: when it is now cold, then temper amongst it one drag. and a halfe of Cinnamome powder, preserued Nutmegs one ounce, *Lignum Aloes*, Cloues, of each one drag. Fennell and Annis seedes, of each halfe a drag, conserue of Roses two ounces and a halfe. Of this confection you are to vse euery weeke the quantitie of a Walnut. Item take Cinnamome, Cloues, Fennell, Galingale, chew them long in the mouth, and afterwards spet it out againe. The confected Calmus is also much commended for this giddinesse, and in like manner confected Coriander, as is more said in other places, where we haue intreated of the memorie.

Preserued Mirabolans are also especiall good after meate, also being drie to chew them in the mouth; for that they do hinder the vapors ascending vp to the head, and consume all waterie moisture: also how good *Carduus Benedictus* water is for this vse, looke in the place where we haue spoken of the memorie: the Treacle and Pithridate are also much commended for this purpose.

The

## The order of diet.

They that be troubled with this giddines ought to liue very soberly and moderately, to leaue wine, or to water it well: if the disease come through heate, then is heate to be eschued; if through cold, then is cold to be shunned: after meales take a peece of tosted bread and eate it. His meates must be light of digestion, and vse little: like as is sufficientlie shewed in the hot headache.

## Of franticknes, madnes, or doting, and such like infirmities. §.3.

The diseases of the braines are diuided into three kindes, to wit, first if their accustomed operation be hindered. Secondly, if they be perished & enfeebled. Thirdly, if they be altered from their good disposition and nature into another: like as when a man falleth into follishnes and forgetfulnes, that he forgetteth his writing, reading, and his nerest kindred, yea his owne name: the which in truth, proceedeth out of a coldnes of the braine, like to the palsey, and falling sickenes, and such like accidents which sodainly assault men. But if this foresaid disease (whether it happen in the vnderstanding or in the memorie) be small, then it is a signe that the coldnes is not great, for these diseases haue also their greatnesse and smalnesse. *Delirium*, doting childishnes, be it howsoeuer it will, it commeth of some bad humor and distemperance of the braines, and is an erring, troubled and spoyled motion of the principall vertues of the minde; and if so be that an Ague befall with it, then it is a right *Phrenitis*, that is Frensie; which is not onely caused through hot humors, but is also admixed with some *Phlegma* in the braines: but in case there be no ague with it, then is this maladie called *Mania*, madnes; and springeth out of hot humors, and chiefly of *Cholera*, which inflameth the braine too much: *Melancholia*, of which issue onely despaire, sorrowe and feare, and that which is called in latine, *Dementia*, (to wit, when a man is wholly out of his right minde) proceedeth only of cold humors, like as hereafter againe shall be more at large declared.

Delirium

Phrenitis.

Mania.

Dementia.

## Of dotage and childishnes, called in Latine *Delirium*. §.4.

This disease is for the most part in all sicknesses or infirmities of the braines, for that in case the same be distempered, (be it by whatsoeuer manner that may be) then will the vnderstanding be thereby wholly or in part enfeebled, according to the greatnes or smalnes of the humor whence this disease is caused.

When now these doting conceits & strange thoughts do come without crying, calling, or noise, as if he were possessed, then it is the very true *Melancholia*.

Melancholia.

But if the madnes do come with chiding, scolding, leaping, cursing, and such like misdemeanors, then it is the right *Mania*, or madnes, with all her Symptomes, which doe assaile him no otherwise then as if he were possessed.

If there be with this madnes laughing, merriment, friendly semblance, then is the same alwaies better then any of the rest: but if this come through burnt melancholicke humors, then it is the worst, and the behauiour none otherwise then as if he were possessed. Others make of these *Delirium* or *Desipientia*, 12. kindes, whereof the most part are here described.

And to the end we might first of all haue an example how that these kindes of sicknesses are best to be holpen; therefore we will set before vs a youth that hath lost his vnderstanding, and is become distraught.

At the first is very méete for it a very good gouernment or order of diet, and to vse all things which be warme and moist, to eate good rayled bread, which is aboue three daies olde: otherwise he is to eschue all things that are made of dowe: young Veale, Mutton, Lambe, Pullets, Capons, young wild swine; in fine, he is to eate all that is young whether it be wilde or tame, and to refraine all that is olde.

Of herbes are méete for him Endiue, Spinage, Purcelane. As concerning fruit, fresh Almonds,

monds, Hasell nuts, swéete Cherries, Melons, Gourds, Pompions, fresh Figs, Grapes, swéete Peares, Apples, oyle of swéete Almonds, or fresh Butter. He must refraine from Vineger, or if he will vse it, he must delay it with Sugar or water: yet is he rather to vse the iuice of Limons or Veriuice, but seldome, and that made swéete with Sugar.

For his drinke he is to take swéete wine, and cléere wine well watered, for that he will be very soone drunken, which is hurtfull for him. In this countrey in stéede of the foresaide wine, small béere is commonly to be vsed: he is to forbeare all old and salt flesh.

But if so be he cannot forbeare wine, and were yet notwithstanding inclined to drink much, then are you to stéepe therein prepared Coriander séede, Sorrell séede, Purcelane séede, with the flowers of water Lillies, this will resist and withstand all drunkennes.

Can he be satisfied with drinking of water: then let him drinke none other then barley water or sugred water.

Bugloss leaues or the rootes of the same are alwaies good, whether they be vsed in meates or drinkes, and all that may be made with Bugloss. Bugloss good for Melancholy

He must also moderately moue and stirre in going and standing. Copulation must he vtterly eschew, bicause that thereby the best blod of a man is wasted, and worne away and the naturall forces infœbled.

He must kembe the head oftentimes, sing much, vse musicke, which is very commodious for all melancholicke persons, his slépe must be somewhat longer then it was wont to be when he was in health.

Because that this matter is very hard to be purged, and yet neuertheles it must be done for the most part, then is alwaies the aduise of a learned Phisition to be followed, it is especially commended for this disease, the opening of the Piles or Hemorrhoides. One may also drink many daies togither, thrée ounces of the iuice of Bugloss, for it is marueilous good for all kindes of melancholy. Also it is very good two ounces of the iuice of Hops (being wrong out) if it be presently taken without setling, preserued Citron pils one spoonefull taken in the morning early, and in the euening two houres before meate are very méete, or two ounces of the sirup of Citron pils, with thrée ounces of Lettice water vsed before purging.

## Comfortable Electuaries.

TAke the flesh of a rosted Partridges brest twelue ounces, the rootes of white Behen, the flowers of Borage, Bugloss, Sedoary, of each one drag. Saffron one scruple, Mace, Saxifrage, of each one scrup. Iacint, Smaragd, Saphires, and Harts bones, of eache halfe a scrup. thrée leaues of beaten golde, fired gold halfe a drag. prepared pearles one dragme, thrée ounces of fresh Pine apple kernels: let this stéepe 24. houres with the flesh in foure ounces of white wine, and two ounces of the iuice of Quinces, poune them all small, and séethe 12. ounces of white Sugar with the foresaid liquor, temper it all togither: giue thereof euery morning halfe an ounce, and drinke thereupon two ounces of Bugloss water: afterwards take before dinner and supper one quarter of an ounce of it: for besides that it is good for the giddines, it doth also strengthen all the members of the bodie.

In like maner marke, that all which strengtheneth the heart, whether it be hot or colde, the same also strengtheneth the braine.

## Of *Phrenitis*, or franticknes with an Ague §.5.

WE will now discourse of that kinde of franticknes, which the learned call *Phrenitis*, which we define thus: *Phrenitis* is a frensie or bereauing of the wits with an hot Ague, or *Phrenitis* is a doting and distraction or spoyle of the vnderstanding, which endureth not alwaies, and that assaileth one with quiuering, small voice, and with an Ague, which doth also most proceéde of some inflamation or swelling in the braines. And although there be manie kindes of franticknes, yet may they be diuided into two principall sortes; the one which is caused of blod, the other of *Cholera*: out of both which, the third kind which is *Melancholia*, as a mixture doth sprout and spring.

They that be burdened with the first kind, they may adiudge al things like as they be, know what

what it is; but how to thinke of it and vse it doe they know nothing at all. They that haue the second kinde of franticknes, they doe know in their thoughts or forecast nothing at all: but adiudge much otherwise of all that euer they see then it is. For both these sortes haue you a notable historie recited of *Galen*. They which be charged with the third sort, they be so distraught of their wits, that they can neither discerne right, nor adiudge right. And now for to come to the right signes of the foresaid diseases, we will rehearse these following.

The signes of franticknes with hot Agues.

First, inward Agues, heauines of the head, drought, rednes of the eies and face, paine of the head, shunning of light, and strong motion of the pulse. Item vnquietnes, much and filthy talke, drithe and blackenes of the tongue, tumbling vp and off from the bed; their vrine white, quicke and strong breathing, crying out in the sleepe, feare, impudencie, doe not couer their priuities being vncouered; forgetfulnes of all that is passed, terrible dreames &c.

And if, besides the foresaid signes, the tongue be red and yellowe, and the vnderstanding enfeebled with much watching; then it is a perfect *Phrenitis*, that is, franticknes, with a strong Ague. For this the remedie is not to be delaied, but before they (which doth proceede of blod) do take rote, he is strongly to be let blod in the head vaine, euen till he swoune, if nature may abide and suffer it.

But if so be that the sicknes haue indured already past the fourth day, and setled it selfe, then is the veine of the forehead also to be opened on the top of the nose, and to be diligent for to open the Hemorrhoides, the which is very requisite and sure.

And if so be that for some causes the opening of a vaine be hindered, then is blod to be forced out of the nose, or at the least to set boring cups on the shoulders.

But if the cause be of *Cholera*, then is the body to be purged through Clisters, as hereafter followeth.

Take two handfuls of Lettice, Barley halfe a M. Mallowes, Mercurie, Violet leaues, of each halfe a handfull, the flowers of water Lillies one ounce, and a little bran; sethe these togither in a sufficient quantity of water: then take of this decoction twelue or sixteene ounces, put thereto Sallet oyle, and prepared Cassia, of each one ounce, extracted Prunes fiue drag. set this Clister fasting.

Another: Take Mallowes, Blites, Mercurie, Violet leaues, and water Lillies, of each one M. let them sethe togither in sufficient water: afterwards take twelue ounces therof and temper amongst it *Triphera Sarracenica* one ounce, streined Prunes an ounce and a half, oile of Violets two ounces, Salt halfe a drag. Further to purge withall, sowre Dates are especially fit; for they doe not onely expell the bad humors, but also alter them. These are thus to be prepared.

Take twelue ounces of sowre Dates, sethe them in 24. ounces of water vntill the fourth part be consumed: this decoction is to be strained through a cloth, and to giue him fiue ounces thereof at once. Item take three ounces of Manna, temper it in the decoction of Prunes, and giue it him in the morning.

But if so be that the humors be burnt, then sethe with the Prunes a fewe Sene leaues, a little Fumitorie, and *Epithymum*, of each one quarter of an ounce, the rotes of *Polypodium* one ounce, and in foure ounces of this decoction, temper the Manna and sowre Dates.

Another. Take yellow Mirabolanes one ounce and a halfe, stampt Prunes two ounces; sethe them togither in ten ounces of water vnto the halfe, or till that there remaine foure ounces ouer: then giue it so.

Or take one quarter of an ounce of Rubarbe, decoction of Prunes foure ounces, beate the Rubarbe and so temper it amongst the decoction; ad vnto it two ounces of sirup of Violets: let this stand togither the space of twelue houres, and giue it him early in the morning. But if so be that the humor be burnt, then put some Sene leaues vnto it, *Epithymum*, and the rotes of Polipody, of each one quarter of an ounce.

After these foresaid purgings, may the head vaine vpon the hand or in the elbowe, be safely opened, and boring cups fired vpon the shoulders. Also to open the *Saphea*, and to moue the Hemorrhoides, if so it seeme requisite.

If

## If this sickenesse be causèd of bloud.

TAke 12. ounces of the iuice of Plantaine, iuice of Sheperds purse and Rose water, of each fower ounces, Vineger two ounces; make clothes or Towe wet therein, and then lay them on the forehead, and so ouer halfe the head.

Item, take Violet leaues, Lettice, and pouned Barly, of each 1. M. Poppie heads, rotes of Southernwood, and water Lillies, of each halfe a handfull, Henbane, Poppie sèds, and Lettice sède, of each halfe an ounce, Cammomil, Melilot and Mallowes, of each halfe a M. Sæthe them altogether in a sufficient quantitie of the water of Sage: afterwards take a Spunge and therewith moysten from the forehead or from thence where the haire beginneth vnto the necke behinde as often as you please. Item, take the iuice of Houslæke, of Lettice, of Purslane, and of Nightshade, of each three ounces, Rose water two ounces, Vineger one ounce, temper and vse them as before; this bringeth also slæpe with it and especially, if one temper therewith two ounces of the iuice of Poppie heads: cannot you get the iuice? then take the distilled water it selfe, if you will haue a plaister of it, temper Barly meale amongst it.

Note also that these cooling things are to be vsed only in the beginning of the frenzie: for that if it be sène that the matter beginneth to yæld, there are other things to be adhibited, as when it beginneth to depart; then take a sucking whelp and take out the bowels, and so lay it warme vpon the patients forehead, or rather on the top of the forehead when the haire is shorne off.

Item, take an other whelpe (the intrailes being taken out as is sayd) bestrowe it inwardly with Henbane sède and lay it warme vpon the head, this maketh the franticke to slæpe: the same do also yong Doues and Cocks opened in the backe and layd vpon the head: or take the warme lights of a Weather, hold it vpon the forehead, when it is waxen cold make it warme againe in warme water, but wring it well out, and lay it againe vpon the forehead, and reiterate the same oftentimes.

## Of the dwelling of a frantick man, and other remedies concerning this disease.

THe dwelling of any franticke persons must be temperate, more colde then warme: Bestrow his Chamber and bed with cold herbs, as Lettice, Purslane, Houslæke, small and great Willow leaues, water Lillies, and Nightshade, haue also clothes made wet in common water, round about him pluck away all pictures out of his eyes, for that they bring fantasies and troubles vnto him, let honest people come amongst them to the end he may be ashamed; let him smell to Roses, Violets, water Lillies, floures, and Campher, whereof may also bags be made, this is prescribed for an example, how all manner of frantick men are to be gouerned, now will we procède forward.

But if it be feared that a man would become frantick, then take quick Brimstone, and Mastick, of each one drag. and a halfe, temper them well beaten with halfe an ounce of good Treacle, and giue a youth thereof halfe a drag. at once mixed with Cicory water, an old body one drag. with old wine. He is to sweate thereupon as long as he is able to indure it: doth it not help at one time: then do it mo times, but the patient is to beware of cold and wind.

Take Cammomil, the herb Dill, Roses, Marioram gentle, of each one M. sæthe them and make clothes wet with it and lay them warme oftentimes vpon the patients forehead.

Take Violet leaues, Melilot, Mallowes, Rosemary, Bay leaues, and Poppy heads, of each two handfuls, let them sæthe together and vse it as before: the conserue of Betony, of Gillowflowers, and especially of Piony flowers, is very conuenient for this aboue all other, and not only for this disease, but also against all strange fantasies, frightings and feare, the which people haue a nights and without any cause.

## A Precious water.

THis is much commended aboue all things for to kæpe men in their good vnderstanding, and to restore the same if it were lost: take May Lillies stript off from their stalkes, powre

Muscadell

Muscadell, Malmsey, or any other old wine vpon them, put this in a glasse and stop it fast, and let it so stand certaine daies: afterwards distill it through soft seething in a kettle of water. This is not only good against the frensie, but also in the dead palsey, where the speech is lost, against all faintnes, against all consumption: it repugneth also all venime, and strengtheneth the heart; a spoonefull taken thereof at once.

These franticke persons are to be alwaies kept sober in eating and drinking, as is expressed, and to vse cooling things, for necessity requireth the same: They must eschew wine, and be content with small beere and Barley water, wherein the sirup of Violets, of Roses, or of water Lillies be mixed. He is to eate Orgemond or Ptisane (called *Ptisana*) or any other water paps. Also all other cold herbes stewed, as Lettice, Spinage, and Sorrell, yea some require this order to be kept so directly, that they will not allow any other thing in the world. But regard is alway to be had to the ability of the patient: and heede must also aboue all things be taken, that this patient be not made angrie, nor feared, and not frighted; but as much as is possible to be kept with mirth.

## For to bring the sicke to sleepe and rest. §. 6.

FOr that this maladie doth bring with it much vnnaturall watching, therfore it is needefull to write somewhat thereof, for that is very hurtfull in the disease, because it doth drie the whole bodie, taketh away the appetite, troubleth the mind, contracteth the sinewes, weakeneth the wits: also causeth some Ague, and bringeth with it other inconueniences moe; as also the losse of sleepe, which is a very bad signe in all whot diseases.

The causes why one cannot sleepe are many, as anger, sorrow, paine, heauy thoughts, a full and crude stomacke, hard meates; as Toadestooles, Beanes, Dinions, and Mustard seede, the which doe all bring terrible dreames: Also when there is an impostume in the braines, great disquiet, barking dogs, and such like moe which may hinder the sleepe: these are the common causes which doe keepe one awake. But how the same is to be redressed, and how that the reuiuing sleepe is to be restored, shall be shewed hereafter.

But now to prosecute our method, there be in the frensie (called *Phrenitis*) which is with strong Agues, these things following prescribed.

If it happen that this patient can attaine to no sleepe, like as it commonly chanceth in such diseases, whereby the sickenes is agrauated; then may the sleepe be prouoked well with inward and outward things: whereto these safe remedies are very meete.

Take womans milke, of one that giueth sucke to a daughter, foure ounces and a halfe, the braied whites of foure egs, and white pouned Poppy seede as much as is needefull to make them to a salue; spread thereof vpon the forehead and the temples. Take the sirup of Poppy heads, the water of white water Lillies, and oyle of Violets, each alone or mixed togither, and vse them (as hath been said.) Take Henbane seedes, and seethe them so long in wine vntill it be thickish, annoint the temples of the head, the nose, and eares therewith: this is very strong, but vse it not but only in great neede. Item, take Poppy seede, & Henbane seede, of each a like much, beate them small, and temper them with the white of an eg, womans milke, and with a little Vineger; vse them as before. When one is come out of his naturall sleepe, or enfeebled in his wits, then make a spunge wet in this water following, and lay it warme on his forehead and on the temples of his head: being waren cold it is to be renewed.

Take Lettice, Violet leaues, pilled Barley, Poppey heads, the rootes of Mandragora, the white water Lillies of each a handfull, Henbane seede, Poppy seede, Lettice seede, of each one quarter of an ounce, Cammomill, Melilot, and Mallowes, of each halfe a handfull: let this seethe togither in water.

Take Cassia wood one drag. *Opium* two drag. and Saffron one drag. make a powder thereof, and at the most take one scrup thereof, let it steepe in Vineger and Rose water; annoynt the temples with it, it is very strong and safe. In like manner will be for this (amongst the common things) *Oxyrrhodium* vsed: whereof some stand described in the first Chapter and second §.

## A Salue.

TAke one ounce of Poplar salue, oile of Violets halfe an ounce, Henbane sædes, the rotes of *Mandragora*, of each halfe a drag. Saffron, Cassia wood, of each one scrup. temper this togither: the slæpe was wont also to be procured with this following, binding it about the necke, and to lay it vpon mens priuities, and womens brests.

Take colde water and Rose water, of each fiue ounces, vineger one ounce and a halfe, wet a double linnen cloth therein, and lay ouer it.

Item, take the herbes of cold natures, as Willow leaues, water Lillies, Vine leaues, and Lettice, sæthe them in water, and wash the foresaid place, also the hands and fæte therewith. This doth also, to set the hands and fæte in colde water.

## A potion and such like to procure sleepe.

TAke white Poppie sædes halfe an ounce, rotes of *Mandragoræ*, Henbane sæde, of each halfe a drag. vnbeaten Saffron fower graines, stampe them all togither, and binde them in a cloth, and then lay them in stæpe in fiue ounces of the water of water Lillies the space of fiue howers, afterwards wring it out, and giue it to the sicke person two howers before supper or dinner, from one ounce vnto three ounces, according to importance of the sicknesse and habilitie of the patient.

Item, take water Lillies twelue ounces, *Opium* one drag. stæpe them togither in three pintes of Malmsey the space of 24. howers, then cast therein one quarter of an ounce of Salt, white beaten Poppie sædes halfe an ounce, Henbane sædes one quarter of an ounce, Lettice sæde three drag. distill the same in sæthing water, whereof you are to giue going to bed, from halfe a drag. vnto a drag. This is strong ynough for to cause the patient to slæpe fiue howers: wine doth also prouoke slæpe if one drinke somewhat excessiuely; in like sort also wine of Wormwood, yet that driueth away heauie dreames.

## A confection and what else may be taken.

TAke conserue of Violets and water Lillies, of each one ounce, white Poppie sædes, white Henbane sædes, of each halfe an ounce, Ginger three drag. temper this togither, and when you go to bed, then take the bignesse of a Hasell nut rather more than lesse; the Ginger is put thereto, to the end that his power might penetrate.

Another. Take white Poppie sædes, Endiue sædes, Lettice sædes, and Purslaine sædes, of each two ounces, Melon sæde pilled, Pompion sæde, Gourd sædes, and Cucumber sædes, of each a drag. and a halfe, *Mandragora* apples one ounce and one quarter, Saffron, Cammomill, Dill sæde, of each one drag. and a halfe, *Lignum Aloes* one drag. Sugar twelue ounces, honie of Violets fiue ounces: the Sugar and honie you are to sæthe in the water of water Lillies vntill it be thicke; when it is almost cold, temper the other beaten small amongst it, and vse it as before from one quarter of an ounce vnto halfe an ounce. It is good for frantick persons to annoint the forehead, the temples, the nose and the pulse vaines therewith, or to take it with the water of Lettice one hower after meate.

## Another not so strong.

TAke white Poppie sæde three quarters of an ounce, the sædes of Violets, of Lettice, of Endiue, of each one quarter of an ounce, pilled Melon sæde, Pompion sædes, Gourd sædes, Cucumber sæde, of each halfe a drag, Sugar one quarter of an ounce, temper this as thicke as you will haue it, with the sirupe of Poppie sædes.

Here may you see that Poppie sædes are vsed almost in all receipts for the slæpe, likewise all that is made of Poppie is good to procure slæpe, as the confection *Diapapauer*, *Loch de papauere*, *Syrupus de papauere*, and *Diacodion*.

A powder. Take Lettice sæde and white Poppie sæde, of each halfe an ounce, Endiue sæde,

Henbane sæde and Ginger, of each one drag. Sugar sower ounces, make a powder thereof.

But if all these things will not helpe, then must *Opium* of necessitie be vsed, to the ende that nature may get some rest. But with what prouidence this is to be vsed, that do all experienced Phisitions sufficiently knowe, without whose counsell the same is not to be done.

## Of the ouerheated children, when they awake out of sleepe.

TAke water Lillies or Purslaine, Vine leaues, Willow leaues, and Poppie sæde with the heads, of each one handfull, let these sæthe togither in a pot of water, when it is then lukewarme set the childe his fæte therein, and stroke him well downwards, likewise also from the shoulders to the elbowe. This ensuing is much more safe and expert than any thing else annointed on the temples of the head.

Item make a cloth wet in his mothers milke, or if the same be not to be had, in warme Goates milke, lay thereof vpon the forehead, and on the temples of the head, it coleth well, and also causeth to sleepe.

## Of *Mania*, another kinde of franticknesse, which we commonly call Madnesse. §.7.

IT is discouered how that the *Mania* is a mad *Phrenesis* without an ague, and is described by the learned, and defined after diuers manners, which are meete to be here rehearsed. *Mania* (some say) is a distemperature of the vnderstanding, which altereth the right and reasonable thoughts, with losse of voice, of wit, and of iudgement, which were good in health.

Other say thus, This *Mania* is a dotage or madnesse, and therefore a disease of the minde, which no otherwise distempereth the minde, but as any other sicknesse of the bodie, whereby can be no health. In fine, it is such a *Melancholia*, in case that it begin to rote in one, that they become raging mad, and must be bound, yea that the common man meane no otherwise but that he is possessed with a spirit.

The chiefest signes of *Mania* be these, vnstedfastnes, alterations in words and dædes done without sense or reason, like as much talke and prating, much waking, leaping, great troubles, and such like.

But if they be caused of a cholerike *Melancholia*, then is the patient the more vnquiet, and so much the more inclined to chyding, calling, and great madnesse: but if it be mixt with burnt blood, then do they only rage, and hold also their peace otherwhiles, the which commeth straightway againe afterwards with so wonderfull much talke, that they are hardly induced to holde their peace: they will be leane ouer all their bodie, they haue heauie dreames; spet out otherwhiles some gall, which falleth sæthing vpon the ground; their pulse is slowe and weake, and their arteries hard.

This is verily a terrible sicknes not onely for the patient himselfe, but for all them that doe assist and keepe him: and is cured through the same meanes that are prescribed for *Phrenitis*, and for this *Melancholia* following.

## Of *Melancholia*, or *Dementia*, a woonderfull madnesse. §.8.

THis word *Melancholia* is to be taken after two waies: First, for one of the foure humors of a mans bodie, the blacke part of mans blood, whereof we haue as yet not admonished. Secondly, for a certaine sickenes which annoyeth and weakeneth the braine and minde, with great trouble and heauines; and is thus described. *Melancholia* is a corruption of the iudgement and thoughts altered from their naturall kinde, into an vnnaturall and spoyled maner, tempered with feare and care: through which the blacke blood causeth a troubled and changed spirit; like as it is also true, that it is common with all melancholicke persons (be it of whatsoeuer cause that it will) to be alwaies fearefull and sorowfull: and if you demaund of them the occasion, they know not to declare or alledge any occasion vnto you: they be so full of fantasies and marueilous imagina-

tions.

tions. Otherwhiles they be weary of their life; neuertheles they shun death: they complayne not any otherwise but that they be persecuted and murthered, or that soue wilde beasts will deuoure them; yea some be also moued in their wits; albeit that they feare death much, neuertheless sometimes destroy themselues. Other also being infected with this disease, they fall into ridiculous fantasies: (for an example) like as we doe reade in *Galen* of one that had a strong imagination; so that he thought he was an earthen pot, that he therefore shunned the way from all such as met him, fearing that they would breake him.

There was another that so surely minded the fall of the Gyant *Athlas*, which should carrie heauen, that he thought that he also caried heauen, and was so weary therof that he could no longer carrie so great a burthen, and yet would not cast it downe for feare he should bruse himselfe and all men in the world to fitters.

Some suppose and imagine that they be Emperors, Kings, Wolues, Diuels, Foules, and what may be more, some weepe, som laugh, others shun the water. Also it hath bæn sæne before times that learned men being plagued with this disease, afterward did not know one letter. To the contrary, vnlearned men did know wonderfull artes, could speake strange languages, who also prophesied: And others that did those things that sæmed to be against nature. Some feare the things which be not to be feared, nor neuer can come to passe. But in this they be like to fearefull men, yea all those men who alwaies feare darkenes: for like as such outward darkenes bringeth feare with it; so doth *Melancholia* also cause a darke blacke blood, which maketh darkenes in a bodies minde, and a feare withall.

This is also a cause wherefore the melancholicke persons are easily possessed with the falling sicknes.

The cause of these melancholicke fantasies doe procæde most from the nature of the meate which ingender melancholike blood; to wit, all Venison, but especially Hares, Conies, and all old flesh, whether it be of oxen, Goates, Bucks, Kine, wilde Oxen, and rather if they be salted then fresh. meates engendring melancholie.

Also of great sea fishes, Salmons, Sturgeons, &c. The like also of all herbes which do not moysten, especially of Colewarts, and all other Pottages, as Beanes, Lintels, Pease, &c. The blacke thicke Wine, old Cheese, vnleauened bread, and such like, doe also increase Melancholie.

The melancholicke persons are also to beware of great labour, sorrow, heauie thoughts, much watching, from great hunger, and great thirst; and eschew also great cold, drie countries and dwellings.

To the contrary is also good for them, young Mutton, Kids, Lamb, Pullets, Hens, fresh flesh broth, Egs, and whatsoeuer els is easily to be digested, and maketh good blood; as Burrage, Buglosse, &c.

His bread must be white, light and well raised: To bathe oftentimes without tarying long in it, is very meete for them. In like manner the hearing of musicke and all mirth, and all well sauouring and odoriferous things carried about them: this is now a generall rule for all those that be assailed with this Melancholie.

But forasmuch as this griefe of the minde, or heauines, doth commonly procæde out of two parts of mans bodie, as out of the braines, and the Milt or Splæne; therfore is good hæde to be taken, viz. when these grieuous thoughts and fantasies doe assaile a body, as feare, sorrowe, and also when anger doth get the masterie, then it is a signe that the Melancholie procædeth out of the Splæne, and that the rather when it appeareth with swelling, and ache in the belly, loathsome colour, lost appetite, and vomiting: if it then come so farre that the patient doe disclose his thoughts in words or dædes, then it is a signe that the melancholie hath fast setled herselfe, and that it is high time to vse good aduise for it: for if this maladie do take rote, then it is vncurable. Therefore first the Liuer vaine is to be opened in the hand; and if the blood be blacke, then let it blæd as long as the sick person may suffer it: but if it be faire red, then stanch it presently againe. And if with this franticknes were not the foresaide signes, but that this Melancholy (according to the frensie) were caused through long continuance in the sunne, or that the patient be beaten on the head, then is his head vaine to be opened, and he is also to vse purging, and meate as is beforesaid; his head is to be irrigated with warme water from on high, and afterwards to be annointed with oyle of Roses, Vineger, and womans milke, and let him smell to things which

cole of nature, as Roses, Violets, Sanders, Camfere, &c. In fine that which is before prescribed for frensie, and in the first part of this booke for *Cephalæa* and *Hemicrania*, is also good for this purpose.

And if so be that none of the foresaid signes be present or apparant, then doth the melancholie not aggreeue the head only, but it hath also communion with the heart and lyuer. For this, the Vedian must be opened, and the sick person gouerned (as is said before) a certaine space, otherwhiles holding vp and intercessing, and then to begin againe with phisicke, and continuing this so long, till he be throughly whole.

Now in generall to write of this sicknes, it is first to be noted, that no medicine is méete for this which purgeth by vomit, for because that the matter is heauie of it selfe, it doth couet to be purged by stooles, therefore it is good that he vse some preparatiue potions, according to the aduise of a learned Physicion, and according as the patient is able. Some also commend for this a potion of *Epithymus*, thus prepared.

## A Potion of *Epithymus*.

THis decoction or potion doe we héere describe to be made after three manners, the which also is a sure signe that the same as well by the auncient Physitions, as of later time, is of estimation and prise.

The first maketh *Rasis* thus, take Mirabolanes Indi one ounce and a quarter, the rootes of Polypodie fiue drag. Sene leaues nine drag. Turbith halfe an ounce, *Epithymus* 10. drag. séethe them altogether (except the *Epithymus*) in 36. ounces of water; then at last cast in the *Epithymum*, afterwards take it from the fier and let it coole: straine it, and reserue it.

The second manner. Take *Epithymum*, Stechas, *Mirabolani Indi*, of each one ounce, *Mirabolani Chebuli, Emblici, Bellirici, Turbith*, the hearbe Piony and *Agaricus*, of each two drag. and a halfe, Polipody rootes, and Sene, of each three drag. Fumitory, *Squinant*, of each one drag. and a halfe, rinds of black Helleborr rootes one drag. *Salgemme* two scrup. Corans three quarters of an ounce; séethe them altogether (except the *Epithymum*) in a pot of water a good space, then put thereto the *Epithymum* at the last, and let them séethe vntill three parts remaine: when it is luke warme, then straine it, and kéepe it in a cold place couered.

The third manner. Take Fumitorie, Endiue, Cicory, of each one handfull, rootes of Polypody three quarters of an ounce, *Cuscuta*, Sorrel, Buglosse, of each one handfull, *Thymus*, *Epithymus*, of each one ounce and a quarter, Corans one ounce, Dates and Figs, of each one ounce, Sene leaues 7. drag. *Turbith* three drag. *Agaricus* halfe an ounce, séethe them altogether in a pint and a halfe of water of Fumitory, vntill the third part be spent; then straine it and lay to kéepe in this warme decoction two drag. and a halfe of good Rubarbe, Rindes of *Mirabolani Chebuli* one drag. and a halfe, Indi one drag. let them stand together: wring it oftentimes out, and kéepe it vntill you haue néede of it.

But before this potion, these pils are first to be vsed: take *Agaricus* two scrup. *Aloe* one drag. Indy salt, halfe a drag. black Helleborr halfe a scrup. make as many pils as you will with it for to take at twice. Three howres before the potion also you may in stéede of these pils, vse the confection, Hamech, or *Diasena*. When as now it hath thus béene continued certaine dayes (according to the abilitie of the patient) then let him rest three dayes, and liue soberly (drinking small white wine, and then purging againe as before) and so vntill foure times one after another, for (as is said before) melancholy is wonderfull hard to be purged. In fine, delay is in no wise méete, and the Phisition is to do his very best for to make the sicke person fat, for if that can be effected, then shall he quickly recouer his health.

And if it chaunce that he could not vse this potion, then may he take in stéede thereof the pils which expell blacke Choler, yet to vse alwayes before some preparatiue medicine, for which you are according to the importance of the cause, to follow the aduise of a learned Physition. This potion following is very conuenient, take *Mirabolani Indi* one ounce and a halfe, dried Prunes one ounce, séethe them together in 8. ounces of water, euen to the halfe: afterwards straine them through a cloth, then dissolue therin two ounces or two ounces and a halfe of Manna, and vse it in the morning betimes. All the time that he shall rest, may he vse these things, as *Lætificans Almansoris*, the which is thus prepared: Take Balme, the pils of Citrons, Cloues, *Gallia Muschata*,

Lætificans Almansoris.

*Muscata*, Mace, Cinnamome, Nutmegs, Cardamome, red and white Behen, Pionie sæde pilled, Seduarie great and small, Basill sæde, of each one drag. and a halfe, Muscus nine graines, afterwards 20. *Mirabolani, Chebuli*, and 30. *Emblici*, powre twelue ounces of water thereon, bray them so long in a mortar, vntill the fift part remaine: afterwards straine it through a cloth, and mixe therewith fiue ounces of clære honie: sæthe it so long, vntill all the water be consumed: waigh that which is ouerplus, and temper alwaies with twelue ounces of this decoction, one quarter of an ounce of the foresaid spices, or one ounce and a halfe in the whole quantitie, and then make a confection of it. But if you will haue tabulats or rotuls, take vnto twelue ounces of Sugar one ounce, or at the most nine drag. of the foresaid spices; you shall take of the confection the quantitie of a Hasell nut; it strengtheneth all the principall partes of mans bodie, and helpeth much the naturall warmth and concoction; it withstandeth all grieuous thoughts, and maketh also merrie, and a good colour.

## A very precious Confection.

TAke *Lignum Aloes*, Cloues, *Cardamome*, *Amarantus* which is burnt to powder, Roses, Burrage, and flowers of Bugloss, of each one quarter of an ounce, parched hasell nuts halfe a drag. sweete Almonds, and *Iuiubes*, of each one ounce, prepared fine Bolus 3. drag. Annis, Fennel, of each two ounces, Saffron two scrup. *Doronicum*, Harts bones, Seduary, Jacinth, Smaragd and Saphires, of each one scrup. prepared pearles one quarter of an ounce, Basill sæde one drag. 8. leaues of beaten gold, you are to sæthe this together in the iuice of *Chamædryos*, of field Cypers, and iuice of Bugloss, of each thrée ounces, vntill all the iuice be consumed. But note, that the precious stones, golde, and Saffron must not be sodden with it, but be at the last tempered amongst it. Of this is to be giuen in the morning early thrée drag. in a draught of wine before dinner and supper, one drag. and a halfe to eate, and halfe an ounce of conserue of Bugloss after it. This is especially fit for the burnt melancholie, of whatsouer occasion the same doth procéede. If you will vse it also in *Mania*, minister it with the water of Violets, and of water Lillies. Now for to prouoke slæpe, you are to giue the decoction of Poppie heads, or lukewarme water of water Lillies one quarter of an ounce, and that two howers after supper.

## Another confection.

TAke burnt silke, prepared Corall, of each halfe a scrup. burnt Harts horne two scrup. prepared pearles one drag. Cardamome sower scrup. prepared Pingles two ounces, Hyssope and Licoryse, of each two scrup. Nutmegs, Cloues, Mace, Indie Spica, Cypers rotes, Cucubes and Galingale, of each one drag. and a halfe, Cinnamome one quarter of an ounce, Saffron one scrup. white Sugar 24. ounces, sæthe this with Bugloss water, vntill it be as thicke as honie, and then temper the rest with a little Muske amongst it.

## A Powder which is much commended.

IT is said that it hath béene many times found, that they which had this melancholike passion, haue onely through this powder recouered health both of bodie and minde.

Take *Epithymum* one ounce and a halfe, Azure stone, *Agaricus*, of each one quarter of an ounce, *Diagridion* one drag. 20. Cloues, this being beaten togither and tempered, you are twice a weéke to giue thereof, but at the most one quarter of an ounce at once. Or you may vse for this the confection *Diamargariton*, and all that is described before for the strengthening of the head, and shall be described hereafter for the comforting of the heart. To moisten the drie braines in this *Melancholia*, take the broth wherein the head of a Weather, or the fæte be decocted: let certaine Poppie heads be sod fiue or sixe waumes, and so lay thereof wet clothes vpon the head. Or take the flowers of Borage, of Bugloss, *Thymus*, *Epithymus*, of each a like quantitie, sæthe this togither, and wash the head therewith.

Take the iuice of Borage, and of Fumitorie, of each sixe ounces, foment therewith the head

with a sponge which is made wet therein: if you cannot get this iuice, then take the water of the same herbes.

Neesing is also very fit for this vse: and that is to be prouoked like as is taught in the second Chapter and 2. §. The learned do aduise, that in this disease, after the purging, the head before and behinde aboue the necke is to be cauterized euen to the very bone, and to holde the holes open the space of 14. daies. In fine, to reherse the whole manner of curing this Melancholie, it consisteth onely therein, that the blacke Melancholike blood is first and last to be purged, through all meanes possible. Also good heede is to be taken vnto the Lyuer, and the phisicke to be ordained thereafter.

## Of the Palsey in generall. §. 9.

THis is indeede a swift, grieuous and terrible disease, which (like as is said before) hath his offspring from the braine. It is of diuers natures, each one worse then the other, which we will comprehend in fiue kindes: the first is *Lethargus*, which is the sleeping sicknes: the second is *Stupor* or *Tremor*, which is astonishing and quaking, which some call the small Palsey: the third is *Paralysis*, that is the right or dead Palsey: the fourth is *Epilepsia*, which is the falling sicknes, and all kinds of such like paroxismes, sometimes in old men, and otherwhiles in young children: the fift is *Apoplexia*, that is the most grieuousest, which not without reason, we doe call the power or hand of God.

Because that these said sicknesses doe resemble each other in many things, therfore we will before all briefly discouer what difference there is betweene them, and wherein they doe accord togither. First therefore *Apoplexia* and *Epilepsia* haue this difference, that the last mentioned is placed before in the head, the man fallen neither calleth nor cryeth out, the sinewes stirre, and are contracted towards the braine, he hath the breath almost wholly free, and commeth quickly to himselfe againe. To the contrarie, the *Apoplecticus*, or he that is stroken with the dead Palsey, the sicknes is ouer his whole head, cryeth in falling, the sinewes will be slacke, they haue a grieuous or no breath, and come slowlie to themselues: but they resemble each other so like, that they be both caused of flegmaticke humors in the braine.

The Palsey or *Apoplexia*, is also differing from the numbnes and sleeping sicknes, which is *Lethargus*, *Subeth*, and *Congelatio*: but in *Congelatione*, there is no restraint of the breath, as there is in the Palsey: secondly, that it forcibly assayleth the sicke persons; they thrust, crie out, & such like, which is nothing so *cum Apoplecticis*.

Thirdly, that the sleeping disease commeth slowly, and the dead Palsey very sodainly. But herein they accord, that all they be altogither depriued of their vnderstanding. *Subet* or *Stupor* doth therin disagree with *Lethargus* and *Congelatio*, that at the last there assaileth in *Lethargus* an Ague, & an impostume in the hinder part of the head: where contrariwise *Subet* or *Stupor* commeth without an Ague, and alwaies without any sorenes, and in the forepart of the head.

## Of the sleeping disease *Lethargus*, *Veternus*, *Torpor*. §. 10.

THe nature of this disease is cleane contrary to the foresaid frensie: for that like as they be plagued with an immoderate watching; so are they in this sicknes vexed with an insatiable sleeping. It beginneth first with an alteration in the colour in the skinne ouer the whole bodie, and with a feeble pulse, sometimes with a small, and otherwhiles with a great and hurtfull ague. It is also caused out of a colde moisture of the head and braines, whereby not only the vnderstanding is enfeebled, but is for the most part alwaies so spoiled, that they vtterly forget all that they do speake, heare and see. The which also the Greeke name *Lethargus* doth signifie; for this cold slime doth through his toughnesse obstruct the hindmost tunicles of the brains, where the memorie hath hir seate. Amongst many causes this is one of the commonest, namely, all that augmenteth melancholie, that causeth this sleepie sickneese: but which they be, looke in other places, viz. where the melancholie is described, which the first Register discouereth especially. This maladie is caused of all meate and drinke which ascendeth towards the head, as Dittons, Garlicke, Penniroyall, Mustard (howsoeuer they be dressed) and such like moe: Also if he ouercharge himselfe, liueth in filthinesse, sleepeth much, and especially lieth on the backe,

whereby

whereby that the heauie flegmatike vapors do ascende into the hindermost parts of the head, which do cause there otherwhiles an impostumation or depravation of the vnderstanding, and sometimes much gaping or yawning.

Here is also to be noted, that there be fower kindes of diseases contained and comprehended amongst these sléeping sicknesses.

First, *Lethargus* it selfe; *Congelatio*, which is the numnesse; *Stupor*, that is, senselesnesse; *Subet*, which is called of the Arabians, a very déepe sléepe. And although it appéere that all these be one kinde of sort, neuertheless they haue notable differences.

The numnesse and sléeping sickenesse do therein accord, viz. that they do both infect the hinder part of the braine, do take away vnderstanding, and all sensiblenesse, and preferre forgetfulnesse.

But they disagrée herein, that in *Lethargo* the eies be shut; and in the numnesse they remain open, like as is sufficiently shewed before in the 9. §. But to the end we might speake somewhat of their signes, these are the commonest; small continuall agues with a déepe sléepe, and the patient lieth alwaies with closed eies; if one call him, he openeth the eies, and shutteth them close againe by and by; the pulse is strong, but slowe and sweatie, with forgetfulnesse of all that is past and done, and of present things, yea in such manner if they aske for meate and drinke, they forget to shut their mouth to: they drawe their breth slowly, and with great trouble; the going to pisse or stoole is alwaies thin, the vrine thicke and troubled, as of a fower foted beast. If all these signes (or any of them) be marked, then it is easily to be adiudged, that it is none other but the sléeping disease. But if there befall something else with it (whereof it were too long to write) then do these foresaid signes alter and change.

Now for the first meane all diligence is to be done, to let and stay that these sicke persons fall not in any déepe sléepe, through the strong binding of the outward members, like as is taught in the ninth Chapter and second §. and in other places of the Hilling of the eares, frothing and rubbing the same hard: also the plucking by the nose or beard, and women by the haire of their priuities, lowd crying, and making great noise, yea if it were nédefull, by fearing them, to the end they may be sorrowfull.

Some Phisitions begin first the cure with letting blod and opening of the head vaine: and if there be no other occasions which may let and hinder it, few daies after the vaine on the forehead aboue the nose. They also do further the bléeding at the nose, by thrusting in of swines bristles and such other. Afterwards they vse strong Clisters, and two or thrée daies afterwarde néesing powder, for to expell sléepe therewith: and if all these will not helpe, then is one to loke if he can bring the patient to parbraking and vomiting, whether it be through thrusting in of his fingers, feathers, plumes, or ware candles into the throte, or through the iuice of Radishes tempered with *Oxymel*, or taking a Radish, sticking here and there into it péeces of blacke Hellebor laide all night in a celler, taking out the rootes in the morning, and boyling the Radish in water, and straining it through a cloth: tempering therein one drag. of Saffron and fower ounces of vineger, whereof two spoonefuls are to be giuen him immediately after meate.

## The order of Diet.

BIcause that this maladie is short, and inclineth spédily to life or to death; therefore is no great héede to be taken for meate and drinke in this sicknesse: but thin Weade must be his onely drinke, for it digesteth and expelleth. Also he is to occupie the broth of Fitches and Barly decocted with Hen broth: it is a commodious meate for him; but of all fruites, and one drag. meates of cold nature, he must beware.

But as much as concerneth the foresaid Clisters, we shall speake thereof when we discourse of the *Apoplexia*: for thereby be the braines discharged from all that hurtfull matter. You must also instéede of the same, vse these suppositories: Take stone salt, and beaten Beuercod, of each clarified Honie two ounces: make métely thicke and long suppositories of it.

For to purge, this ensuing is very requisite: Take *Hiera Picra* halfe an ounce, Honie water thrée ounces; it is thin and bitter: or breake the Pils *Cochiæ* one drag. Sirup of Roses one ounce, in thrée or foure ounces of honie water: also he must drinke sometimes of this honie water following: Take foure parts of water, and one part of honie, séethe it so long as it will cast

vp any skum. The aboue mentioned *Oxyrrhodinum* thrée dayes together layd vpon the head is also much commended. Or make this water, *Stechas*, Rue, Mariorum gentle, Mariorum, Bay leaues, Hyssop, and Nep, of each halfe a handfull: sæthe them altogether in sufficient water vnto the halfe: dip a spunge therein, and apply it warme to the head. This foresaid water may from on high be irrigated vpon the head, and the herbs being wrung out to be laid in a little bag on the top of the head.

Item, take Pigeon dung, temper it with Hony, and so lay it vpon the head; you must rub well the neck with Lilly rootes or with Squils. For this are also good all these oyles ensuing vsed each by it selfe or mixed together, as the oyle of Beuercod, of Spike, of *Piretrum*, of Mustard sæde, and oyle of Bayes, the iuice of Rue, or the herbe decocted in Wine, and layd in the neck, is very highly commended.

Because then the causes require (like as is sayd) that the head be purged through næsling, take the things whereof we haue at sundry times spoken, like as the first Register shall shew thée: if it be nædefull to purge yet more, you haue further instructions for it in the foresayd places, where we haue discoursed of the Palsey.

Lastly, the patients haire is to be shorne off, and afterwards he must haue the head annointed with a salue of Mustard sæde, Beuercod, and Vineger tempered together, for it is strong and hote for to consume all melancholick humors in the hinder part of the head. There may also those things be vsed for it which are ordeined for the Palsie, which be worthie of obseruation.

## Of Numnes and Astonishing, which is *Stupor*, *Congelatio*, whereon dependeth *Tremor*, which we call trembling.

### §. 11.

THe second kinde of this slæping disease haue we ascribed to *Stupor* and *Tremor*, that is, the numnes and trembling which commonly follow each other.

What the first is for a disease, that is discouered in the beginning of this our booke, *viz.* a strong cold, which comprehendeth the hinder part of the head (like to *Lethargus*) and maketh vnmoueable and senceleſſe the partie affected, and therefore is likened therein to the *Paralysi*, for that also (as is sayd) it is called a small *Paralysis* or Paulsie. In this sicknes the patient lieth none otherwise then as if he slept, but hath the eyes open, and stirreth neither the eye lids, nor any other member of the body. If they do get this numnes, as they stand, they remaine standing, or as stiffe as a sticke: if they get it writing, so do they continue sitting, as if they wrote: or if they get it with loking into the Skye, so they also remaine seeing without any alteration; whereby then the common people do get an vnbeliefe, saying, that they be taken away, and that they spake with God or with an Angell: amongst which otherwhiles Sathan doth mingle his wiles, whereby some do take and hold them for Saints, like as they sometimes shew forth, that they haue séene meruailes in Purgatorie and in heauen. In fine, these be likened to Idols, that do not sée with open eyes, do not smell, nor heare, do not speake with open throate, neither go on their legs, like as the Psalme saith. This numming or stifnesse doth also most commonly take one in their slæpe, that is, if any one haue a leg or a foote stiffe, like as the learned and we also call it slæping, and hath lost for the space of a certaine time his fæling, and motion, the which hapneth if that one member lye too hard vpon the other, whereby the vitall spirits are kept backe: but with what infirmities of the braine this numnes agrées, is sufficiently before rehearsed and shewed.

This disease is to be holpen as the slæping sicknes *Subet* is cured, as you finde written in the first Chapter §. 6. and afterwards of *Cephalæa*: but for this is especially commaunded not to tarry long from taking of good aduise, for that if one let this numnes grow olde, then followeth after it a perfect palsey.

Therefore, if any body haue their fæte or other member benumned, or will ware stiffe, then are the remedies to be vsed for it, which are good for the palsey, and those that shall be hereafter described, and a good diet to be obserued in eating and drinking. Also all such meates to be chosen which be warme and dry by nature, as Pullets with their brothes, and all other Fowles which make their abode in the hilly countrie. If this patient may also be brought to sweating, it would be very good. The neck and all other stifned members are euery where to be annointed

with

with *Dialthæa*, or *Martiaton*: for this is also good oyle of *Costus*, with a little Beuerod tempered amongst it, which is speciall good for trembling. But if the maladie ware old, then purge with the pils *Cochÿs*, and vse otherwhiles the confection *Anacardina*, which is also much commended for the same: or take the oyle of Elderne flowers one ounce and a halfe, temper it amongst one quarter of an ounce of *Euphorbium*, and annoint the head therewith.

In like manner the head may also be annointed with the oyle of Elderne leaues, Beuerod, and of *Euphorbium*, or vse this water following, which is more milder.

Take Burrage, Buglosse, Fumitory, *Stechas*, *Tymus*, *Tymiama*, of each halfe a handfull: sæthe them altogether in sufficient water, and let the head be therewith irrigated warme, or made moyst with a spunge. The næsing is also very requisite, and this is to be done in the nombnes or stifnes with black Helleboor, by reason that the same vehemently riddeth away all melancholy, whereof two kinds are hære described. Clisters are also very commodious for this kind of numnes, take Mercurie, Baulme, Sene leaues, rotes of Polypody, Burrage, Buglosse, Annis sæds, and Fennel sæds, of each halfe a M. Also take Bran, sæthe all these together in sufficient water, and take thereof 12. or 16. ounces. Temper amongst it *Hiera Ruffi*, *Logodionis*, of each halfe an ounce, oyle of Rue foure ounces, salt halfe a drag. then make a Clister thereof.

The second. Take Burrage, Buglosse, both the rotes and herbs, Fumitory, Mercury, of each one M. *Cuscuta*, Fennell, *Tymus*, *Tymiama*, *Stechas*, and *Amaranthus*, of each halfe a M. also a little Bran: sæthe this altogether, and take of this decoction as much as before: afterwards put more thereto, oyle of Lillies, and Honie, of each one ounce and a halfe, *Sal gemma* one drag. *Hiera Logodion*, or *Ruffi*, three quarters of an ounce more or lesse according as the patients ablitie requireth.

## Of the shaking Palsey. §. 12.

Concerning the shaking Palsey, the which is a kinde of this forementioned disease, it is therefore added to the numnes, for that they both proceede from one kinde of cause.

There be diuers spices of this, which are hære especially reckned amongst the contagions of the braines, although they be caused through some offence or perishing of the sinewes, and are thus described. The shaking is a continuall strife of the naturall powers, which willingly and after a naturall manner are rayled without ceasing, and is ouercome by sickneſſe. Also, this shaking is a weakening or deminishing of motion.

This hapneth of many causes, as if one loke from great height into the depth, or like as any body should speake to a seuere Prince, a Tyrant, or an other great Sir, or Ruler; or if one sæ any deuouring beast before his eyes. Also this shaking or trembling commeth of great anger, great ioy, hard binding, through great cold and darknes, like as dayly experience sheweth. Item through great heate, vnbridled incontinencie, much blæding, and also when there is little bloud and spirit extant, as one sæth by them which be recouered of a long sicknes. But because that it plainely appeareth by the foresaid reasons, that this disease is caused by diuers meanes and accidents, therefore there be generally diuers remedyes appropriate vnto it, wherefore if it proceede of perishing of the sinewes, and cold causes (like as it most commeth to passe) then is to be vsed for it all that is ordained for the Crampe and Paulsey. Generally of all other herbs there is praysed for this, three leafed grasse, Comin and *Stechas*, whether it be in Clisters or otherwise: of oyles, the oyle of wilde Cowcumbers, of Dill, of Cleauers, *Articoca*, which herbe is maruelous forcible against the shaking or trembling.

For his meate, are very mæte for it the braines of Hares, yong Stares, and yong Beuers, and also for all other diseases of the sinewes. These Clisters following are also to be vsed, take Centory, wild and garden Sage, Rue and Cowslips, S. Johns wort, and Mercury, of each halfe a M. also pæled wild Safron sæde one drag. Rue sæde, Basill sæde, siluer mountaine sæde, of each halfe an ounce, *Agaricus* fiue drag. *Stechas* and *Amaranthus* of each halfe an ounce: let them sæthe together in sufficient water, take 12. or 16. ounces of this decoction, Hony, and oyle of Lillyes, of each one ounce and a halfe, *Sal gemma*, *Pil. Cochiæ*, of each halfe a drag. temper them well for a Clister, this is also good for the paulsey and stifnes, but if the trembling come of

excelle

excesse drinking of wine, then is the same to be forborne, or at least tempered with Sage water, or common water wherein Sage is decocted: Meade is much more mete for this then wine, or common water tempered with the iuice of Pomegranates, or Veriuice. There is also to be demanded, what the cause is that the head alwaies shaketh most of all, and next after the handes; like as by experience is seene. The answere: For that the braine is a very flegmatike part, the which imparteth her moysture to the other members. And for that the hands are next of all to the head with their sinewes, & far from the naturall warmth: they are also most annoyed with outward causes, for that they be seldome couered. Now that one may chiefly helpe this shaking of the head (out of which might procede much damage) first is the patient to eschew all moyst and colde meate, as fish, and especially sodden Crabs and Eeles. He is also to refraine from Spinage, Bætes, Purcelane, Cowcumbers, and such like herbs, and all that is made of dowe, except leauened bread. Item from all sortes of pottages, except red and white Pease, and Rise. All fruit is also hurtfull vnto him, except Orenges and Limons which be preserued. Milke, and all that is made of Milke is he to shun like poyson; and if he loue his health, he must drinke no wine. But his meate is to be wheaten bread with the brande: Also Veale, Kids flesh, and leane powdered flesh, Fennell, Mints, Rosemary, Sage, wild Time, yellow Rapes, Parsneps, Capers, and such like, are also very commodious. For his drinke is this to be prepared; take fiue quartes of fresh Well water, and one ounce of dried Rosemary flowers; let it sethe vntill two quartes be wasted: afterwards temper thereto foure and twenty ounces of Honie, let it then sethe againe, and scum it well, vntill there be about a quarte consumed: Afterwards straine it through a tight cloth, and let him drinke thereof in stede of wine: but if he cannot well drinke it, then temper a little red clere wine amongst it. But if so be that he must and will drink wine, then take Rosemarie wine; for it strengtheneth the members, and also the sinewes, whether it be drunken, or the members rubd with it. The same doth also the wine of Clarie, Sage, and Wormewood, but aboue all others Rosemary wine.

But if so be that the person be young & full of blod, then after the vse of the foresaid Clisters, open the Liuer vaine in the elbowe, or vpon the hand, and let out of it foure or fiue ounces of blod, and the next day afterwards let him take these pils following; as *Cochia, de Sarcocolla* of each halfe a drag. with the iuice of Roses, whereof are seuen pils to be made, and he must fast after them fiue houres. Also to drinke afterwards a god draught of warme wine, and an houre after he is to breake his fast. After purging he is to drinke euery morning this potion following the space of a moneth, and to fast foure houres after it. Take water of Artichockes, of Betony and Rosemarie of each one ounce, sirup of *Stechas* & *Oxymel*, of each three quarters of an ounce; and once in twelue daies he is to vse these pils following: as *Pill. fœtidarum* two scrup. *Cochiarum* one scrup. whereof you are to make with the sirup of Roses seuen pils, euery euening when he goeth to bed he is to eate one quarter of an ounce of Calmus, & therupon to drinke a draught of Artichocke water. He is also from the necke downewards to the rump along the backe bone, to be rubbed with warme clothes, and thereupon annoint it with the oyle of Artichocks. He is also to drinke halfe a drag. of the powder of a Hares head burned, and that one houre before meate, with Meade, or water of Artichocks. Now after that the patient is well purged, then may he euery day two or three houres before meate, set boring cups vnpickt behinde in the necke.

## A Powder.

TAke field Cypers, Cowslops, *Lignum* Aloes, Ireos, Hermodactils, *Stechas*, Marioram, Mints, of each halfe a dragme, Indy *Spica*, Greines and Rue of each one scruple: this beaten each by himselfe, and then tempered, bestrowe all the head therewith when it is shorne.

## The confection of *Diamargariton*.

THis Confection following is very méete for all maner shaking: it doth maruelously strengthen the heart in all venymous accidents, and is amiable to the stomacke.

Take Cinnamom, *Lignum* Aloes, Cloues, Indy *Spica*, Galingall, Licorice, *Trociscos de violis sine Scammonio Specierum Diarrhodon Albatis* of each fiue drag. Nutmegs, *Alipta muscata*, Se-

duarie,

duarie, Spiknard, Mace, Rubarbe, and red Storax, of each halfe an ounce, prepared Pearles, burnt Iuorie, Harts bones, Ginger, *Blatta Byzantia*, of each two drag. and a halfe, Muscus, *Ambra*, Cardamom, Louage seede, Basil seede, of each one drag. and a halfe, Camfere one drag. and three ounces of clarified Honie: temper these all togither, and you shall giue thereof earlie in the morning, and as often as is needefull in the day time; to wit, one quarter of an ounce at once.

If you will then haue Tabulats thereof, then take twelue ounces of Sugar, and one ounce of the foresaid ingredience: seethe Sugar with Lauander water; or if you desire it more coler, then take Bugloss water, there is also at many Apothecaries *Diamargariton frigidum*, which is yet more cooling, because that the former is of a warme nature.

Against the trembling or shaking are all *Aquæ Comp.* good, which are described in the eighth part, taking thereof, or the trembling member washed or rubbed therewith.

Item take Garlicke, beate it with wine, and rub the shaking members with it: In like maner also, with the iuice of wilde Cowcumbers, tempered with oyle of three leafed grasse, or vsed by it selfe. Take a spunge which groweth on the Iuniper tree in May, before the rising of the sun: put it into a glasse, set it in the sun, and then will it change to water; wherewith wash the shaking and trembling hands, and let them drie of themselues. There is much taught in the second part of the palpitation of the heart, which is also meete for this shaking.

## For the Resolution of the sinewes or dead Palsey. §.13.

IF the third kinde of the Palsey we haue tolde heretofore in the beginning of the 8. §. of the Resolution in the sinewes, what maner of sicknes it is that doth sodainly take away the free motion and action of a part in mans bodie particularly, or wholly, and maketh it dead & insensible. We do call the same a resolution of the sinewes, or a dead Palsey, and them that be troubled with it, *Paralyticos*.

This is now called by the learned, the great or dead Palsey or Resolution, for a difference of the foresaid trembling and shaking. In this are two kindes of natures hidden; whereof the one is *Epilepsia*, when it taketh the left or right side, and not all the whole body, and is called in Latine *Resolutio*, or *Dissolutio neruorum*, that is a resolution or vnbinding of the sinewes, that the members haue no strength or might in them, whereof we will here speake more at large, for this Palsey concerneth not the head at all: for if so be that the head be therwith infected, then is it a right Apoplexie.

The Palsey or Resolution, whereof we at this present doe speake hath many causes: first, it is properly caused of cold moyst meates, as fish, Swines flesh, Milke, and all that is dressed therewith: all fruits, except Almonds, Hasel nuts, and Pistaces: also all colde herbs, as Beets, Spinage &c. In fine, all that is moyst and cold is hurtfull for this sicknes. But if one will eate fish, Porke, and red Pease, then are they to be prepared with Rosemarie, wilde Time, Mints, Sage, and such like. The surfetting with meate and drinke, is in this sicknes very preiudiciall; like as also much sleeping, and chiefly for all them that be of a colde nature, and be olde, or dwell in a colde or moyst countrey.

This disease may also procede of beating, breaking, or racking of the sinewes, of anger, or feare, great colde, hard binding of any of the members, and such like more. For this, all drying and warming meates are good; as well salted and leauened bread, Partridges, Fesants, Turtle doues, and all small foules: also Mutton and Veale drest with the foresaid herbs. Some commend much Kids flesh salted, the which should strengthen much the sinewes. For this is also meete all kind of drying and warming Conserues, whether they be of rootes, herbs, flowers, or spices: but wine is to be refrained as much as is possible. But in case that the patient, by reason of his age, cannot forbeare wine, then chuse old red wine, which he is to drinke tempered with a little Rosemarie water: And if that like him not, then he may drinke Rosemarie water alone, whether it be decocted or distilled. If the red wine be against him or not to be gotten, then take thin white wine, and temper it with water wherein Cardamom is decocted.

Nowe all they that will be defended from this Palsey, they are to vse much confected Coriander, fasting and before meales; as also to vse white prepared Mustard seede therewith.

For this is also very good the blood of Turtle doues dronken. This sicknes commonly appeareth

peareth with a new and full Moone, against which you are to prepare these things following.

Take good Treacle three quarters of an ounce, Beauercod one quarter of an ounce, and temper it with Lauander water, and take it in the morning fasting.

But if so be there appeare any beginning of this sickenes, then doe many aduise (and that rightly) that then the thumbe and great toe are to be hard rubbed, chased and stretched out: and likewise to rub with warme clothes the necke and the backe bone downewards, that the blood may be drawen from the head and from the heart. Also there must be a little Treacle thrust behinde in his throate.

Beuercod holden in the mouth and vnder the tongue is also very good. Some doe also giue Beuercod and Pepper to drinke, of each one drag.

For this is also much commended *Asa fœtida*, whether it be taken inwardly, vsed on the outside, or in gargarismes: and if you would take the same, then is one drag. and a half enough, with Pepper and Rue, of each halfe a drag. tempered with wine. This is good for all diseases of the sinewes.

The distilled water of blacke Cherries is also much praised for this sicknes at the first, and especially if one put thereto as much Lauander water, and so take thereof three or foure ounces at one time.

The common order of this sickenes is, that all remedies for this disease are applied to the hinder part of the head, and in the beginning before the fourth and seuenth, or also before the fourteenth day to vse no strong medicines, but onely preparatiues. And if so be that the sicke person will yeld vnto it, then it were not amisse that he drunke no other thing the first foure or fiue daies, and did eate almost nought els but only hony water, yea also (if it be possible) to suffer hunger and thirst with it. The fourth day he is to haue giuen him one drag. or a drag. and a halfe of Treacle or Mithridate, with waters meete for this disease.

It is also found by experience, that all they that be burthened with this disease, shall get great ease, if they accustome to drinke euery morning three ounces of Rosemary or Lauander water, with three drag. of the powder of *Pieretrum* tempered amongst it.

Item take the water of the blossomes of the Tillet tree, of May Lillies, and of blacke Cherries, of each one ounce, giue it him so to drinke. In like manner also stilled womans Milke is highly commended for it, and al kinds of *Aquæ Comp.*

Take sliced Licorice, and Annis seedes of each one ounce, Elecampane halfe an ounce, Ponie rootes one drag. Nutmegs one ounce, Spirit of wine sixteene ounces, Hony eight ounces: temper these all togither and conserue them well. In winter put thereto one quarter of an ounce of long Pepper, vse thereof euery morning a spoonefull or twaine. This is marueilous much commended for a speciall remedie.

## Another.

TAke Lauander water fiue ounces, water of the May Lillies three ounces, *Elixor vitæ*, and the water of wild Poppey, of each two ounces, oyle of Beuercod one ounce and a halfe; temper it in a glasse, and then set it in the sun the space of eight dayes, whereof in time of neede take a spoonefull, and annoynt therewith the Temples of the head. M. Tristrams water is also very fit for this purpose.

## Of Purging.

FOrasmuch as purging is very needefull in this sicknes, therefore for example will we describe here a purgatiõ. But it is aboue all aduised, that the sick body drink euery morning foure or fiue dayes togither fiue ounces of Rosemary water, and fast foure houres vpon it.

Afterwards he is to take halfe an ounce of *Hiera logodion*, tempered in two ounces of Agrimonie water, in the morning, & to fast fiue houres after it; or to vse these pils following: Take *Agaricus* a scrup. *Asa fœtida* halfe a scrup. Ginger twelue greines, *Diagridion* one greine: make pils thereof with the iuice of Hyssope. When the patient is purged, then he is to vse this potion following, for the space of eight daies togither: Take the water of Agrimonie, and of Sothernwood, of each two ounces, put some Sugar amongst it.

Other

Other doe rather aduise this following: Take Calmus halfe an ounce, Cowslips three M. Saint Johns wort, fielde and garden Sage, Betony, Balme, Rue, Bay leaues, of each one M. Siluer mountaine, Balsame wood, Balsame fruite, and Basill seede, of each one quarter of an ounce, Licorice, Corans, Lauander flowers, *Amaranthus*, of each one ounce, clarified Honie sixe ounces, rayne water which is clarified with the white of an eg twelue ounces; let all these sethe together vnto a sirup.

## Another.

TAke Calmus sixe ounces, Sage three M. *Stechas* three ounces, clarified Honie sixe ounces, white Sugar nine ounces; sethe them together in eightene ounces of rayne water vnto a sirup, whereof you may take one ounce and a halfe, or two ounces at once, tempered with Sage water.

Also you may vse the sirup of *Stechas* for all they be very commodious for this disease. Afterwards take the former purgation againe, or the pils of *Euphorbium, de Serapino, & de Opopanaco*. And if the patient by drinking of these potions do remaine bound in bodie, then is he euery euening before supper to swallow one of these pils following.

Take of the pils of *Alephangina* one drag. *Trocisci Alhandali*, *Agaricus*, of each halfe a scrup. Indie salt fiue greines, whereof make sixtene pils.

## Clisters.

TAke Sage, Rue, *Stechas*, Centorie, Mallowes, Mercurie, and Bran, of each halfe a handfull: let them sethe all togither, and take twelue ounces of this decoction; temper amongst it *Hiera logodion* halfe an ounce, Salt one quarter of an ounce, Sallet oyle three ounces, minister it warme. But for them that haue newly gotten this dead Palsey, there is to be sodden in these Clisters, half an ounce of rootes of Bryony, or of Pyonie, for both these are good for the disease.

## Powder for sauce to meate.

THis powder is he to strow vpon the meat in stead of spice: Take pickt Cinnamom one ounce & a half, prepared Coriander, Cloues, Galingall, Pepper, Cucubes, Mace, nutmegs, of each one ounce, Calmus two ounces, Coutchenell halfe an ounce, Sugar sixe ounces: this is to be tempered together.

## Another.

TAke Pepper two drag. and a halfe, Cloues, Cardamome, long Pepper, Seduarie, of each one drag. Indy Spica, Mace, Saffron, of each one scrup. Sugar as much as you please: Temper them well togither.

Item, about the third day is the patient before the rising of the sun to take one drag. of Treacle tempered with the water of wild Sage. This medicine is most highly commended of diuers Phisitians.

## Of Bathing.

IN this sickenes is also bathing much commended; whereof there be two kindes naturally, as sea water; or that is sulferish by nature: Others which be prepared with herbs and such like.

For the herbe bath: Take the same herbes, rootes, and seedes, which be named in the last sirups, and one is onely to receiue the vapor, and sweate withall: or make this ensuing.

Take Bay berries, Juniper berries, and Pepper, of each as much as you please, stampe it to grosse powder, and set the patient in a dry bath: powre of this powder on hot irons, tempered with Lauander water, to the end he may sweat well with the vapor thereof, then rub all his members infected with Venice Sope, vntill the Sope be drie againe: Also his bodie is not to be made

made wet at any time with any thing, but onely as he steppeth out of the bath with Lauander water, which is to be powred on a glowing Iron, and so moysten him with this vapor. And after bathing, tarying in a warme place, the lame ioynts are to be rubbed hard with the grease of Storkes, vntill they be drie; and afterwards with the suet of a Wether; & lastly with Bucks suet. This being continued so the space of foure daies, the great vaine on the fote is to be opened, and boring cups set vpon the armes: then will he be holpen.

## An especiall Bath.

TAke a For, vncase him, and (the bowels being taken out) sæthe him in a sufficient quantitie of water, and bathe the sicke person with it: but yet not before that the bodie be purged, it is not otherwise permitted.

## Fomentations in steede of Bathes.

TAke Sage sixe M. Juniper berries foure M. the strong wine lées seuen quartes; let them sæthe together by a small fier: afterwards put it all together in a necessary kettle or pot, to the end the vapor thereof may euaporate and ascend vnto the lame member, and vse this so twice euery day.

Item take drie Sage three M. sæthe it in a pinte of rayne water vntill the third part be sodden away: at the length cast therin one ounce & a half of *Stechados*, let it sæthe a waume or two: then temper amongst it halfe a pinte of wine, or salt water, with halfe so much white Wine, clarified Honie two ounces: annoynt and rub therwith the lame members. This (and other moe which followe hereafter) is approued for this disease, if one cannot get the naturall bath, or will not vse artificiall baths, which is alwaies to be vsed before the annoynting, therewith before hand to open the pores.

Take a hot Tile, sprinkle it with good strong wine, receiue the vapors vnto the lame members, when they then be warmed and besweated, drie them with warme clothes, and annoint them with some of the foresaid things, now with the one, and then with the other, and couer wel the lame members with a good Wolfes furre, or with somewhat like vnto it.

In like manner it is also good to rub the lame side with good burnt wine, or spirit of wine onely, or halfe so much white wine tempered amongst it: but if you will haue it yet more forcible, then take in the stead of the spirit of wine, one of these *Elixers vitæ* following.

## A water for Inunction.

TAke Rosemarie, Marierom gentle, and Bay berries, of each one handfull, Venice Sope as much as the yolke of an egge, sixe ounces of Lauander water, temper all these togither in a mortar, and let it stand a day: afterwardes wring it through a cloth, the which is thus to be vsed: First rub the member well with a warme cloth, and annoint the water vpon it.

Also he is twise a weeke for to swallow or slide downe 9. or 11. prepared Mustard sædes, and to drinke thereupon two or three ounces of Lauander water, and so to continue this the space of three weekes: otherwhiles he may annoint the lame side with the oile of Juniper, but not too often: for thereby might come great hurt. The oyle of Costus is also especially recommended for this vse, which is thus made.

Oile of Costus. Take the rootes of Costus one ounce, Pepper, *Pieretrum*, *Euphorbium*, of each eight scruples, Beuer cod halfe an ounce, melt these all togither in sixe ounces of the oile of Wall flowers, or in oile of Bay which is more forcible.

## Another.

TAke pouned *Pieretrum* halfe an ounce, sæthe it in sixe ounces of Sallet oyle, vntill the third part be consumed, let the sicke person be annointed therewith fower times in fower and twenty howers: it is much commended of all ancient and later Phisitions.

A

## A marueilous Oile called *Hypobalsamus*.

THis oile is most highly commended for the dead palsie, and for all resolutions of the sinewes, and is thus made: Take cleere Turpentine sixe ounces, oyle of Bayes one ounce, *Galbanum*, *Gummi Heleny*, of each three ounces, *Gummi Hederæ*, *Olibanum*, *Lignum Aloes*, of each one ounce, Mastick one quarter of an ounce, Myrrhe, *Laudanum*, Aloes, Beuer cod, of each three dragmas, poune it grosse; then adde vnto it two ounces of spirit of wine, let it stand three daies, afterwards take Galingale, Cloues, Cinnamome, Nutmegs, Zeduarie, Cucubes, of each one quarter of an ounce, *Diptamus*, Comfrey, of each one ounce and a halfe: powre thereon two ounces of spirit of wine: let it stand so fower daies, stirring it oftentimes about, distill it afterwards in a glasse helme. This water is called also Balme water which must be preserued alone, so also do with the oile: for it swageth and strengtheneth all the sinewes maruellous much.

For this is also méete the oyle of Marierom gentle, the oyle of Juniper, of wilde Cucumbers, of Tyles, and two pretious balmes which shall be hereafter described in the eight part, which are especiall good for the lame members.

This salue following is very good for all lame hands: Take Lauander, Sage, of each one handfull, Juniper berries three ounces, sæthe all togither in wine, and rub the fingers and other members with it. And if you will haue this more forcible, temper it with the former oiles vnto a thin salue, which is wonderfully commended.

## Another.

TAke Squils, Rue, Calmus, Nettle rotes, Agrimonie, Cowslips, of each a handfull, poune them all togither, and powre oile of Nuts vpon it, and old Sallet oile 24. ounces, and well salted water or wine as much also: let these sæthe togither vntill the moisture be wasted away, wring it hard through a cloth, and temper amongst it Saltpeter, *Euphorbium*, Pepper, oyle of Bay, of each one ounce and a halfe, *Galbanum*, Turpentine, of each two ounces, Ware as much as is néedefull for to make a salue thereof. This is maruellous good against the Crampe, against the colde Gowte, and whatsoeuer ache els may procéede of colde.

Also you may make of all the foresaid oyle, salues, if you temper amongst it any grease of Beares, of Badgers, wild Cats, Hens, and Géese, of which you will.

Item take Calmus, the rotes of Lillies, rotes of Costus, of each halfe an ounce, Pepper *Pieretrum*, Beuercod, of each one quarter of an ounce, Sage three dragmas. *Stechas* one dragma. and a halfe, *Spicanardi*, *Squinant*, of each one dragma. and the iuice of Cowslips which is well setled one ounce, of the oile of Indie nut kernels, of the oyle of crabs, and wine, of each three ounces: afterwards poune all that is to be pouned, the rest are to be vsed by themselues: sæthe this by a milde fier so long, vntill the wine be consumed, afterwards put as much ware vnto it as is néedfull for the salue.

Item, it is reported that this salue ensuing doth preserue men from the dead Palsey: Take Bay leaues, Mariozam, Rosemarie, Sage, Costus rotes, *Scariola*, Mints, Millet, *Consolida minor*, *Sanicle*, of each one M. *Spicanardi*, broade and picked Plantaine, *Agrimonia*, Bugloss, and Rue, of each one M. and a halfe, Wormewood, Smallage, Saint Johns wort, red and white Roses, of each two M. Hyssope, nettles, and Tansey, of each halfe a handfull: beate them altogither, and sæthe them in three pound of fresh butter, vntil all the iuice be consumed: afterwards straine it through a cloth, and temper amongst it white molten Ware three ounces, Mastick two ounces, Sallet oyle one ounce, and make thereof a salue. This is also good to preserue one from the Gowte.

## Another Salue highly commended.

TAke a pluckt Goose, taking cleane out all the intrails, and wash it with vineger; afterwards make a dowe of Sage, Frankincense, Mastick, pouned Earth wormes, Wolues and Cats grease, fill the Goose therewith, and let her be gently rosted: the fatnes which

drop-

droppeth off is to be gathered in a pot, with some vineger. This is a very pearcing salue, which doth marueilously resolue and consume all hardnesse. But if the Wolues or Cats grease cannot be gotten, then take Shéepes suet in stéede thereof, and annoint the necke and lame members therewith.

It is also very requisite after the vse of this salue, to weare a plaister vpon the lame member, wherto this following is very méete: Take sixe ounces of the iuice of Rue, which is very clére, and Pigeons dung as much as is nédefull for to make a plaister. This plaister is to be laid on the lame part.

Also you shall many times finde many kindes of remedies mo in the fourth part of the lamenes, and extenuation of the members.

## To be noted.

IN this Resolution or Palsey, are two principall members, which are to be healed with the foresaid oyles, waters, salues, and plaisters, *viz.* the member which is taken, and the beginning of the sinewes which are next to the same member. Take for example, if the Palsey or Resolution is in the one hand, then is the same, and all the parts of the backe, from the necke vnto the huckle bone to be annoynted, for that the sinewes of the hand haue their offspring from thence.

Further, boring cups vnpickt are to be applied vpon the beginning of the sinewes, which do also helpe well, because that they doe warme and drie them: it is good also to rub the same places with salt, Nettles, and Mustard séede. But alwaies after purging certaine daies togither, whilest that the patient staieth and ceaseth from purging, bathing, and such like, then is he to take euery morning halfe an ounce of the confection *Anacardina*, for that it is commended aboue all measure in the colde Palsey: and if so be that there be any sweate or small Ague with it, (like as accustometh to happen, which his heate causeth) then it is a good signe: but if this follows not, then is the patient to forbeare ten daies long from all vse of phisicke, and to continue onelie with good meate and drinke.

It is also here to be noted, that all that is described before, is only fit for the Resolution which procéedeth of colde causes: but if they procéede of hot causes, the sicknes will be augmented thorough the foresaid remedies.

## Palsey through fals or blowes.

IF so be that one doe fall so hard, or be beaten or striken, that thereby forthwith he be taken with the Palsey, then it is not to be holpen: but if it come slowely afterwards vpon one, then this salue is very méete for it.

Take Beuercod two scrup. *Euphorbium* one scrup. Pepper thrée greines, *Pieretrum* halfe an ounce; séethe all these in ten ounces of sallet oyle vnto the halfe, then temper with it fiue drag. of Brimstone, and a little wine: It is also especiall good for the *Spasmus* or Crampe.

Item, take Myrrhe, *Opopanacum*, of each fiue drag. Beuercod thrée drag. *Euphorbium* one quarter of an ounce, oyle of Lillies, and of *Narcissus*, of each two ounces, make a strong plaister thereof with ware, and spred it vpon a cloth, and lay it vpon the place agréeued.

But good héede is alwaies here to be taken of the lamenes (and of al that might concerne the same) with heate or without heate, like as we haue already admonished, that it may be knowen to applie the remedie thereafter.

Lauander, Rosemary, *Spicanardi*, (which haue almost the same operation) are inestimable good for the Resolution which procéede through colde causes. Therefore all conserues which be made thereof, are not onely profitable for these causes, but also for all lost spéeche and lamed limmes. If so be that any will vse anie wine in this sicknes, then is there none fitter nor better then wine of Rosemarie, or Wormwod wine. Conserue of Sage and of Cowslips are also much commended; with other thinges more which are declared in the Palsey.

Conuulsion

## Conuulsion of the mouth through the Paulsey. §. 14.

THis disease is thus described of the Physitions: *Contorsio* is a disease which altereth the naturall shape of the face: or, *Contorsio* is a conuulsion of the mouth and lips to the right or left side; so that it doth otherwhiles cleere shut vp one eye, and also the breath issueth out but at one corner of the mouth, whereby sometimes also the whole face is changed in colour.

In fine, it is a Crampe, with a contraction and shortning of the sinewes, which draweth the lips hither or thitherwards, and these be the most causes, (like as in the Crampe and Paulsey hath beene shewed) that if it procéede of moysture, then it is a kinde of Paulsey: whensoeuer it is caused through dryeth, then it is a kinde of Crampe.

Also this contorsion or contraction commeth sometimes by reason of an impostume, like as in the paine of the throate, which quickly strangleth a body.

This Crampe or contraction of the mouth assaileth a body oftentimes sodainely, as in *Phrenitide* and such like, whereof at this present shall not be spoken, because that the same is commonly a signe of death: it commeth also not through repletion of the body, but through inanition and dryeth. But we speake only héere of that which is caused of *Spasmus* or the Crampe, which distendeth the sinewes from houre to houre, therefore is there some aduise to be done and taken for it.

But for to expell this disease there is somewhat to be done vnto it out of hand, that there brééde not a worse matter of it, as *Epilepsia*, or *Apoplexia*. This cure is first to be begun with Clisters, especially if the patient be bound, and to acuate the Clisters by little and little.

Afterwards he is to be let bloud, if it be not that this accident be so small, that there were time sufficient first to take a purgation, and to take good héede whether the vrine be cléere and well coloured, and then to open the *Saluatella*, besides the little finger vpon the right hand, and to let out three or foure ounces of bloud, and after that to purge.

These preparatiue potions is he to take first of all: take *Calmus* fiue ounces, Ginger and Nutmegs of each one ounce, clarified Hony nine ounces, make a cleare sirup thereof, and giue the sicke person thereof certaine dayes together euery morning two or three ounces tempered with the decoction of Sage.

Afterwards he is to take these Pils: take *Pilles Cochiæ, de Sarcocolla, De Hermodactylis*, of each one scrup. and *Dysagridion* two greines, make thereof 7. pils, with the iuice of Rue, and take them earely in the morning fasting, and fast fiue howres vpon it: for this vse are also good the pils *Fœtidæ*. Will you then haue them more forcible? then take two drag. of the pils *Cochiæ*, prepared Coloquinte, and *Bdellium*, of each one drag. make pils thereof as big as a peasle, and if the patient be reasonable strong, then giue him a drag. at once.

Item, let his head be shauen and rubbed softly with warme clothes, vntill the skinne begin to be red, and then annoynt it with this following: take the iuice of Swines bred three ounces, *Stechados*, Penniroyall, Mints, Hyssop, of each one ounce beaten, and one quarter of an ounce of Violets, temper them altogether.

When he hath then purged well, and the matter is prepared, which is done in foure dayes, then is he to vse euery day before meate this Gargarisme.

Take white Mustard séede two ounces, Vineger one ounce and a halfe, Hony three ounces, séethe them altogether in a pint of water, vnto the halfe, and skimme it well. But it is héere to be noted, that these Gargarismes must not be vsed at the first, that they make not an afflure of the humors, and the accident thereby be augmented.

Item, take Nutmegs, *Pieretrum*, *Stechados*, of each halfe an ounce, séethe them and vse them as before. You may also temper amongst it *Oxymell* of Squils.

Another. Take three ounces of *Calmus*, Vineger one ounce, and vse it as before.

This contraction of the mouth sometimes also yéeldeth much spettle, and to further the same, and to make it runne the better, make this *Masticatory*.

Take Licebane, Mastick, white Mustard séede, *Pieretrum*, of each a like quantity, temper it with molten virgin ware, make small balles or pellets of it as big as hasell nuts. This is to be chewed & spit out: the same doth Frankincense & Mastick also together, or each chewed by it self.

## Neesing.

NEesing is very good: wherewith it might be effected, you are to seeke for that in the first Register.

## Salues.

ALso the nape and hinder part of the head, the throte, the face, and the forehead are to be annointed with the oyle of Costus: but it were good, that one made first a Cypers bord hot, and bound it in a cloth, and layd it so long on the necke and shoulders, vntil the same parts were thoroughly warmed, and afterwards annointed.

Item take the oile of Costus one ounce & a halfe, oyle of *Euphorbium* halfe an ounce, Mints, the seede of Rue, Stechas, Penniroyall, *Lignum Aloes*, of each halfe a drag. oyle of Beuercod one ounce, white Waxe as much as is needefull; besprinkle it with some vineger of Squils, and therewith annoint all the necke from the nape to the rumpe fower times in 24. howers.

Item take Calmus fower ounces and a halfe, Ginger, Nutmegs, of each three drag. oyle of Costus fower ounces, wine as much as is needefull: let them seethe togither by a milde fire vntill the wine be consumed, straine it, and make a salue thereof with molten Waxe.

## A Plaister.

TAke Betonie fiue ounces, white water Mints, field Mints, Penniroyall, Marierom, of each one ounce and a halfe (altogither greene) Stechas two ounces, Pease meale one ounce and a halfe, Beane meale two ounces, Saffron halfe a drag. seethe these herbes in sharpe lie vnto grout; afterwards temper the meale and Saffron vnto it, also oyle of Beuercod, oyle of Pepper, and of Rue, of each two ounces: lay it morning and euening warme vpon the head, and vpon the temples of the head, where this contorsion is.

## Another.

TAke *Opopanacum* three ounces, Calmus three drag. Ginger, Nutmegs, of each one drag. Turpentine one quarter of an ounce, melt the Gum and Turpentine, and temper it with the rest vnto a plaister; then spread it vpon a cloth, and lay it behinde vpon the head, vpon the necke, and ouer all the nape.

Item, take fresh Swines bread halfe an ounce, Marierom gentle seuen drag. *Lignum Aloes* one drag. and a halfe, seethe them in a pint of water vnto the halfe: but before that the patient draweth vp this into his nose, he must first take his mouth full of honie, or sugred water, and then hold some of the said decoction in his hand, and drawe of it three times through the right nostrill, and thrise also thorow the left nostrill, and that one hower before supper: the like also in the morning and at noone. This is very requisite for health: he is also euery day two or three howers before supper to swallow downe two or three cornes of Myrrhe.

## A capitall Powder.

TAke Stechas, Penniroyal, white water Mints, and Betonie, of each one drag. and a halfe, *Pieretrum*, Costus rotes, Lycebane, of each one drag. Marierom gentle, poune it, and temper it all togither: Strowe therewith the vppermost part of the head, rubbing it gently. Also it is to be strowed thereon, when he hath annointed him with the oile of Costus.

## A lotion for the feete.

IT is also very good to vse these lotions for the feete before meate, wherein Woodbine is sodden. Also the feete, the legs, the thighes, the hands, the armes and face may be washed with this decoction following: Take Bay leaues two handfuls, Juniper leaues three handfuls: seethe them all togither in a good deale of water, vntill it smell sweete.

Order

## Order of Diet.

THis patient is to kéepe himselfe from eating and drinking, and all other things, as is taught in the Palsey, and Apoplexie: viz. to eschewe wine, to drinke honie water, to eat kids, or young Goates, Roebucks, and Hares, rather rosted then boyled.

All his other meates are to be besprinckled with Rosemarye, Sage, Wormewood, white water Mints, garden Mints, Pennyroyal, & Comin. And albeit that hot spices are also good for him, yet may he instéede thereof vse these following.

Take Nutmegs one ounce, long Pepper, Beuercod, Galingall, of each one scrup. Sedoary halfe a drag. poune all small and temper them togither.

Item take Nutmegs, Ginger, of each thrée drag. of the confection of Calmus thrée ounces, Sugar as much as wil suffice to make an electuarie: this ought he to vse in the morning fasting. Egs howsoeuer they be dressed, Rise, Colewarts, and Rapes, he may eate. But from milke, and all that is dressed with it, from all fruit and all that is of a cold & moyst nature must he refraine. A darke habitation is also méete for him, and to looke oftentimes into a looking glasse, and to force himselfe to set his mouth right: great labour also is not fit for him, but rather rest and moderate sléepe. To warme him, he is to burne that wood which is warme of nature, as Fir wood, and Juniper wood: he is alwaies to kéepe his head couered with a Fox furre, and to hold alwaies a péece of Nutmeg in the mouth, in the place affected, or in stéede of that these *Trociscos*: Take Calmus two ounces and a quarter, Ginger halfe an ounce, Nutmegs two drag. and a halfe, poune them all togither, and steepe them two daies in water of Sage. Nowe if it be too moyst, then let it drie away vpon warme ashes, and then with Honie make *Trociscos* of it, of the weight of a drag. and a halfe, and holde them in the mouth: if you can swallowe them, they will doe no hurte.

And if these things will not help, then must he purge againe, and lastly make an issue behind in the nape of the necke, and on the vaines vnder the eare or vnder the chin with an hot iron or corosiue, and to holde it long enough open.

## Of the Crampe, and conuulsion of the sinewes by the Palsey. §. 15.

THis disease is also a kind of *Paralysis*, called of the Grecians *Spasmus*, and by the Latinists *Conuulsio*, and it hath also no small agrément with the foresaid contraction or contorsion of the mouth, (like as hath béen said already:) in like maner also with the *Epilepsia*, and all other diseases which be reckoned amongst such like infections, and it is described thus: *Spasmus* or *Conuulsio*, is a contraction of the sinewes, and muscles against our wils, which sometimes doe conuulse but one part, and otherwhiles the whole body. The Grecians for diuers causes, doe giue this Crampe sundrie names, *Opisthotonos*, that is when the sinewes are drawen backwards; *Emprosthotonos*, when they be drawen forwards; *Tetanos*, when one member wareth stiffe like to a sticke. The causes of these are otherwhiles when any one is thrust into a sinewe, wounded or ouerburdened with too much labour or worke. Also it is caused through great scowring of the bodie, through excessiue bléeding, through vnbridled leacherie, freight and wormes &c. In fine, the causes doe procéede of an intemperate nature, as cold which is augmented; and heat which is diminished: also of drithe and moysture, according to that the body is full or emptie. Of these differences there be yet more, which are here too long to be rehearsed.

Neuertheless, yet can I not omit, that this *Spasmus* (of whatsoeuer cause that he doe procéed, & especially if he be caused of a hot Ague) is not only a bad signe, but also that it is incurable: for by reason of the heate the sinewes will be a great deale too drie, and shrunke vp short, like as one for example may sée by a leather lace, or such like, if one holde it by the fier, then will it be hard and shrinketh. On the contrarie, if it bée holden in a moyst place, it will bée lithier or limber.

When as then such kind of Crampes do assayle the whole body, and that the patient beginneth to be childish, and addicted much to sléepe, then is the disease in the marrow of the backe bone, which hath his offspring from the braine. Also this disease commeth either sodainly, or

slowely: that which commeth sodainly, procedeth of repletion of the body, and is through purging (as hath been said of the Palsey) to be remedied.

But it must be more and oftener annoynted and rubbed with the oyle of Costus, for that the humor is much grosser then in the Palsey, and may worse be consumed. But if so be that this sickness be by little and little bred and growen, then is the cure to be taken in hand after an other manner, *viz.* at the first to vse preparatiues, and afterwards digestiues are to be vsed, as followeth hereafter.

The rubbing of the lims downeward is very mete, for that it disperseth and digesteth the moysture, and openeth the pores: afterwards are these salues or oyles following to be vsed; to lay plaisters vpon it, to couer the limbes with Fox, Wolues, or Cats furre, and to keepe them warme: or if so be that one member alone be conuulsed, it is to be wrapt about with warme clothes.

## Suppling or mollifiyng Salue.

TAke the Muscilage of Fenegreeke, and of Linseede, of each halfe an ounce, fresh butter and suet, of each two ounces, and a little ware, and make a salue thereof.

## Digestiue Salue.

THis Salue is described before in the 13. §. *viz.* where it beginneth, Take Calmus, Lilly rootes &c. Of these two salues the patient is to vse at the first the mollifying oyntment the first two dayes, and afterwards the other so long also, and so forth, now the one, and then the other, vntill that the matter begin to auoide.

Item, take a fat yong Cat, pluck off the skinne, and take out the entrayles, chop her small, and fill therewith a Goose, let her rost softly, gather the drippings, and preserue it well, for it is also good for the paulsey through cold. You haue before in the 13. §. one salue almost like vnto this, and also one other salue more in the sayd discourse where it beginneth thus, Take Beuercod, &c.

Take *Euphorbium*, Cinnamom, Saffron, Frankincense, Beuercod, Pith, *Opopanacum*, the iuice of wild Rue, & dry Hyssop, of each halfe an ounce, Ware one ounce and a halfe, *Pieretrum*, *Amoniacum*, of each halfe a drag. Sallet oyle as much as is needefull for to make a salue, therewith are you to annoynt the whole body.

Take oyle of sweete Almonds fiue ounces, beaten Saffron one drag. and a halfe, good wine cuict 12. ounces, seethe them altogether in a tinne panne on a milde fier, vntill the wine be consumed, and annoynt therewith the cramped limmes, this is a noble remedie.

Many kinds of sewets or fats are very requisite for this, for to make salues thereof, *viz.* of Lions, Beares, Badgers, Hens, Goats, Capons, and such like, as shall be hereafter discoursed in the fift part, where we shall speake of the lame and extenuated members.

There are many more common plaisters and salues good for this, which are to be found ready at all Apothecaryes, as followeth hereafter. *Ceratum de Hyssopo, vnguentum Arragon, Martiaton, Emplastrum de Meliloto, Diachilon, Oxycroceum* dissolued with the oyle of Lillies, oyle of Tyles, oyle of Foxes, of Beuercod, of Rue, and of blew Floure de luce, and all other which be warme of nature. Of the things which are to be taken inwardly, Treacle, Mithridate, confected rootes of *Eringus*, and also Wormewood wine are very good.

## Of Bathing.

ALl Bathes which be by nature Allomy, or Sulphurish, or made artificially, are much commended. Also one may prepare a bath in this manner: take wilde and tame Rue, Juniper tops, Wormewood, Sothernewood, Pennyroyall, Bay leaues, Cypers rootes, Dragon bloud, Squinant, of each one ℔. seethe them altogether in sufficient water for to bath therein, put the patient into it, and afterwards lay him in a bed, that he may sweate. In like manner is mete for this a dry bath; but one must not abide in it long, for auoyding of swouning: you may also vse the bath which is discouered before in the 13. §. Also gargarismes and neesings.

Of

## Of the Cramp through emptines and heate.

IF this contagion assaile one not suddenly, but by little and little, as after an Ague, through great scowring, vomiting, or through much bleeding, then it is very hard, and almost incurable, by reason that it is caused through emptines, to wit of *Exinanitione*, neuertheles necessarie meanes are not to be omitted.

First, Barly water is good for this patient, especially if there be Crabs or prepared wood-Snailes decocted therewith, for that this drinke will almost wholy and throughly turne to nourishment.

Secondly, he may drinke well watered Wine, reare egs, and Henbroth prepared as hereafter followeth: Take a Hen, chop her small, and put her in a Can, powre Rose water vpon it, and Wine, of each a good spoonefull, stop it tight that there can come no vapour out, and so put the Can into a kettle of seething water, and take cleane away the fatnes. But if the patient be very weake, then take a Capon and roste him alittle, afterwards drip it with vnsalted lard, beate him and presse out hard the iuice, temper it amongst the foresayd Henbroth, then will the same be the stronger. A comfortable broth.

## A better Broth.

LAy a dressed Capon in wine, pouned and distilled in a glassed helme; that water strengtheneth much in extreme debilitie: temper also amongst it the yolke of an eg. Item, chop a Pullet, hang the peeces on threeds in a great glasse or pot, stop it tight, and seethe it three howers long in a kettle of water, and vse the liquor that hath dropped out of it. If you will make it more cordiall, then lay therein ten or twelue peeces of gold. For this is also milke meete; first womans milke; secondly Asses milke; thirdly Goates milke, as new as you can get it. If so be that there come a scowring with it, then steele the milke with steele or flint stones.

The meat which he is to vse, and take whensoeuer there is an ague with it, ought to be Kids, Lambs, and Hens, wherein Spinage, Mallowes, Beetes, Purcelane, Lettice, or such be decocted. Watered wine is also permitted, if there be no heate perceiued.

## For Stengthening.

TAke Pullets or Kids flesh which is meetely sodden seuen ounces, chop it small; temper amongst it Cardamome, Cloues, Cucubes, Galingall, Ginger, Nutmegs, Dragagant, and Gum, of each one drag. Mace, Saffron, of each two scrup. Sterch, Licorice, Corans, pilled Almonds, Pine apple kernels, Sebestes, Pistacies, pilled Melon seede, Pompeon seede, Gourds and Cowcumber seedes, white Poppie seede, Lettice seede, and Purcelane seede, of each one quarter of an ounce, Sugar pennets fower ounces; dissolue it in Bugloss water, with other Sugar as much as is needefull for to make a confection thereof.

## Of Bathing.

FOr this disease is also commanded for to bathe in luke warme water. But to the ende it might be the more forcible, cooling herbes may be decocted therein; as water Lillies, Violet leaues, and Willow leaues. For this purpose also, bathing in milke is much commended. Item, at last shall the beginning of the sinewes be annointed with warme oyle of Violets, oyle of Pompeons, and such like, thereby to stay the exiccation of them.

This salue following is also marueilous good: Take Hens and Ducks grease, and the marrowe of Calues bones, of each halfe an ounce, the muscilage of Fleawort, Dragagant, and Gum, of each three drag. oyle of water Lillies, and Willowes, of each one ounce and a halfe, Ware as much as is needefull for a salue; annoint therewith all the backe bone. It is also good for all other members.

## Crampe through wounding.

BVt if this Crampe or contraction of the sinewes do come through any wounds, then are the oyles of Cammomill, Dill, and Flaxe tempered togither, or each alone requisite & fit for it.

an Item take wine lées, temper some beaten Allume amongst it: this is of a maruellous soze d operation.

Take Linsæde, and Fenegræke meale, pouned Dill sæde, Henbane rotes, and Annis sæds, of each a like quantitie: temper them with the sozesaid oile, and lay it warme vpon it.

Here be also two experiments which euery one may pzoue: Take *Victorialis longa*, otherwise called *Allium Alpium*, and weare it alwaies hanging about the necke: it should defend a body from the crampe. The second: Plucke off an Eeles skin, and let it be dzessed like leather; when you be plagued with the crampe, then lay it vpon it; and when the skin is warme, then ceaseth the paine.

## Of the hag or mare *Ephialte*, and *Incubus*. §.16.

Although that we haue reckoned among the fiue *species* of the palsie oz Apoplexy, the falling sickenesse, *Epilepsia* to be the fourth; yet doth method first of all require, to wzite of this sickenesse, the which thzough vnbeléese is with vs called the hag oz mare, bicause that this *Incubus* is a messenger of a future falling sickenesse.

The vnbeléeuers make thereof *Dæmonium insultans*, which is an vpstarting and pinching Deuill, the which we also in this countrie, as is said, make one another to beléeue, that they be witches. But in truth it is none other but a naturall sickenesse, as hereafter shall mozе euidently appéere.

The *Incubus* is thus described; *Incubus* is a sickenesse which vexeth the bodie, whereby both motion and spéech is taken away. Oz mozе larger; *Ephialtes* is a sickenesse, when a body is in his first sléepe, lying on his backe, doth suppose and also beléeue none other, but that somewhat créepeth vpwards from his féete vnto the bzest, the which wzingeth, and vexeth him there as it were a ghost, and so wholy hindzeth his bzeth and voice, that he cannot call foz any helpe, yea it séemeth that it would murder him: therefoze is otherwhiles heard of them, that be vexed therewith, such a kinde of groning, that as soone as the veration oz tozment is past, that they awake with great feare and trembling.

And albeit that this disease of it selfe alone is troublesome ynough, neuertheless somewhat else is to be feared thereby, *viz.* the conuulsion oz madnesse which is *Mania*, and (like as it is alreadie said) the falling sickenesse *Epilepsia*, and especially of them which haue great head vaines; bicause that the bzaines (as the place of the vnderstanding) are thereby enfébled.

Now when as such accidents come, then is there no long delay to be loked foz: therfoze it is méete indéede that there be aduice taken foz it out of hand, and first of all to take good héede, whether the sicke person haue a good colour. And if so be that also his vaines be full, then is the *Saphea* to be opened; secondly (if néede require) the *Cephalica*; thirdly, the vaine of the fozehead, oz vnder the tong. And if great heate of the time, oz any thing else do hinder it, then set thereon two boring cups with picking, the one vpon the right bzawne of the leg towards the héele, the other hard by the ham: but if it amend not thereby, then set two vpon the shoulders.

Also it is very néedefull to obserue good ozder in eating and dzinking, and to refraine from wine, swéete things, and especially of all that engendzeth blood.

Some allow wine, yet that which is thin, white, cléers, and well watered, dzunken soberly.

Foz his meate are all fowles good which haue abode in hillie countries, better than any fowerfooted beasts: yet of these, the wilde are alwaies better than the tame.

Item new laid egs sodden reare, Capers, with *Oxymel* are good foz him in the beginning of supper; he is to eschew fish, and especially sodden fish: he is to shun all fruit, except Raisons, Pingles, Pistacies, confected Peares, Quinces, and such like.

All herbes be also fozbidden him, except Fennell, Dill, and Bugloss: but Rue, Sage, Marierom gentle, Hyssope, and Rosemarie are especiall good foz him, which are rather to be reckoned foz medicine than foz nourishment.

Furthermozе, he is to refraine these things, as the Sunne, colde windes, the fire, the smoke, incontinencie, bathing, wearinesse, care, much veration, déepe speculation, and especially two howers after meate, all great noise, to loke from any height, to loke vpon whirling things, oz that turne suddenly about, and all that shineth much, all strong sauozs, long sléepe, especially after none, much watching, and such like: but métely mouing after dinner is very good. Also

he

he must be rubbed otherwhiles from the shoulders to the brest, vntill beneath vpon the legs, with warme clothes.

And when that is done, then is the head to be kemmed and wel rubbed. Pionie rotes worne about the necke, and smelling oftentimes vnto them, are also very good: 15. Pionie kernels pæled and drunken in honied water, doe much hinder and let that the vapors which might obstruct the braines, should not ascend vpwards, and do also strengthen the braines.

Confected *Mirabolani Chebuli* taken euery morning doth strengthen the head & the braines, and driue away the mare. If the sicke bodie looke bleake in the face, then it is a signe of Melancholie. Therefore is he to vse the pils *Cochiæ* oftentimes, to the end he may be well purged. Further, he is no otherwise to order himselfe in eating and drinking, than as is shewed in *Epilepsia*: for that *Incubus* is none other, than a small falling sickneſſe, or *Epilepsia*.

This water following is very good for to purge: Take Hyssope two handfuls, Currans one ounce, sæthe this togither in a pint and a halfe of raine water vnto the halfe, take thereof three ounces of *Oxymel*, of Squils one ounce and a halfe, drinke it euery morning continuing the space of eight or ten daies, meetely warme.

When the body is purged, then is the head also to be purged with this gargarisme ensuing: Take Hyssope, Currans, and *Oxymel* sodden togither with water, and gargarise therewith. Næsing is also behouefull, like as hath many times bæne expressed.

In like manner may you carrie these little bals or pellets in the mouth. Take Pennyroyall one ounce, seuen fresh Figs, long Pepper one drag. *Pieretrum* halfe a drag. poune them all togither, and make pellets or round bals of it. It is also maruellous good twise a weeke in the euening and morning to take halfe a dragme of Treacle or Mithridate, with three ounces of water wherein Pionie rotes are decocted.

If this disease be caused through great cold of the head, then it is to be annointed with the oile of Costus, of Rue, or oyle of Bay: But if it be caused through ouercharging of the stomacke, then it is to be holpen with vomiting, clisters, and such like.

For this is also to be sought to strengthen the hart and the braines, which is very conueniently done with this confection following.

Take red Corall, Harts bones, Pearles, and burnt Silke, of each halfe a drag. Galingale, Cardamome, Graynes, long Pepper, Cloues, Nutmegs, cleansed Myrtle, and Pionie kernels, of each one ounce and a halfe, Cinnamome one ounce, Mace, Saffron, of each one drag. White Sugar 34. ounces, sæthe it vnto a sirupe in Bugloſſe water, and make an Electuarie of it. In the winter honie is to be vsed in stead of Sugar, whereof you are to take in the euening and morning the quantitie of a great nut, and thereupon to drinke a draught of water wherein Pionie rotes are decocted.

The confection of *Diathamaron* and *Diambræ* are also very meete for this purpose.

For a conclusion, if so be that these foresaid remedies brought not health with them, then are they once againe to be vsed.

At the last cast or neede, there must be plaisters laid vpon the head, that corrode the flesh and skin on the forehead, wherein the scul is ioined togither, which is to be made with Mustard sæde or *Cantharides*, as is taught in this chapter in the second §. and in other places, or to open it by an actuall cauterie.

## Of the falling sickneſſe, called *Epilepsia*. §. 17.

WE name this sickneſſe with sundrie names. And albeit that it be but one kinde of sickneſſe; notwithstanding it sæmeth by diuersitie of the names to haue some small difference. The Grecians do call it *Epilepsia*, the Latinists *Morbus Comitialis*, *Caducus*, *Herculeus*, and *Lunaticus*: the which we haue comprehended all vnder fower kindes of Apoplexies, and taught also thereby, that this falling sickneſſe (as also all other) is an infection of the braine.

This is a quicke and spædie distraction of the vnderstanding, whereby the partie is so spoiled and robbed of all his wits, powers, remembrance, and all the vse of his members, that he must suddenly and vnawares fall downe to the earth, some, and lie a certaine space without motion, sæth not, heareth not, neither fæleth, and sometimes also doth forcibly stir and call himselfe

selfe about; when he commeth to himselfe againe, he knoweth nothing of it, what is happened vnto him, although there be some that knowe all that was done with or about them.

The causes of this sickenesse are diuers, for that it proceedeth of the fower humors of the bodie, and doth chiefly take his beginning of *Phlegma*, next of *Melancholia*, sometime of the blood, and seldome of *Cholera*. This is also increased by excessiue eating, drunkennesse, all sauors of meats; and of all things which fume vp into the head, as Onions, Garlicke, rawe fruites, and such like, that be of a cold and moist nature, wormes of the belly, whereof the venemous vapors ascend vpwards out of the stomacke towardes the head, putrifaction of the detained naturall seede, of obstructed termes in women, like as oftentimes also happeneth to women which haue first conceiued, to sit long in the sunne with a full stomacke, to eate or smell to Bucks lyuers. Also thunder and lightening do hurt them, whereby they are wont quickly to fall, as also long and much sleepe, and all that increaseth *Phlegma*.

There hurteth them also, who are infected with this sickenesse, the south wynd, cold and moist countries, and the smell of these fiue things following, as Goates hornes, which is so forcible, that they that suppose to be cleane rid of this sickenesse, receiuing the suet thereof, must immediately fall to the ground. Item *Galbanum, Myrrha, Benzuin*, and aboue all the herbe Smallage, like as it is found, that it hath caused one to fall onely through loking vpon it, therefore such persons must and are to be kept from them. Youth is also more subiect to this disease than age; but it is easier to be cured in yong persons than in old, like as shall be more at large taught hereafter.

The signes of one that hath the falling sickenesse, are these: if he fall suddenly to the earth, bendeth him, beateth or striketh from him, loseth his vnderstanding, and foameth at the mouth, if thereby his vrine, nature, or excrements passe away; then it is a signe, that the sickenesse is the stronger.

## Order of Diet.

IT importeth as well yong as olde people in this sickenesse, like as in all other sicknesses, but for this sickenesse must regarde be had, especially of the age and youth, nature, custome, and habilitie of the patient.

In common falling sicknesses is first to be eschewed all colde moist and waterie places, in like sort also all meates cold of nature, all that bringeth with it slime, and obstructions, as dowe, milke, fish, Gourds, Lettice, Beetes, Spinage, Purslaine, Cucumbers, and fat flesh. Item all strong things, as Onions, Garlicke, Scallions, Radishes, Coleworts, Mustard seede, all that is much salted, and all Spices. Item fresh water, all strong wine, be it red or white, and chiefly sweete, they are very hurtfull: like as is also to eate too much, and to swallow downe meate vnchewed, and to eate againe before the former be digested, long sleepe, and principally to sleepe by day, he is vtterly to eschew.

But on the contrarie, all his meates are to be drying, as Mutton, Partridges, Pheasants, all wood fowles, with some Pepper, Zeduarie, and Galingale prepared, and alwaies rather rosted than sodden: his drinke must be thin, cleere, small red wine; but if the wine be somewhat strong, then it is to be tempered with the water of Bugloss, or the water wherein Betonie rootes are decocted. Great motion is not fit for him, but rather much rest.

The remedies which are to be vsed for this falling sickenesse are most of them here before (where we haue discoursed of the hag or mare) described, which according to the importance of the cause must be vsed for old folkes, which be burthened and troubled with this disease.

And because (like as before is discouered) the yong children by reason of their moisture, whereof they be full, are more subiect to this sickenesse; therefore we will first (as much as shall concerne that) describe these meanes, and remedies following.

## Of the falling sickenesse in children.

WIth sucking children nothing is safer to be taken, than that the mother or nurse doe obserue a good order of diet, eate meate that is light of digestion, and that moderately warmeth, that she refraine man, and all that maketh grosse blood. And if she be conceiued, then is the childe to sucke no more at any hand: before meate she is to moue and stir well,

well, and to drinke watred wine or small Beere: she is to refraine and leaue all fruits, and especially those that be colde and moist. In fine, she is not to gouerne her selfe otherwise than if she were herselfe infected with the falling sicknes.

When as the childe doth ware stronger, and beginneth to fede on other meat, then it is to be gouerned according to the importance of his age, and of his sicknes, like as by this prescription (and other chapters written to this end) may be seene.

These are alwaies the remedies which by the auncient Phisitions be commended for young childrens falling sicknes, and are found profitable.

Take water of Rue, May Lillies, of each a like quantity; giue a sponefull thereof or more, according to the bignes of the childe, make peeces of Tiles hot, lay chopt Rue theron sprinckled with vineger; hold him that before his nose: the same is also good for ancient people.

Temper Conserue of Violets in Endiue water, or Pyonie water; this is very good if there be any heate mixt amongst it.

Make thicke Almond milke, temper therein as much Sugar that it be as thicke as pap, wipe thereof in the childs mouth, it nourisheth well, bringeth sleepe with it, and defendeth the stomacke from all fowle stinking humors: the water of Chickweede is also verie requisite for this.

Others doe commend much for this, the water of Cowdung: and if it cannot be had, then is the Cowdung to be broken into faire water, and strained through a cloth, and to giue thereof halfe an ounce at least.

Item, take the water of blacke Cherries, water of Tillet blossomes, of each a like quantitie; giue it in the time of sicknes, or when it is thought to be at hand.

The fish that is called *Mustella Fluuiatilis*, or *Trinca*, called *Trisca* in latine, hath two small bones lying vpon the braines, which are to bee dryed and powdred, and giuen to the childe. These are marueilous good: but these small bones are to be taken out of an vnsodden fish, for when they be sodden they haue lost their vertue.

It hapneth also, that children when they be full of wormes do get the falling sicknes, which is very dangerous: against which you shall finde hereafter in the third part, where we shall discourse of the wormes sundrie good aduises.

Take young Magpies out of the nest, distill water out of them, and giue to young children a sponefull for the falling sicknes.

Another. Take three young Magpies that cannot flie, *Vngula Alcis* three drag. Harts horne shauen one drag. and a halfe, distill them togither, and vse them as before: it hath been often proued.

Item, take *Carduus Benedictus* water two ounces, Lauander water halfe an ounce, when you perceiue that the falling sicknes will assaile any body, whether they be young or old, then loke that you get a young hare, which sucketh still, take the mawe out of it, (hang it in the aire that the milke may drie in it) whereof giue to the sicke person one drag. or lesse (according to the importance) powdred with fresh water: for this are Pyonie kernels good, worne about the necke, and also the powder thereof taken, the rote sodden, and dronken thereof, and the powder strowed vpon the meate, is also very good.

## A good Powder.

TAke prepared Pearles one drag. red Corall halfe a drag. Wiscleden one drag. and a halfe, prepared Amber two scrup. Harts bones one drag. Pyonie seede, and the rotes, of eache halfe a drag. white Sugar one ounce, beaten golde fiue leaues: of this powder is euery weeke one drag. to be giuen with Betony water: Sometime also halfe a dragm. or a dragme tempered with a little broth.

## A Powder.

TAke halfe a drag. of the scull of an executed man, prepared Pearles one drag. Harts horne two scrup. Tormentill, Seduarie, of each two scrup. Sugar candie one ounce and a halfe, fiue leaues of beaten gold; temper them all togither, and giue it to the sicke body with Pionie water and such like.

## A Confection.

FEtch these things following at the Apothecaries: take *Diaponidium* at the Apothecaries thrée drag. *Pliris Arcoticon* one drag. *Diambra* halfe a drag. Cinamom one drag. and a halfe, Nutmegs, Cucubes, of each two scrup. Ginger one drag. Sugar eight ounces, melt them in Piony water, and make a confection thereof.

All that is before written of yong children, is also to be vsed for aged people, taking alwaies good heede, whether the sicknes be great or small, and also with that which followeth hereafter.

## Yet more of the falling sicknes.

BVt if so be that the falling sicknes doth assaile young, full growne, or auncient people, then (besides all that is already discouered) this is one common and necessary rule, that euery one which is infected with this sicknes, keepe himselfe at home in rayny weather, in places which be warmed with fuming workes and fire, and be also dry. The chamber is to be strowed with herbs, which are necessary for the falling Euill, as Rue, wild Time, Rosemary, of each halfe a P. poune them, and make them in a bag thrée quarters long, at night lay it on both sides vnder the head.

If there be then any one infected with this sicknes, that perceiueth something to ascend or clime vp out of any member of the body towards the head, then must he, as sone as is possible, and before that he falleth or goeth beside himselfe, bind hard the place where he féeleth it créeping vpwards, wring hard the fingers, and rub the féete, set boring cups behinde on the neck, without picking, thereby to suppresse the ascending vapors, and afterwards (if it may be possible) for to set or minister vnto him this Clister following.

Take Swines Bread, black Helleborr, Centory, fresh white Daffodill, of each one drag. wild Saffron séede halfe an ounce, séethe this in a quart of water vntill the halfe. Take 13. ounces of this decoction, temper therein *Hiera Logodion* one ounce, oyle of *Euphorbium* 10. drag. *Salgemme* one drag. and a halfe, temper all these together, it is a very strong Clister for to draw the matter out of the head.

Set also great boring cups on the inside of the thighes, besides the buttocks, and rub well his armes and legs downeward.

Take the iuice of Swines bread, the séede of Rue, the rennet of Hares mawes, of each one quarter of an ounce, stirre them together in a mortar, blow that into his nose through a Vultures quill: there haue béene before times meruayles wrought thereby.

There is also a great noyse to be made about the patient, to open his eyes, and hold great light before them: when he is come to rest againe, then is he to purge often with these pils *Cochie* (or some other,) but vsing alwayes before certaine Juleps, thereby the more easily to take away the humor. Whilest that he vseth these potions, he must presently vpon it, likewise also two howres before meate take and vse the quantity of a Nutmeg of this conserue following.

Take Pistacies shaled, which haue béene steéped one night in Piony water thrée ounces, *Doronicum*, Harts bones, Burrage, and Bugloss flowers, Violets, Roses, of each one quarter of an ounce, red and white Behen, of each one drag. and a halfe, Basill, red Corall, of each 2. drag. and a halfe, Iacint, Smaragda, Saphir, of each one scrup. Greynes, *Lignum Aloes*, of each two scrup. water Lillyes, and Iuory, of each foure scrup. fiue leaues of beaten Gould, *Muscus*, *Ambra*, of each fiue greynes, Hony of Roses, Sirup of Citron pils, of each fiue ounces, Sugar thrée ounces: you are to séethe the Sirup and Sugar in foure ounces of Bugloss water vntill the water be cleane consumed: breake the Muske and Amber in a little Lauander water, and temper all the rest amongst it. This may be also vsed whensoeuer he vseth not the other potions, and so forth, now the one, and then the other.

It is also aduised to couer the place whence the disease is caused with plasters, which make blisters, and to let them lye so long vpon it, vntill the blisters be drawne full of water, and breake of themselues, and runne out; the which are not to be suffered to shut in ten dayes, to the end the moysture haue his full course, for this is one of the most principall remedyes that is meete for this maladye.

Plaisters

## Plaisters which raise and drawe blisters.

TAke Mustard sæde, Pepper, and *Euphorbium* beaten small, of each one drag. Honie of *Anacardio*, as much as is nædefull for a plaister: spread this vpon a cloth the bignes of a Doller, and lay it on the place where you desire.

But this ensuing is generally vsed: Take *Cantharides* (heads and wings broken off) one quarter of an ounce, Honie of *Anacardio*, and sowre dowe, of each one drag. strong vineger as much as is nædefull for to temper it together: lay this vpon it as is said, when the blister is full, open it with a nædle with a thræd in it, and leaue the thræd behinde, that thereby the humidity may be let out. Item take blacke Sope, quicke Lime, of each one quarter of an ounce, mixe them to gither.

## A stronger.

TAke *Cantharides* prepared as before, quicke Lime, of each a like quantity, temper them with the iuice of Daffodils, some doe burne it with iron or gold.

When as these blisters haue run enough, they are to be healed with this salue: Take Aristologie, Ireos, Myrrhe, frankincense, *Sarcocolla*, of each one drag. oile of Roses fower ounces, Ware as much as is nædefull; make a salue thereof. For this also is aduised to set boring cups with small picking vpon the same place: And if the patient, before the sicknes assailed him, were grieued with any kinde of vomiting, with griping and panting of the heart, and came thereby to fall: then is the vomiting or casting to be furthered by all manner of meanes.

Take blew flower de-luce rootes one ounce, Aristology halfe an ounce, Centorie, garden Mints, Wormewood, Rue, Sage, Hyssope, Polipody, Mallowes, Mercurie, of each a M. Siluer mountaine, Ameos, Dill sæde, wilde Rape sæde, and Basill sæde, of each one quarter of an ounce, beaten Pionie sæde, and a little Bzan: sæthe these all togither in a good deale of water: of this decoction you are to take fouretæne ounces, temper therin one ounce & an halfe of honie, salt one quarter of an ounce, *Hiera Picra* thræ quarters of an ounce, oyle of Rue two ounces, make a Clister thereof.

## For to Purge.

HAlfe an ounce or one ounce of *Hiera Picra* taken oftentimes, is verie conuenient. But it is better to vse first some preparatiue potions, which are thus to be composed.

Take blew flower de luce rootes, or Ireos, Pyonie rootes, Fennell rootes, and Aristology, of each one ounce and a halfe, prepared Squils one ounce, garden Mints, and Wormewood, of each one handfull and a halfe, wilde Thyme, Misseleden, wild and tame Sage, and Rue, of each one M. Annise, Fennell sæd, Pyonie sæds pæled, of each one ounce; Siluer mountaine, Basill sæde, of each halfe an ounce; Licorice, Raisons, and *Stechas*, of each one ounce; the iuice of Fumitorie (or the water) two ounces, clarified honie sixe ounces, Sugar nine ounces: sæthe the herbes, sædes, and rootes all together; afterwards wring it out hard, and with the decoction, the Honie, & Sugar, make a clære sirup: giue therof to the patient the space of certain daies together one ounce and a halfe, or two ounces, with anie of the waters mæte for it. And because that the foresaid *Hiera* is gentle in purging, and this sicknesse doth require strong things; therefore take *Hiera Picra* two drag. and a halfe, prepared Coloquint, and *Bdellium*, of each halfe a scrup. Masticke thræ greins, make pils therof with the iuice of Wormewood, and giue the patient one drag. at night going to bed.

In like sorte when he goeth to bed, then is this salue following, the quantity of a Hemp sæd, to be wiped at the least thrice a wæke in the patients nose: Take Ore gall one quarter of an ounce, Starch halfe a drag. Nigella sæde halfe a scrup. Marioram gentle sixe greins, white Helleborе fiue greins, *Euphorbium* 3. greins; poune all reasonable small and temper it well togither.

## After Purging.

AFter purging is the sicke person to vse a comfortatiue, as hereafter followeth: Take prepared Pearles halfe a drag. Galingall and Cinnamom, of each two scrup. Seduarie halfe a scrup.

scrup. prepared Coriander, red Coral of each one drag. Nutmegs, Cloues, Cucubes, Coutchenell, Annise and Fennel, of each fiftéene greines, yellow Saunders, and Mastick, of each fiue greines, *Diptamus*, Wilcleden, pilled Pyonie sédes, of each two scrup. confected Citron pils halfe an ounce, Sugar Candie halfe an ounce, conserue of Roses, and of *Stechados*, of each thrée drag. but if the Conserue of *Stechas* cannot be had, take pouned *Stechas* one dragme, fiue ounces of Sugar decocted to a sirup in Rose water, and then temper the rest amongst it. In like manner are other stomachicall things to be vsed; for which Mastick is highly commended.

For strengthening of the stomacke is this shielde worne: Take Mastick thrée ounces, Spikenard, Roses, Frankincense, of each one drag. stampe them all togither, and make it to a plaister with odoriferous wine, spred vpon leather, and lay it vpon the stomacke: if it will not cleaue fast, adde ware, and oyle of Mastick as much as is nédefull vnto it.

## Another.

TAke *Laudanum*, and Mastick, of each one ounce and a halfe, Frankincense one quarter of an ounce, Galingall, Seduary, and Annise sédes, of each one drag. and a halfe, Roses, red and white Saunders, of each one drag. garden Mints, and Blodstone, of each one quarter of an ounce, Turpentine one ounce, melt the *Laudanum* in the Turpentine in a warme morter with a little of the iuice of Wormewood, temper the rest beaten small amongst it, and make a plaister or shielde of it: you shall haue moe of these shieldes for the stomacke in the third part.

After the vse of the purgation, the patient is to take once a wéeke at least, early in the morning, one drag of Mithridate tempered with Balme water, and thereupon to remaine lying the space of fower howers, and to slépe if he can without dsing anie thing els the same day.

## A Bagge.

TAke *Species Electuarij de gemmis, Letificantis Almansoris*, of each one quarter of an ounce, Mace one drag. Marioram, Indy *Spica*, *Lignum* Aloes, and red Stirax, of each halfe a drag. each stamped alone, make a silke bag and weare it on the left brest; when it is besweat, then let it drie againe.

## Here followeth yet many a good remedie.

TAke *Pieretrum*, Mastick, of each a like quantitie, temper them with molten Ware, and make small bals or pellets thereof, of the bignes of a Hasel nut, chew them and spet out the slime, kembe your head oftentimes, and annoynt it with oyle of Mastick, and Spikenard: the gargarismes which follow hereafter are very méete for this sickenes. Take Ireos, prepared Squils, of each one ounce and a halfe, Hyssope, wilde Thyme, of each one M. *Pieretrum* one quarter of an ounce, Licebane, Mastick, of each one drag. white Hellebor one quarter of an ounce, Pyonie sédes pilled, and Ginger, of each fiue drag. Raisins (the stones taken out) two ounces, Vineger halfe an ounce, clarified honie thrée ounces: sethe all that is to be sodden, afterwards temper the Vineger and Honie amongst it.

## Neesing.

THe Néesing (like as it is oftentimes said already) is very speciall good thereby to purge the braine. But for this sicknes are Pyony rotes beaten commended aboue measure, and blowen into the nose. If you temper this powder with the iuice of Rue, and drop it into the nose, then will it be more forcible, for the Rue hath a marueilous operation against the falling sicknes, like as doth also *Spikenardus*: these foresaid things are also good beaten and smelled to the other, as this small bag following.

Take wilde Rue beaten halfe an ounce, Siluer mountaine one quarter of an ounce, red Stirax one drag. and a halfe, Pyonie rotes fiue drag; temper them well togither, and bind them in a little bag or cloth and smell vnto it.

Of

## Of things that may be hanged about the necke.

IN this falling sicknes are somethings highly commended of all the famous Phisitians, to be hanged about the necke, and they alleadge thereto also certaine reasons and experiences, wherewith they doe proue and shewe, that they that weare them about the necke, doe not fall, and omitting it, their disease presently returneth. This is also no misbelief, like as the common people thinketh: but it is the smell or sauor, which doth most vehemently withstand this euill, and therefore is the same at no hand to be omitted. Some write also that the red Coral and the Emerald hath the same vertue, which experience must teach vs. This happily hath been (as hath been said) a cause of some superstition, as commonly it befalleth, that good things are abused: for euery one can tell, that the Gospel of Saint John, peeces of the crosse, and other such like fantasticall reliques, also sentences of the holy Scripture, haue been vsed to vnwitch & blesse those that haue been forespoken. It hath also been faithfully credited, that thereby great maruels might be wrought, if they were onely either spoken ouer the patient, or hanged about his necke, for the which this peece of Jugling might also be vsed, wherein it is counselled that a girdle be cut out of a Wolfes skin, euen from the head thereof to the verie taile, and so weare it about the bodie. But because it is not easie for euery man to catch a Wolfe, the same is also ascribed to the skin of an Asse. These things for the most part are accounted as gospell of olde doting women: like as it is also with the gut of a Wolfe, that is of many women applied to the nauels of young children against the Collicke and gripings of the bellie: but these remedies following are of better estimation, and of a more secret or hidden vertue, to wit: Bryonie worne about the necke: also Thyme, Hyssope, Rue, and Southernewood worne likewise in the bosome, for by reason of their smell they may haue some effect.

## A Capitall Vnguent.

TAke Mariorum gentle, Rosemary flowers, of each halfe an ounce, *Lignum Aloes* one ounce, beate them together, and rub them well with strong wine in a mortar; temper one ounce of Barly meale, Starch two ounces amongst it, apply this to the head being shauen; it easeth the falling euill maruellously. Item, take oyle of Rue, oyle of Pepper, of each one ounce, sweete *Costus* rootes, *Piretrum*, Ginger, Galingall, Rue seeds, of each one drag. and a halfe: mixe them altogether, and so apply them warme ouer both the shoulders. Item, take Beuercod cut small foure ounces, oyle of Oliues fiue ounces, Juniper berries beaten grossely three ounces, put a pint of strong wine vpon them, couer it well, and let it boyle awhile: with this is the patient to be annoynted in the hammes, in the armepits, and on the pulses of his hands. Also it is very good in this infirmitie to annoynt the forehead with the suet of a Stagge.

Indian Baulme is in like sort good for all kinde of falling euils, being annoynted on the rose of the mouth; and albeit that it cureth not the sicknes wholy, yet will it greatly hinder his returne.

## *Vngula Alcis.*

IT is a common error to weare a ring of this beasts hose on his finger against the falling sicknes, I haue proued it oftentimes, but with no ease vnto the patient.

## A Confection or Electuarie for the falling euill.

TAke *Pieretrum*, *Costus* rootes, *Stechas*, of each 10. drag. Agarick fiue drag. Dill seede, *Assafœtida*, *Aristology*, of each two drag. and a halfe, iuice of Squils, clarified Hony, of each 14. ounces: boyle the iuice and the Hony with a gentle fier, vntill it ware meetely thick; afterwards, when it beginneth to cole, mixe the other ingredience with it: take of this euery morning three drag. and fast foure howres after it. *Montegnana* taketh God to record, that he hath knowne a thousand cured thereby. This following is not much vnlike the former, take *Pieretrum*, Siluer mountayne, Stechados, of each 10. drag. Agarick fiue drag. Cardamom, *Assafœtida*, Aristologie, of each one drag. and a halfe, iuice of Squils, and Hony twice as much

much as of all the reſt, or as much as is needefull: let them boyle ſufficiently, and temper the other things being powdered amongſt them. The patient ſhall vſe euery day of this confection one quarter of an ounce, and beware of groſſe meates.

These two Electuaries following are very good for all manner of falling euils, except that which is cauſed of bloud: take prepared Pearles one drag. Cloues, Galingall, Nutmegs, Cucubes, of each halfe a drag. Cinamom one ſcrup. Couchenely, *Lignum Aloes*. red Stirax of each halfe a ſcrup. red Saunders, *Calamus*, *Doronicum*, of each fiue graynes, Piony ſeeds peeled, Miſſleto, Diptamer, of each one drag. Corans one ounce, conſerue of Roſes, conſerue of Stechados, conſerue of Burrage, of each two drag. white Sugar clarified in Roſe water 12. ounces, make a confection of them.

Another. Take Piony rootes one ounce, Mace, Indian Spike, Saffron, red Corall, prepared Pearles, of each halfe a drag. Cinamom, Cloues, Nutmegs, Ginger, Pepper, long Pepper, Cardamome, Graynes, of each two drag. Licorice fiue drag. *Anacardium* one ounce and a halfe, Muſke, Amber, of each 7. greynes, clarified Hony or Sugar 12. ounces, make an electuary of them: take of this the bignes of a Nutmeg, and drinke alittle Meade after it. It is very good againſt the falling ſickneſs, the Paulſey, and ſuch like other infirmities more: it comforteth the brayne, maketh a good memory, and expelleth the lithargie, and all obliuiouſnes.

One may vſe either of theſe preſcribed medicines, or this powder following, take, Cinamom, Cloues, Galingall, Nutmegs, Mace, Cucubes, of each two drag. black, white and long Pepper, Cardamome, Annis ſeeds, Fennel ſeeds, peeled Piony ſeeds, Hyſſop, Diptamer, Miſſleto, of each one drag. Saffron two drag. Sugercandy fiue drag. make a pouder of them, keepe it in a lether ſacke, and vſe it in all thy meates.

Item, take the ſeeds of Maiden haire halfe an ounce, Miſſleto one ounce, Tormentill one ounce and a halfe, make them into powder and miniſter 2. drag. of it at once, with the decoction of Piony rootes when you feare the acceſſe of the diſeaſe. For this purpoſe ſerueth alſo white Muſtard ſeeds prepared, conſerue of Betony, the iuice, the water, the herbe, and the flowers: in fine, all that is made of Betony is very good for the falling ſickneſs of the head, and for all other infirmities of the ſame. So is alſo the conſerue of Piony rootes, ſeeds, water, wine of Piony, and all what may be prepared thereof, as may euidently be ſeene by the former receipts: the preſerued *Eringus* rootes are alſo very profitablie vſed therein.

In like ſort alſo Lauender, Roſemary, Spikenard, their leaues, flowers, wine, and what ſoeuer elſe is made of them: we haue alſo mentioned of the taking of Mithridate and Treacle likewiſe. *Guaiacum* is very commodiouſly vſed for this infirmitie. After due euacuation of the body, this is alſo much commended in the falling ſickneſs, take the iuice of Rue two ounces, *Aſſafœtida* halfe a drag. mixe them together, and ſo take them.

Item, take the ſkull of a ſound man calcined or burnt, pilled Piony ſeeds, of each halfe an ounce, Tormentill, Miſſleto, of each two drag. giue it to the patient as before: the ſame doth alſo burnt Harts horne taken with wine, as alſo the liuer of a Kite, and dried bloud of a Sheepe, the bladder of a Boare with the vrine dried in an ouen, and euery day the bignes of a beane taken with *Oxymel*. Item, Rauens egs, Swallowes fleſh, Wolfs, Harts, Fore fleſh, either boyled or otherwiſe, the bloud and fleſh of a Weſell tempered with the vrine of a manchild. Item, Bucks bloud taken, the hoofe of an Aſſe burnt and mixed with ſtrong Vineger, and ſo annointed about the head.

The liuer of an Aſſe taken faſting, the gall of a Beare powdred, the fume of Peacocks dung or otherwiſe vſed, Partridges liuers dried, and one drag. and a halfe dronken, the braines of Camels, or of Weſels vſed with vineger, the bones of a man calcined, the bloud of a Tortoiſe that liueth in freſh water, a Cuckow put into a pipkin cloſe ſtopped, and burnt to aſhes, the ſtones of a Boare, of a wild Boare, of a Ramme, and of a Beare dronken with water, the braines of Sparrowes, with many ſtrange things more that are highly commended of diuers famous Phyſitions, but aboue all other things is the reuming of a Leueret much commended, as hath beene ſayd before. Euery one may vſe of the premiſſes thoſe that he hath approued to be good: but if this falling euill (which very ſeldome befalleth) be cauſed of bloud, then appeareth it with redneſſe of the face, red eyes, & with large vaines. In this caſe is the *Saphœa* to be opened, boring cups be ſet on the thighs, and legs, and on all other parts of the body. Three ounces of oyle of Roſes mixed with an ounce of Vineger, and other cooling things more, are to be applyed

to

to the head: also to beware of these meates, that fume into the head, and that ingender much bloud, as hath bẽn said, neither may the patient vse any Wine, sower Fruites, as Citrons, Lemons, Verjuice; Pomegranats may he measurably vse either rawe by themselues, or mixed with his drinke.

## Of the friction.

THe patient is to be rubbed downewards, to wit, from the necke to the very rumpe, from the brest to the legs, and from the thighes to the fẽte, the lower the better, with rough clothes warmed, thereby to draw the matter downewards: after that, he is to vse a reasonable motion, walking, and kembing of the head. Some counsell to rub the pulses with Strawbery water, and if all this will not helpe, then is an actuall Cautery to be vsed for the extremest and last remedy, whereof hath sufficiently bẽn spoken before.

## Of the Apoplexy or dead Paulsey. §. 18.

EVen as we haue generally spoken of this fearefull disease in the 9. §. this *Apoplexia* is the most vehement and last of all the former fiue infirmities, because it is more hurtfull and perilous then all the rest; for it often befalleth, that these *Apoplectici* do not only lose their speech, sences, and memorie, but also all motion, naturall warmth and nourishment, yea remaine wholie dumme, which happeth by reason that all the passages of the braines are obstructed, whereby the vitall spirits cannot be spread ouer the whole bodie, and because they are without sence, without fẽling, and without all motion, do the Latinists call them *Attonitos*.

This *Apoplexia* is described after two manner of wayes, the one bereaueth a man of all sence and fẽling, and that otherwhiles so long, that the patient seemeth to be dead, wherefore it is also commaunded, that he should not be buryed before the fourth day: and to be assured that there is no life more to be expected, thou shalt hold a little fether at his mouth, which if it moue nor wag not, and that the body waxeth stiffe, then is he departed. Likewise a glasse of water is to be set vpon his brest, and if the same be not stirred, then it is a sure signe of death.

The other palsey is somewhat easier, it doth first infect the brest, whereby all the sinews are constrained to moue immoderately, and to hinder respiration, and this is rightly called Apoplexia. Others do deuide it into three kinds, whereof the first is, when the patient doth drawe a little breath, but with great difficulty, as also when he soweth, his breath is not heard, but his voyce alittle, as if he were choked, and this is the worst and deadlyest palsey.

The second hath a variable respiration or breathing, sometimes not perceiued at all, and anon returning to his former course, without some at the mouth: this also is not without great danger, and albeit that it were cured, yet doth it turne to some other sicknes.

The third kinde is, when the breath remaineth in due order. The causes of these sicknesses are superaboundant humors either in the braine, or in the bloud, ouercharging the stomacke with meate or drink, ouerwatching, debilitie of the braines, drinking of cold water, cole winds, rayny weather, blowes, fals, vse of many cold meates, as frutes, fishes, lettice, ouermuch slẽpe, carnall copulation presently after meales, long rest or quiet, binding in the body, ouermuch blẽding either by opening of a vaine, or otherwise. This disease is both very common, and very dangerous for old folks, especially if they haue kept an immoderate dyet before. The common and surest signes of it are these, to wit, if the patient be quickly snorting and not slẽping, be handled or pinched without sense or fẽling. Likewise, the vehemencie, or debilitie of this disease may be discerned by the snorting: also it is to be taken for a most sure and infallible signe thereof, if he some at the mouth, and is by no meanes possible to be cured; so that all Physitions herein agrẽe, that nothing can be done but only to satisfie his friends, yet without all hope of recouerie.

But if the patient snort not hard, then is the apoplexie the lesse, and to be brieue, a strong apoplexie maketh quick dispatch of the patient, or else there ensueth a dead paulsey, which is much easilier cured: wherfore it is altogether nẽdlesse to make any great discourse of this apoplexie, and the rather, because that all the remedyes in seruing for cure of this sicknes, are declared in the treatise of the falling euill, and of the paulsey.

Afterwards

Afterwards hæde is also to be taken, whether the face waxe red, black, or grene, as it commonly befalleth if some part be tyed or bounden about hard: for this, are both the *Saphæna* to be opened on the fæte, and awhile after both the head vaines, afterwards in the forehead aboue the nose. This being done, the armes aboue the elbowes, and the legs beneath the knees are to be very strongly bound, that the bloud might be drawne to the paines, yet (as it hath oftentimes been sayd before) not to let them be bounden too long without vntying them, and then afterwards tying them againe. Also you are to pinch the fingers of the patient very hard, and rub both his eares and his nose so roughly, that it might be painefull vnto him.

Some do counsell that the outward parts should be stroked downewards with wine, wherein Ireos or Calamus hath been decocted: also suppositories, Clisters, and boring cups, and such like not to be omitted, nor yet the Application of *Oxyrodanum* to the head.

But if none of the foresaid signes do appeare in the patient, but only a little ratling in the throate when he breatheth, then it is an infallible signe of many watrish humors, for the which this Clister following is to be vsed. Take Centory, wild and garden Sage, Rue, Southernewood, Mariorum, white water Mints, of each halfe a M. a little Brand, and halfe a Coloquint tyed vp in a cloth, boyle them altogether in sufficient water. Take of this decoction 16. ounces, and mix with it *mel anacardinum*, and oyle of *Costus* of each one ounce and a halfe, *Sal gemmæ* one drag. *Hiera Picra* 7. drag. stirre them well together, this is very meete for the Apoplexie.

To draw the phlegme out of the head, shalt thou prouoke neesings with Ellebore, for the which this rote is very appropriate, or vse this following: Take white Ellebore, or niesingwort one drag. Beuercod halfe a drag. *Lignum Aloes* one scrup. beate them to pouder, and blow it into the nose; and if he could abide vomiting, the vse thereof will not be vnprofitable for him, open his mouth and powre therein *Oxymel* of Squils with warme water, oyle of Roses, and of Lillyes. Item, boyled Radishes, or horse radishes in water. Also this vomiting may be prouoked by putting a feather into the throate: giue vnto him not much meate, and if it be possible, giue him nothing to drinke but Meade, and the next day let him drink one drag. or one drag. and a halfe of the decoction of Annis sædes.

Thou shalt call alowd and make a great noyse about this patient, also vse musicke, therby to awake him out of his deadly slæpe: which if it will not help, then is he to be pulled, pinched, and very roughly to be handled.

It is also very meete, that this patient take euery day one drag. more or lesse of the confection *Anacardina* with *Oxymel*, thereby to bring an ague according as the cause requireth, for it is very hot: wherefore the learned dispute greatly whether an ague be a good or a bad signe in the Apoplexy.

## Of outward applications.

TAke Cammomill, Melilot, Penniroyall, wilde Thyme, Mariorum, Baulme, Mariorum gentle, of each one M. boile them in water, and bathe or foment the head therwith warme, stampe the herbes, put to them oyle of Rue, and of Lillies, of each one ounce and a halfe, and applie them warme to the head; if it be colde weather, then annoint the head with oiles that are warme of nature, and with the oyle of Daffodils, of Beuercod, of *Pieretrum*, and such like: and not onely the head, but also the neck and the whole backe bone. Or make this salue following. Take Calmus, bitter Costus rotes, of each halfe an ounce, Siluer mountaine, Basill sæde, of each an ounce, oyle of Spikenard, of Cammomils, of Lillies, of each two ounces, white Wine three ounces: melt all that is to be molten, and boile them togither on a small fire of coles, vntill the wine be consumed, then mixe the oyle amongst it, and annoynt the whole head therewith, and the backe bone downewards to the very end thereof: And if this will not helpe, then shaue off all the haire on the head, and applie this plaister following, being spred on a pæce of leather or a pæce of fustian, and make it as big that the whole head may be couered therewith. Take *Galbanum*, *Sagapenum*, *Opopanacum*, of each two drag. Sulfer vife one drag. and a half, Turpentine one ounce, melt and mixe them well togither.

Now to finish this part of the braines, we must first remember two things briefly: First that it is most necessary for this patient altogither to forbeare wine, and to drinke some small bære, or to continue with this Meade following, which is made of twelue quartes of water,

and

and three or fower quartes of honie being well sodden and scummed. Concerning his meate hath sufficiently béene spoken before.

Secondly, if his spæch be altogither or very much decaied, then is the water of Liraconfansie to be vsed, as it is described in the 5. §. before, and with it all manner of waters of life, which are specified in the eight part. Also Wormewood wine, Lauander wine, Spikenard wine, and the conserue of the same: but remember alwaies, that all other wines be streightly prohibited: wherefore these ought also very circumspectly to be vsed.

## *The thirteenth Chapter.*

## Of the Mouth, and all that appertaineth vnto it.

After the description of the Braines, which are the vppermost inwarde member of the head, we will now speake of other partes, as of the Mouth and Lips. In the mouth, first is the pallet, the tong, the gums, the rofe, the téeth, the almonds, with all the other adiacent partes; as the voice, which is made and brought forth with the lips, tong, téeth, and with other partes more.

After them follow all manner of accidents that are incident vnto them. Now to speake of the whole mouth it is to be admired, as also all other partes that are created by God: for aboue all that it containeth, it is the onely meanes, wherby euery liuing thing receiueth foode for the whole bodie. Also by this the nostrels, the hart and lungs receiue aire, without which it is impossible to liue.

Thirdly, out of this procédeth the voice and spæches, whereby one man vnderstandeth an other, and whereby a man is different from all other beasts, which haue nothing common with vs but onely the voice.

These things are manifold, as hereafter shall appéere more at large. Of the outward partes, to wit of the lips, hath béene spoken in the tenth Chapter: but before we come to this particular treatise, we will first of all shew all that belongeth vnto the mouth.

### Of putrifactions and exulcerations in the Mouth. §. 1.

These exulcerations or putrifactions of the mouth are of many sortes: one dæpe, an other not: some perurulent; some corroding; virulent, as well in the tong as in the gums, consuming and spoiling them otherwhiles wholy. They procéde of diuers causes, and amongst all other of these; to wit, if one scald his mouth with hot meats, or vse any thing which is hot by nature; likewise also hot vapors which ascend from the stomacke and vlcerate the mouth.

If these exulcerations be red, the face also red and inflamed, and especially about the place where the sore appéereth; therby may be adiudged, that it procédes only of the blod: but if the colour in the face be yellowish, with heate and drithe in the mouth, redneſſe in the eies, of the throte, and with blisters in the mouth, without any great swelling, and that the patient cannot abide any hot thing in his mouth; then procédeth it of *Cholera*: but if the vlcers be white, without great paine, without any great swelling of the lips and gums, and if the spettle be saltish, then riseth the same of *Phlegma*. The melancholike humor bringeth hir owne signes with hir, to wit, obscureneſſe, hardneſſe, and blackneſſe.

These infections are thus described: The putrifaction in the mouth is, when many blisters and vlcers are ingendred, which do arrode the gums, tong, and throte painfully, running from one place to another, and so spoile the mouth.

Before thou take these exulcerations in hand, loke whether they be dæpe eaten into the flesh or not, new or olde. If they be not big but fresh, and not ouerladen with much moisture: then vse these things following, which may suffice with some astringent and binding things admixed, as to wash the mouth with Well water, Plantaine water, and Rose water, wherein the blossomes of Pomegranats and their pils, and also Gals haue béene decocted. You may also vse Rose water mixed with vineger.

Item, the decoction of Fleawoꝛt sædes, oꝛ of dꝛied Pꝛunes, by it selfe, oꝛ tempered with vineger. Item take raine water, boile therein the yellow sædes of the Roses, with Gals as much as you please, and wash the mouth therewith: oꝛ extinguish Stæle made red hot in milke, and wash thy mouth often therewith. Item, take Gals one dꝛag. Rose water sixe ounces, vineger one ounce and a halfe, put them togither. Oꝛ take Roses, burnt Iuoꝛie, Coꝛiander, Sumach, Lentils, Purslaine sædes, pæled Gourd sæde, and Cucumber sædes, of each halfe an ounce, beate and mixe them togither; and lastly adde a little Camphere vnto them: Take of this powder halfe an ounce, Rose water, vineger, of each two ounces, vse it as hath bæne saide beforꝛe: mixe Well water with the iuice of Pomegranates oꝛ wine: likewise the decoction of Barley mixed with Sugar, clenseth the mouth. The water of Sage healeth all exulcerations, if the mouth be renced oft therwith. Also in a hot cause are very good all fruits that are sower, cold & astringent, being chewed, as Medlers, Mulberies, Choke peares, Quinces, Seruices, Framboies, and such like, especially if they be not ouer ripe. Also the iuice of Vine leaues, and sower and tart herbes may be vsed foꝛ gargarismes.

But if these gentle remedies would do no good, then purge the patient as the cause requireth, as beforꝛe hath often bæne shewed. But bicause this is foꝛ the most part caused thꝛough heate, he is to be purged with Cassia, sower Dates, oꝛ with the Electuarie of Roses, afterwards open the vaine vnder the tong, oꝛ those that appære on the inside of the lower lip, which is very commodious foꝛ all hot infirmities of the lips.

If sucking childꝛen were troubled with it, then is the nurse to be fed with cooling things, foꝛ by the alteration of their milke they are easily restoꝛed to health againe: foꝛ this purpose is the oyle of Sulphur very good, as well in yong childꝛen as ancient people, but there are many common things that are altogither as good as that.

Item, take the yellow sædes of white Roses, blossomes of Pomegranates, Starch, burnt Iuoꝛie, milke of Lentils, Purslaine sædes, Coꝛiander, Sene huskes, of each a like much, and a little Camfere: make a powder of them, and rub the vlcer easily therewithall, oꝛ holde it in thy mouth with vineger of Roses, Rose water, and oile of Roses. Item, foꝛ this hot exulceration thou shalt take the water of Shepheards purse, of bꝛoad Plantaine, of Roses and of Purslaine, of each two ounces, the iuice of Mulberies, honie of Roses, of each one ounce, mixe them well togither, and gargarise with it often.

Item, take Gals, Pomegranate blossomes, & Cypers nuts, of each one ounce, Roses, white Bꝛyer, two dꝛag. Acoꝛne cups halfe an ounce; beate them grossely, and boyle them in water, and wash thy mouth with it. When by these meanes the paine is somewhat abated, then mix fresh butter with honie of Roses, and annoynt the place therewith: this mayst thou well account one of the best remedies. Oꝛ stamp a sower Pomegranate with the pils, wꝛing it out hard, and adde as much honie to the iuice; let them sæthe togither vntill it be thicke. If thou wilt haue it stronger, adde the third part of beaten Acoꝛnes with it. The application of boxing cups is also very mæte and fit foꝛ it: and if the patient be full of blod, then is the head vaine to be opened.

But if the blisters be white, then is the patient to be purged with *Diaturbith*, oꝛ with these pils following: Take *Spec. Hiera Picra* two dꝛag. *Species medicaminis turbith*, two dꝛag. and a halfe, Coloquint halfe a dꝛag. make pils thereof with wine, take of them one dꝛag. oꝛ one dꝛag. and a halfe at once. It is also very good to rub them with hony and salt; but these things following are moꝛe in vse, and moꝛe fit foꝛ this purpose: Take Allum one ounce, boile it in Plantaine water; you may also put Plantaine leaues vnto it, and wash the mouth often therewith. Take honie of Roses, warme water, and a little Allum, halfe as much vineger as water, vse it as beforꝛe, it is very good. Take Roses one ounce and a half, Plantaine one ounce, burnt Allum halfe a dꝛag. Myrtle sædes halfe as much, Pomegranate blossoms and pils of each one scrup. let them sæthe well togither and vse it as the other. Item take one pinte of water, and a good pece of Ireos cut small, and asmuch Allum, honie of Roses two spoonfuls, let it boyle away two fingers bꝛedth. In fine, whensoeuer *Phlegma* is cause of the vlcers, then must dꝛying and astringent remedies be vsed, Cypers nuts, barkes of the Frankincense træ, Frankincense and Mastick: and although one should mixe these warme things with others that are cold and astringent, as Gals, Pomegranate pils, Roses, Myrtle sædes, and such like; yet is not that any erroꝛ at all, but rather a helpe. Also of these things following may gargarismes be made, oꝛ little bals

with

with the iuice of Peares, or Quinces to holde in the mouth.

There is in the seuenth chapter and fourth §. a water described for the eies, beginning, Take broade Plantaine water, with Verdigrease, and Dragons blod. This may you vse if the sore run much, and were very vncleane, for it dryeth and healeth much: Take Plantaine water, boyle therein grosse beaten Mirtle sædes. This clenseth the sores, and cureth them: Conserue of Roses held in the mouth long doth clense the same. *Oxycraton*, that is, wine, water, and vineger mixed together, is also very good.

If this exulceration of the mouth proceed of Melancholy, then shalt thou purge as followeth: Take Cozans one ounce, Burrage flowers, and of Bugloss, *Epithymus*, and Sene, of each one drag. boyle them in water wherein *Mirabolani Indi*, and *Chebuli*, of each halfe an ounce haue bin steeped and decocted, giue thre or fower ounces therof in the morning. In like maner may you purge with *Hiera Ruffi*, you shall also vse a gargarisme made with Cozans & Annise sædes, and mixed with honie. Hereafter doe diuers good things ensue for the infirmities of the tongue, that are also very good for this present purpose.

## Of the swollen Almonds. §.2.

IT chanceth also sometimes, that in these infirmities the Almonds or the pallet in the throate doe exulcerate: of this Pallet shall hereafter especiall mention be made. But for the tumor of the Almonds, and other exulcerations in the throate, are these remedies following ordayned. Take a quarte of red wine, Roses three M. pils of two Pomegranates, foure Gals grossely beaten, Licorice halfe an ounce, Cozans two drag. boyle them together vntill the fourth part be wasted: before thou doest adhibite this, wash thy mouth with a cloth dipped in wine, then vse it warme: if it be with any exulceration, then adde honie of Roses vnto it, and wash it euery day fiue or seuen times.

## *Aqua Iohannis.*

THis water is very good and effectuall to gargarise withall, both in blisters and vlcers: Take Sulfer vife, red Hints, Allum, and Sugar, of each halfe an ounce, Mastick, Frankincense, of each two drag. *Pieretrum* halfe a drag. *Aqua vitæ* three ounces; beate all what is to be beaten, and temper them togither: Take Allum, Sugar, of each halfe an ounce, boyle them togither in Plantaine water, mixe it with the iuice of Mulberries, wash the mouth therewith, it allwageth the swelling, dryeth and healeth. The same doth also the sirup of Mirtle sædes, and of the iuice of Nut shels that hereafter are described. In like maner also, Milke, and the iuice of Lettice, each by it selfe. If the throate be exulcerated within, then take Frankincense, *Sandaraca*, Mastick, of each one drag. red Stirax halfe a dragme; beat them togither, and receiue the fume thereof at the mouth often times: afterwards gargarise with Barley water and honie of Roses.

For all impediments, putrifactions, and exulcerations of the mouth, are three diuers gargarismes prescribed and ordayned: whereof some are specified hereafter, wherewith is also declared how that commendable iuice of Mulberies, honie of Roses, and moe other things, are to be prepared.

Of outward exulcerations, and contractions of the mouth, hath been spoken in the twelfth chapter, and §.14.

## Of a stinking mouth and breath. §.3.

THis infirmity procedeth not onely from the mouth, but of many other accidents moe, which the learned comprehend in the number of eight: first, when the gums doe putrifie and stinke: secondly, bad and hollow teeth: thirdly, stinking humors that fall downe from the head into the pannicles of the mouth, and there make the spettle to stinke: fourthly, stinking slime of the stomacke: fiftly, the corruption of the Lights: sixtly, stinking matter & purulensie, as in *phthisi*: seuenthly, stopping in the nose, or some exulceration of the same, as in *Ozena*: eightly, the corruption before mentioned of the mouth.

Of the foresaid infirmities haue diuers Authors sufficiently spoken, as also hereafter in many places shall appeare. Heere we intreate only of the corruption of the mouth, in the which we may comprehend the three last causes. And first of all, if this stench procéede from the braine, and settle it selfe in the tunicles of the mouth, which most commonly commeth of heat, then is there present a great itch, heate, thirst, and drought. For this shalt thou open the head vaine, set boring cups in the neck, purge the head with *Pillulæ aureæ*, or *Cochiæ*, wash thy mouth often with Plantaine water, or water of shepherds purse, receiue the vapor of decocted Mallowes or Lettice, and smell of Roses, Violets, waterlillies, Willow leaues, Saunders, or of Cammomill.

If it procéede of cold, then vse some dayes together potions of *Oxymel Compositum*, or Drimell of Squils, purge with pill. *Cochiæ*, and Gargarise with this water following.

Take Ireos, Cypers rootes, Juniper berries, Mariorum gentle, field Mints, wild Time, garden Mints, all of them, or as many as you please, vse it often: you may also draw it vp into the nose; you must beware of Fruites, Fishes, Beanes, all hard meates, and such as putrifie spédily in the stomacke.

If the corruption of the mouth do cause this stinking breath, then shall you gargarise very often with the decoction of Agrimony, and Oliue leaues, adding as much Hony vnto it, as you thinke good. Item, take Vineger and extinguish it in gold, made red whot a good many times, with Cloues decocted in it; wash the mouth with it, this taketh away the stench: also gold only held in the mouth is very good: so likewise doth chewed Ireos. Take grœne oken leaues, beate them to powder, and take of this one drag. euery day fasting with Wine, it taketh away the stench. In the 12. Chapter and first §. in the description of the memorie you may finde a good poulder, which beginneth, Take Sene leaues, Seduary, &c. Item, take Cinamom, Cloues, Sage, Mariorum gentle, Baulme, Nutmegs, *Angelica* rootes, and such like odoriferous things, eate and chew them in thy mouth, spit them out, and take in fresh: they take away all bad sauours and stenches.

Of what cause soeuer this infection procéede, these simples following are very commodious for it, each by it selfe, to wit, Auence, Cypers rootes, Frankincense, *Lignum Aloes*, Cinamom, Citron séeds, Rape séeds, Cloues, Mirrhe, *Blatta byzantia*, Mastick, Cardamom, *agnus Castus*, Spica, Squinanth, Citron leaues, Roses, Saunders, Campher, water Lillies, Rosewater, prepared Coriander, odoriferous apples, Quinces, Tormentill rootes, and such like.

Take white Saunders, Roses, of each fiue drag. red Saunders, Citron pils, Squinanth, *Gallia muscata*, of each two drag. make a powder or little bals thereof to hold in thy mouth.

## A Gargarisme for all infections of the mouth. §. 4.

Gargarismes are commonly made for all infirmities of the mouth, throate, and lips, to clense, to heale, and to cure them, but because we haue described many such accidents, and haue promised to shew some gargarismes for them, which shall be done at this present. And for that in all gargarismes three principall things are tempered, as the sirrup of Mulberies, hony of Roses, and the iuice of Nut shels, we will therefore first of all shew how they are to be prepared.

## The Sirrup of Mulberies *Diamoron*.

This Sirrup is diuersly prepared. The common people take halfe Mulberies and halfe Blackberies, and boyle them like to a conserue. Of this do they giue in hote diseases to comfort: others take only the iuice of blacke Mulberies, wringing them through a streyner, as soone as they are gathered, and so with Sugar make it to a Sirrup.

The Apothecaries prepare it thus: Take fiue ounces of the iuice of Mulberies, 12. ounces of the iuice of Blackberies, both the berries as yet being not ful ripe, clarified Hony 11. ounces, swéete Wine three ounces; let them séethe together ouer a gentle fier, till it be reasonable thicke, and kéepe it in a pot.

The fourth and best meanes. Take iuice of Mulberies, Blackberies, Framboys, and of Strawberies, of each foure ounces, clarified Hony eight ounces, boyle them with a mild fier till they wax reasonable thick. But note (as alreadie hath béen sayd) that the berries be not altogither

altogither ripe; and bicause the Framboyes and Strawberries be ripe before the rest, their iuices are to be sodden with halfe as much Sugar, and so to be kept vntill the rest be red. All these sirupes haue an especiall vertue to cure all infirmities of the mouth, to clense, to cole and to drie: for which cause also they are good to be vsed against the Squinancie, and all infections of the throte. But if thou wilt make it stronger, then temper Allume, Myrrhe, Saffron, and Veriuice, of which thou wilt amongst it, according as the cause requireth.

## Honie of Roses.

THis honie of Roses is also made diuersly, but commonly as followeth: Take Roses that are not fully blowen, cut off the yellow tops, and to one pound of Roses put three pound of honie, which hath beene clarified very well, and so place it in the sunne.

One that is stronger: Take Rose buds (as before) one pound, beate and boile them in a pinte and a halfe of raine water, wring it out hard, adde to the expressed liquor fower ounces of the iuice of Roses, clarified hony two pound, boile them togither till it be thicke ynough.

The third manner. Take clarified hony two pound and a halfe, iuice of Roses new made fower ounces, set them on the fire, and when it beginneth to boyle, mixe one pound of chopped Rose leaues amongst it, let them boile till all the iuice be consumed: afterwardes straine it through a cloth, and keepe it close stopped; for the older it is, the better it is. This honie of Roses hath an easie astringent vertue, it coleth, and is very good in all sharpe rheumes that fall from the head into the mouth: it withstandeth all putrifactions, corrosions, and white exulcerations in the mouth: it expelleth all stinking humors of the stomacke, that are caused of the gall, if it be vsed in hot feuers; otherwise it doth clense the stomacke of all slimynesse, prouoketh sweate. That which is made with the iuice of Roses, loseth, and outwardly it clenseth all vlcers, stinking wounds, and such like. If any man had taken phisicke, and would not willingly vomit it vp againe, he shall take a little of this honie of Roses after it.

There is yet another manner of making this honie of Roses. Take fiue ounces of drie Rose leaues, put 15. ounces of boyling water vpon them in a pot that may be close couered, let it infuse so eight howers, then wring it out hard, and take as many Roses more; make the liquor boyling hot againe, put it on the Roses, and let it infuse as before; this reiterate thrise and no more: afterwards weigh the liquor, and to fiue ounces of it put three ounces of honie; boyle and clarifie it: this bindeth the bodie, and comforteth the stomacke.

## The sirupe of Nut shels.

THe Apothecaries do call this sirupe *Rob nucum*, and *Diacaridion*, which is thus prepared; Take the greene shels of Nuts, beate them and presse out their iuice: of this take one pound, clarified honie halfe a pound, boyle them to a sirupe. Some do take of the iuice and honie of each a like quantitie: this sirupe is very good for women and weake folkes troubled with hot rheumes that swell. You may adde other things vnto it, according as the accident requireth.

The gargarismes which are most meete for the mouth, the throte, and the adiacent partes are these: Take Rose water, Plantaine water, of each fower ounces, honie of Roses one ounce, sirupe of Mulberies halfe an ounce, burnt Allume one drag. white wine eight ounces, let them seethe togither as long as you would do an eg, gargarise therewith warme, it drieth and clenseth. Take Plantaine, Knot grasse, and Barly, of each one handfull, boyle them vntill the Barly burst, straine it through a cloth, and adde to it honie of Roses, sirupe of Mulberies, of each halfe an ounce: vse it as aboue. Item, take Barly halfe a handfull, rootes of Bugloss as many, iuice of Quinces one drag. and a halfe, Violets, Currans, and Staues acre, of each two drag. boile them in a good pynte of water, vntill the Barly swell: this healeth, and alaieth the paine.

Take Pomegranate pils, broad and long Plantaine, of each one handfull, let them boyle togither in a pynte and a halfe of water being strained, adde to it *Vnguenti Ægyptiaci*, sirupe of Mulberries, and Nut shels, of each halfe an ounce, temper them all togither: this drieth marueilously, and healeth all stinking exulcerations. But you may not swallow any of it downe, by reason of the Verdigrease which is in the salue.

In great heate of the mouth and throte, with a sharpe matter adioyned, which excoriateth

this place: Take water of Nightshade and Purslaine, of each three ounces, water of Borage and of Violets, of each two ounces, sedes of Fleawort halfe a drag. Quince kernels halfe a drag. Dragagant a drag. and a halfe, steepe it in Rose water, presse out the slime or muscilage, and mixe them all togither.

Take Plantaine water and wine, of each fower ounces, burnt Allume halfe a drag. honie of Roses, sirupe of Mulberies, of each one ounce, boile them a little, and gargarise often therewith: this is especiall good in all tumors of the throte, & also in the squinancie. There are many more such like gargarismes prescribed for many other diseases, as euery where may appeare. There are also diuers Phisitions, which without any exception, vse in all gargarismes *Scrophularia*, and that not amisse; for it hath a wonderfull vertue.

## Of the Pallet, and the falling downe thereof. §.5.

IT is called by the Grecians *Epiglottis*, that is, the little tong, by the Latinists *Lingula*, *Vuula*, and by vs the pallet. It is also a very needfull part and member of the tong, it hath fiue seuerall partes: first, the two almonds, *Tonsillæ*, that engender the spettle, and moysten the tong; and if they ware drie, then do they hinder the speech. Secondly, the *Aspera Arteria*, or *Trachea* and *Oesophagus*. Lastly the pallet it selfe. This is the onely instrument of the voice, whereby the same is fashioned, and for that cause it is placed in the middest of the throte, bicause it should couer one part of the throte, and preserue the brest, hart and lights, should direct the meate and drinke receiued, to the mouth of the stomacke. It befalleth often, that it hangeth downe, and so troubleth one very much, which he is not accustomed to haue before, as may be seene when the tong is pressed downe.

If this procede of heate, then is the pallet red, the vaines about the eies swolen, the face red, and the spettle swætish; all which are signes of ouermuch blod.

But if it be white, then it is caused of a colde rheume, which falleth into the mouth abundantly: the voice is hoarse, the face pale, the pallet white, and much longer than it ought to be.

## Of the tumor and falling downe of the pallet through heate.

IF the pallet be red, then is the whole backe bone from the very necke downewards, and both the armes to be rubbed with warme clothes, the legs are to be tied hard, and vntied againe; afterwards boring cups are to be fastened on the thighes, against the fire; also if neede require, the head vaine may be opened vpon the right hand.

Item, a vesicatorie vnguent shall be applied to the shoulders (which is diuersly described in the twelfe Chapter and 16. §.) and so let it remaine thereon two howers long.

Item, take Roses, Gals, and Pomegranate pils, of each one drag. Allume one scruple, Salt halfe a scrup. make them into powder, and beare vp the pallet with it. Or take Rose water and vineger mixt togither, gargarise with it; or in the stede of Rose water, you may take Well water.

Water of Plantaine, and Nightshade is also very mete for the same, but it must not be taken downe.

Item, mixe the sirupe of Mulberies and a little vineger with water, and gargarise therwith.

Another. Take the yellow sedes of Roses, and a few Citron sedes, boyle them in Plantaine water, afterwards mingle some honie and a little vineger with it.

This following is of no lesse vertue than the former: Take the sirupe of Mut shels, one ounce and a halfe, the decoction of Sumach two ounces, temper them togither, and vse it certaine daies continually: if you will haue it milder, then take Barly water in stede of the other, and mixe some Pomegranate wine with it.

Item, another that is stronger, and especially at the first: Take two ounces of Rose water, one ounce of red vineger, Acorne cups, *Hypocistis*, iuice of Sloes, calcined Plume Allume, of each one scrup. mingle them togither for a gargarisme.

## A Powder.

TAke the grẽn shels of Nuts dried, beat them smal, and take a little sponeful of the powder; hold it to the pallet, & beare it vp therwith continually: this hath oftentimes bin approued.

Another. Take Allume (that is called *Allumen Iamenum*) burne it, and vse it as before: or burne Salarmoniacke, and vse it as the other.

Note also, that all the powders may most conueniently be vsed, after that the patient hath gargarised: neuertheless they may be vsed when one thinketh good.

## Of swelling, and falling downe of the Pallet through cold.

IF the pallet be white, then take Cinnamome, Ginger, Pepper, *Pieretrum*, Pomegranate pils, Gals, and Roses, of each a like much, make them into powder, and hold it to the pallet as before.

Item, take long Pepper three dragmes. Ginger one dragme and a halfe, *Album Græcum*, that is, a white Dogs turd (of a dog that eateth nought else but bones) one dragme. Allume fower scruples, *Sal gemmæ* halfe a dragme. vse it as all the rest: abhor not the dogs turde, for in this extremitie it hath a maruellous operation.

Item, take Sage, Mustard sẽde, of each one dragme. boyle them togither in water, vntill there remaine about eight ounces, then adde one ounce of honie of Roses vnto it.

Take *Album Græcum* being well dried, fine Bolus, of each one dragme. Allume halfe a dragme, Pepper and Salt, of each halfe a dragme. make them into powder, and vse it as aboue.

Take *Oxymel*, Mustard sẽde beaten, and vineger, of each a like quantitie, annoint the pallet therewith.

Item, shaue off the haire that groweth on the suture of the scull called *Sagittalis*, apply a great boring cup vnto the bare place, and let it there remaine a whole hower long. This may you reiterate three or fower times a day; it draweth the pallet vp againe.

## What is to be done in the greatest extremitie.

IF the patient haue long haire, then let a strong man take hold of it, and pull it vpward violently, vntill such time as one may perceiue that the skin is seuered or parted from the scull; then also doth the pallet ascend, because it is fast to the skin: it hath bẽne founde by experience, that it hath holpen immediately, and hath preserued the patient from choking.

But if this infirmitie be of long continuance, and that the pallet semeth to hang onely at a little skin, and the neather end of it is much swolen, then there can be no other meanes vsed (although one is loth to follow it) but by incision to take it away; afterwardes you are to vse this gargarisme following: Take the decoction of Ireos, and Licorise, of each a like much, mingle as much honie with it as you please, and a little vineger.

Item, vineger and water wherein the blossoms of Pomegranate trées haue bẽne decocted.

## The order of Diet.

IN this infirmitie proceeding of cold, vse excalfactiue meates, drinks, and habitations, beware of all manner of violent motions, anger, vexation of minde, feare, and such like. The confections *Diatrion*, *Pipereon*, *Diamoscu*, *Diambra*, and Mithridate are very commodious in this maladie: or else to gargarise with *Mina Citoniorum* and the water of Sloes.

Take beaten Cucubes halfe a dragme. make therof with the iuice of Roses or their water, two pils; they are very effectuall. These pils following do also hinder the falling of the rheume into the mouth. Take *Pill. Aleophanginæ* one dragme. Mastick, one scrup. make eight pils of them, take twaine after supper at each time.

## Of the Toong. §. 6.

THe partes of the tong are flesh, muscles, vaines, and sinewes combined togither, spongious and soft; which member amongst all liuing creatures, or amongst them that haue a tong is most different, not onely by reason of his forme, but rather by the voice: and

indéed it is no lesse, for by hir wonderful motion (wherof there be three in general) doth she bring maruels to passe.

First, by the manner of the words and spéech, whereby we can declare whatsoeuer we conceiue in minde, and make it knowen to another bodie. By this groweth wars and peace, friendship and enmitie, concord and discord: by this is both God and man praised and dispraised. In fine, by this is done both good and harme, as that merrie *Æsopus* saith in his fables, that the tong is the best and worst péece of flesh.

The second is the taste, whereby it can discerne which is bitter, which swéete, sower, tarte, sharpe, colde, hot, or any such like: also it adiudgeth what is good or bad for the stomacke.

The third is the sense of féeling, whereby it perceiueth what is hard or soft, hot or colde, &c. Besides all this, it helpeth to holde the meate receiued betwéene the téeth, that there it might be chewed, and thence conueied into the stomacke. Also it serueth to gather the slime and moysture of the mouth togither, and to spet it out, which by no meanes can be effected without it, as it euidently appéareth in those that haue a dead palsie, and cannot wag or moue their tong.

This member is subiect to diuers and sundrie infirmities, as when the tong is heauie and slowe, hard and immoueable, hot and drie; for which cause it is especially infected of *Alcola*, which causeth it to swell, harden, and exulcerate, &c. whereof we purpose to speake hereafter.

## Of the losse and vnperfectnes of tasting.

Amongst the before mentioned infirmities, this is also to be placed, that in the taste, as in the sight and hearing, oftentimes happeneth that it be quite and cleane decaied, so that there remaine not one whit of taste; otherwhiles also is the tasting onely diminished, as when one can perciue some taste, yet not perfect and to the full. Also it is oftentimes quite spoyled, as when one taketh sower for swéete, &c. As it befalleth to them that haue the yellowe Iaundies, or to them that are troubled with a hot ague, wherein the patient adiudgeth all what he tasteth to be salt, bitter, swéete, or without sauor, according to the quality of the disease.

The signes of the humor that causeth this infirmitie, are these: The blod yéeldeth a swéete taste. *Phlegma* also somewhat swétish, with much spettle, humiditie of the head, of the tongue, and of the whole body. *Cholera* causeth bitternes, saltnes, and giueth a salt fleume. If there be no taste at all, then is the mouth of the stomacke pestered with many bad and superfluous humors. If it proceéde of melancholie, then is the taste tart, and astringent, of al that he taketh into the mouth.

There may also very sure signes bee taken of the tongue: the which if it be white, then it is not onely a signe of colde, but also that the stomacke, head, and liuer are full of *Phlegma*: If it be red, then doth it signifie that this maladie is caused of blod, and of hot rheumes: The yellownes is a signe that *Cholera* is cause of all: If it be of the colour of lead, and blackish, it sheweth Melancholy to be the cause of it, vnlesse it should proceéde of some vnnaturall heate, as in hot Feuers it commonly chanceth.

Now concerning the remedies for this lost, bad, or corrupted taste: If it come of a hot sickenes or Feuer, and the patient be full of blod, then is first the head vaine, after the vaine vnder the tongue to be opened, and a good diet to bée kept, and all manner of cooling things to bée vsed.

He is also to be purged with a potion of the sirup of Roses, of yellow Mirabolans, or with these pils following.

Take of the *Species Hieræ* one drag. and a halfe, shales of yellow Mirabolans three drag. *Diagridij* and Annise séede, of each halfe a drag. temper them with sirup or the iuice of Roses, and giue a drag. of them at once, more or lesse, according to the ability of the patient. Or take 5. drag. of the Electuary, of the iuice of Roses, or some such like matter: afterwards is he to hold in his mouth vineger mixt with the iuice of Pomegranats: otherwhiles also the iuice of Lettice, of Purcelane, muscilage of Fleawort, and of Dragagant, made with Rose water, and held in the mouth a long time, sometimes Rosewater by it selfe vsed as before. These pils following are also to be made, and holden continually in the mouth: Take Roses, burnt Iuorie, and Bay berries, of each a quarter of an ounce, pilled Melon séedes, Gourd séedes, Cowcumber séedes, Pompeon séedes, Lettice séedes, Purcelane séedes, Endiue séeds, Dragagant, of each one drag.

make

make it into pils with the Dragagant dissolued; afterwards he is to gargarise with the iuice of Endiue, and of Nightshade, or with the decoction of Roses, Veruaine, and Mirtle seeds. Thou shalt rub his tongue with peeces of fresh Melons or Gourds. All these things alter the bad sauor and tast of the mouth in a hot cause.

But if the losse of tast procede of heate and drought with any humor with it, which may be perceiued if the tongue be drie, red, and without any spettle; then are contrary things to be vsed for it, to wit, cold and moyst remedies.

Contrariwise, if it be caused by colde, then note if there be any affluxe of humors with it, or not: if there be (as commonly it befalleth) any superabundant humors with it, and if the body be full of blod, then is purging and letting of blod (as opportunity serueth) to be vsed: if not, minister vnto him *Oxymel compositum*, or of Squils, with the decoction of Hyssope, Marierom, Sage, and *Stechas*: afterwards purge him with the pils *Cochiæ*.

## A Gargarisme for the same.

TAke Hyssope, and Licorice, of each an ounce, twenty sappy Figs, Honie sixe ounces; boile them in water, and gargarise therewith, and holde it a good while in thy mouth. If there be no agues with it, vse this gargarisme: Take the iuice of Squils one ounce, Vineger twelue ounces, Well water and Honie, of each sixe ounces; let it boyle a while scumming it. If the patient doe abhorre euery thing, supposing them to tasse very vnsauorie, then he is to be purged with an ounce of fresh Cassia, with *Oxymel*, and with the afore mentioned water.

For this purpose serue also sharpe meates, as Dinions, Garlicke, Lékes, Mustard séedes with vineger, iuice of Limons, iuice of Citrons mixt with other meates: also otherwhiles salt meates.

## Of a heauie and slowe tongue.

THese infirmities are of two sorts; the one naturall, and the other accidentall, as when the tongue cannot pronounce the letters aright, but in pronouncing the vowels *A,E,I, O,V*, is no want in it, because that the tongue then néede not much to be stirred: also in the saying of *B,M,P,Q*, wherein the lips do the greatest labour. But in these letters following must the tongue be most of all vsed, to wit, in *C,D,G,H,L,N,R,S,T,X,Z*. In the naming of *F*, must the breath be blowen out betwéene the vpper téeth and the lower lip. If in any of these be any hinderance, then may the same be ascribed to the tongue, especially if the same be inueterated through a long custome, which after remaineth for euer incurable.

The other that procédeth of outward causes, and lurketh in the sinewes of the tongue, may be cured by Phisicke.

Both these infirmities are caused of fower sundry occasions. The first of a colde matter, that lieth in the sinewes of the tongue, which is to be perceiued, if they cannot pronounce perfectly the letters aboue shewed in the third row, and especially the R. Besides this also their sight and hearing decreaseth; or when one would speake hastilie, and therewithall dribbleth against his will, the which is a messenger of the dead Palsey.

Secondly, it is also sometimes caused of hot agues: then can the patient not draw his tong backward, and it wareth blacke and rough.

Thirdly, this infirmity may procéde of the toughnes of the humor that slayeth the tongue, as if it were fastened vnder neath, and therefore could not be put forth by the patient.

Fourthly, it is otherwhiles caused of certain flesh that groweth vnder the tongue, the which if the tongue be lifted vp apparantly may be séene.

The first which groweth of colde, and without an ague, is thus to be cured: to wit, that after the patient hath béene purged, he open also a vaine, and afterwards wash his tongue with this water following, but he is to take great héede he swallowe none of it downe. Take Salarmoniack, Pepper, Ginger, white Mustard séedes, *Pieretrum*, Licebane, Borras, Salt, salt of Indie, Marierom, séedes of Nigella, Marierom gentle, of each one drag. boile them altogether in a quarte of water vnto the halfe, and vse it as hath béen said.

Item, boile *Pieretrum* in vineger, and gargarise therewith. Loke also that these things doe

not

not excoriate the throate, and make it rawe: for the *Pieretrum* is very strong, and therefore it is commaunded (as often hath bẽn said) to tie it in a fine pẽce of cloth, and to chew it.

## A Powder.

After the long continuance of this gargarisation, take Salarmoniack, *Pieretrum*, Pepper, and white Mustard sẽdes, of each a like much, make it into powder, and rub the tongue often with it: but childrens tongues may you rub onely with the powder of Sage, or wash it with *Oxymel*.

Item take honie of Roses two ounces, *Salgemma* two drag. mixe them togither, and rub the tongue often with it.

Also make this gargarisme following: Take Sage, Hyssop, *Calmus*, of each a like quantity, boyle them in water. Take *Costus* rootes that are swẽte, white Pepper, Ginger, Licebane, Rue sẽds, of each one drag. *Pyretrum* three drag. Graynes halfe a drag. Mastick dissolued in Vineger one ounce, temper them together, and make pils of it of the bignes of small Nuts. Take one of these in thy mouth otherwhiles and chew it, they are very mẽte to draw the phlegmatick matter out of the tongue which there hindereth the spẽch.

But of the bereauing of the spẽch by reason of the dead palsey haue I shewed before how the partie so troubled is to be purged and dealt withall; yet notwithstanding that, I will procẽde in teaching all what might happen vnto the tongue.

If the same sẽme to be caused of a cold and moyst matter, then is the tongue to be often rubbed with *Hiera Picra*, tempered with a little Staues akre, Mustard sẽde, and *Pyretrum*, but this is very hote and bitter, so that the patient shall hardly be able to abide it: but this following is milder.

Take Salarmoniack and Ginger, of each a like much, temper them with the iuice of Squils and rub the tongue with it.

Item *Oxymel* of Squils, and water wherein one or moe of the former things haue bẽne decocted, is very commodious: but annoynt the necke and the hinder part of the head with oyle of Bayes, and of Beuercod, afterwards apply this plaister following vpon it, being spread on Leather.

Take Gumme three drag. *Stechas* and Mariorum gentle of each one drag. oyle of Mariorum gentle, and Wax as much as is nẽdefull for a plaister.

Take Beuercod, wet it with the iuice of Sage, and make pils of it, and hold them in thy mouth, or else take Nutmegs, Indian Nuts, Cloues, *Pyretrum*, *Assa fœtida*, of each one scrup. *Laudanum*, Dragagant, of each one drag. make them into pils with Wine, and hold them in thy mouth. So also may you hold a pẽce of a Nutmeg in thy mouth, and chew it. Treacle, Mithridate, and such like confections are commended in this infirmitie. The patient must also speake much and plainely.

But if it come with the infection of any other sinewes, then it is to be cured by the meanes that are prescribed in the Palsey.

But if it procẽde of an Ague, with a contracture of the tongue, then must you irrigate the patients neck and shoulders from on high with warme water, for that moysteneth and warmeth the same place and the tongue also: afterwards annoynt it with oyle of Oliues.

## How to moysten the tongue.

If then a great drythe of the tongue happen with it (as it commonly befalleth in hot Feuers) then is the patient to hold in his mouth oyle of Roses or of Violets; but especially ought that to be obserued which hath bẽn sayd before in the losse of the taste, where it beginneth thus, Afterwards he is to hold in his mouth &c.

For this vse serue also these things, to wit, preserued black Cherries, preserued Raspises, and whatsoeuer else is made of them, preserued Peaches, Barberies and their sirrup, the preserued red Cheries, with their sirrup, and such like moe, sirrup of Mulberies, of Nutthales, conserue of Roses, conserue of water lillyes, and many more such like, as is shewed in hote diseases and pestilentiall Feuers.

*Diatra-*

*Diatragagantum frigidum* is very good in this and in all other hote diseases whatsoeuer.

For this purpose serueth also Sugarcandy, the muscilage of Fleawort, of Quince kernels, and to wash the mouth often with warme water, Vineger, and Rose water.

If there be any tumour with it, then vse the iulep of Violets and of Roses, dryed Prunes, dryed Cheries, iuice of Licorice, sowre Dates, Manna, or which of them you please: but if the tongue were fast somewhere, then it is to be losed with some instrument, and afterwards to bestrow the place with Ginger and Allome.

Lastly, if a peece of flesh should grow vnder the tongue, as if it were a frog, then doth the same procede of a grosse and tough humour: when the tongue is lifted vp then may you see it very red, and it is otherwhiles little or big like vnto a little tongue. It is also sometimes round like a hasell nut, and bigger, whereby both the speech and eating is hindered. Heere must the patient first be purged, let blod vnder the tongue, and obserue a good diet, as in any other impostume of the head, that might also procede of fleume. Afterwards is the frog to be rubbed with Salarmoniack, Gals, *Salgemmæ*, or parched salt: or els you may prepare this for it. Take *Pieretrum*, Ginger, of each two drag. Salarmoniack, *Salgemmæ*, of each a drag. and a half, Marierom, Calmus, Ireos, Daffodils, Hatticke, of each a drag. make a powder of them. Of this powder may you take one part, and with the white of an egge make it into *Trociscos*, and when thou wilt vse them, to dissolue them in *Aqua vitæ*, and so annoynt the frogge vnder the tongue with it.

With this water following may you also wash the mouth very often. Take Marierom, Mints, Pennyroyall, Nettle rotes, of each one M. *Pieretrum* two drag. boyle them togither in a pinte and a halfe of water, till the third part remaine.

But if this malady do once inueterate and ware olde, then it is to be cured with those things that are described hereafter in bleeding of the gummes; amongst which this following is rehearsed: Take Sugar, Allum, Verdigrease, of each a like much, mixe them with hony, and rub it therewith.

Item, if this infirmity ware to big, then it is to be cut, taken away and healed, as all other sores of the mouth. Some doe counsell to burne it which is vncertaine in this place: but this is to be obserued, if this frog be hard and blacke, then it is doubtles the true Canker, which is altogether incurable.

## For the *Alcola*, or hardnes and cliffes in the tongue.

This *Alcola* of the tongue procedeth of the foresaid hot and drie causes, when the tongue wareth blacke, drie, hard and full of cliffes. For this must the patient first bee purged with this purgation following.

Take Rubarbe three drag. *Spica* halfe a drag. Squinant one scrup. of the decoction of fruites called at the Apothecaries *Decoctio fructuum*, which shall hereafter be described, eighteene ounces; let them infuse in this decoction a whole night, in the morning presse it out, take fower ounces of the Colature, sirup of Pomegranates one ounce, sirup of Limons halfe an ounce, temper them togither, and so take it three mornings togither.

If these potions haue not sufficiently purged (for they be very gentle) then take of these pils, *Cochiæ, Fœtidæ, Aureæ*, of each one scrup. and of them all one dragme; make seuen pils of it, Gargarise after the purging with warme Goates milke, and eate fiue or sixe Cherries after it.

And because wine is very hurtfull in such a heate, this water following shall bee very meete for it. Take halfe a handfull of Barley, thirtie drie Prunes, Barberries, Cinnamom, of each halfe an ounce; boyle them in fower pintes of water vntill the fourth part be consumed. In like manner may you vse this potion for to cole: Take the iuyce of Quinces one ounce and a halfe, *Rob de Berberis* halfe an ounce, water of Purcelane three ounces, temper them togither.

For this purpose serueth also whatsoeuer hath been written in the first §. of the corruption of the mouth, but especially the gargarismes.

Of

## Of the tumour and swelling of the Toong.

THis is caused of blood, or of flegme that falleth downe out of the head. It happeneth sometimes that the toong doth so swell, that it lieth before in the mouth, whereby the spetting and all other hir actions are hindered. In this you are to purge the head with the foresaide pils.

If it then procéede of colde flegme, which is discerned, that the toong and face are alwaies white, and the mouth alwaies full of moisture, then is the toong to be rubbed so long with the iuice of Onions, of Citrons, sirupe of Raspes, or with sower Pomegranate wine, vntill all the spettle and slime be gone away: for these foresaid things do separate the matter.

Item, take Ireos, white Mustard séede, *Pieretrum*, and such like, all of them, or each apart, boyle them, and vse it in the washing of the toong.

Item, boile Dates, Raisons and Figs, of each a like much in swéete wine.

This gargarisme is also good being vsed oftentimes. Take Fenegréeke, Raisons, Fennell séede, Lilly rootes, and Figs, of each halfe an ounce, boile them togither in a quart of water, vntill the third part be wasted, afterwards temper thrée ounces of honie of Roses amongst it.

Item, take Squils and *Oxymel* thrée ounces, mixe them with the decoction of the Beuercod. Or boile Rue, Cypers rootes and Pepper togither, or which you please, in vineger.

But if heate be cause of this tumor, that will be perceiued by the rednesse and swelling vp of the face and toong, without any spettle, and with swéetenesse of the mouth: for this you shall presently open the head vaine, then vnder the toong; for this asswageth the paine, and coleth the blood.

If it be néedefull, then purge with the Electuarie *de Succo Rosarum*, sirupe of Roses, or with *Cassia*: fasten boring cups in the necke, that the affluent matter might somwhat be withdrawen. Also the patient is to gargarise with sower and astringent remedies, as with the iuice or sirupe of Raspes and of Limons: the iuice of Lettice is also good for it, likewise the iuice or wine of Pomegranates.

## Of the impostume of the Toong.

THe toong doth otherwhiles impostumate through abundance of blood, which is knowen by the rednesse, the tumour, the swéetenesse in the mouth, and by the puffing vp of the face with rednesse.

If it procéede of *Cholera*, then it is perceiued by the great burning, vehement paine, and bitternesse of the mouth.

Or if it be caused of flegme, that may be séene by the paleness, by the small store of paine, and much spettle, without any great swelling being spred ouer the whole toong.

When this infirmitie commeth of Melancholie, then groweth the toong hard, ash coloured, and with small paine.

But if it procéede of heate, then purge the patient as hath béene shewed in the tumour of the toong and *Alcola*: and in the beginning make gargarismes of colde things, as of Gourds, Shepherds purse, Purslaine, Endiue, and especially of Lettice, Milke, Rose water, or the decoction of Roses, and rub the toong with a Peach, which is very profitable for this purpose. But if by these meanes it do nothing amend, then vse oftentimes honie, milke, and the decoction of Lilly rootes and Raisons, Fenegréeke, and of Fennell séede.

For his meate he may vse Colewarts, Drage dresst with oile of Almonds or of Oliues, Figs, Raisons, and Linséede chewed and spet out againe with the slime.

When this tumour or impostume is broken vp, then take any one of these things following, to wit, Butchers broome, Barberries, Myrtle séede, of each halfe an ounce, Agrimonie one handfull, boyle them in a pynte of water vntill the halfe, then adde Meade or honie vnto it two ounces, and gargarise thereweth often. It preuenteth great harme that might insue. Olde wine is also very good, being held in the mouth, and spet out againe.

But if it procéede of colde, then purge the patient with pils *Cochie*, or with the confection *Diaturbith*, and make this gargarisme following for him. Take Fenegréeke, Lilly rootes, & Fennell

séedes,

sædes, of each one ounce, ten Figs, Corans one ounce and a halfe, Bay berries one ounce; boyle them in a sufficient quantity of water: let him hold this in his mouth, and wash his mouth with it very often. It easeth the paine and ripeneth all impostumes of the mouth and throate, especially if you ad hony vnto it.

This impostume is accounted the middlemost thing betwæne the vlcers of the mouth and the Squinancie: for they doe agree togither both in their causes and their remedies, as hath bæn shewed before in the first §.

## Of the losse of speech.

BVt if of any of the foresaid causes the speech is hindered or taken away, and yet the voyce remayne, and that the patient could not vtter his minde, then is he to take twice a weeke one drag. and a halfe of *Hieralogodion*, with the decoction of Rosemarie.

## A Gargarisme.

TAke a drag. of Coloquint, Harts tong two dragms, Ginger, Galingall, Costus rotes, Greines, of each halfe a drag. boyle them togither in a pinte and a halfe of water euen to the halfe; wring it out hard, and temper with it *Oxymel* of Squils sixe ounces, and let it boyle a while longer: afterwards hold it warme in thy mouth, and wash thy mouth therewith. This will not deceiue thee.

Take Mithridate or Treacle two drag. water of Sage, of Marierom gentle, and Rosemary, of each three ounces, or which of them you can come by; wash thy mouth with it in the morning and at night, and spet it forth againe: and thus much for the tong.

## Of the Gums and Mandibles. §. 7.

IT is sufficiently knowen that children are borne with the Gums and Mandibles, whence first the teeth doe growe: wherefore it is first needfull to write of the rote, and then of the tree. These Mandibles haue their scituation one neere to the other, called by the Latinists *Præsepiolia*, that is, little mangers, for so in the old time were the mangers of the beastes wont to be parted. In them are the teeth fastened, with vaines and sinewes at the bottome.

These Mandibles or Gums are subiect vnto many infirmities, as impostumes, putrifactions, corrosions, aquefactions, bleeding, increase and decrease of the Gums, the which are caused of the rheumes in the head, or els of vapors ascending out of the stomacke: of the which, and first of all of the impostume, now shall be spoken.

## Of the impostumation of the Gums.

IF with this impostumation be great pain admired, so that the impostumated Gums be red, then it is caused of heate. In this case is the head to be purged with water wherein Prunes haue bæn decocted, and Rubarbe or Manna mixed with it, and afterwards to vse mild Clisters: also to open the head vaine, & to be let blod vnder the tong: lastly, to fasten boring cups to the shoulders, and to hold this following in the mouth a good while. Take honie of Roses one ounce and a halfe, Vineger halfe an ounce: when you spet it out you are to take in fresh again. If then any other sores doe happen vnto them, they are to be opened with a fleame, and then to wash it thrice a day with water wherein Allum, Myrrhe, or Salt is sodden.

Item take halfe a pinte of the water of Knotgrasse, Allum halfe an ounce; dissolue it in the water, wash the teeth and Gums with it: Afterwards take Pomegranate pils beaten, dippe a cloth in them, and rub them gently with it. In like manner you may also finde in the first §. those things that are very meete for this purpose, because both these infirmities doe procede of one cause.

Item wash the mouth often with Vineger, and Allum; afterwardes with the wine of Pomegranates, with a little Allum dissolued in it. Loke the description of the sirup of Mulberies in the fourth §. before.

Item

Item rubbe thy gums in the mornings with the vnguent of Egypt, but swallowe none of it downe: & gargarise often with honie of Roses and syrup of Mulberries, of each a like much, mingled with the water of Plantaine.

For all impostumes and corruptions of the gums or teth, which procure a stinking breath, and if there be much blod and moysture with it, then is the party to be purged according to his abilitie with yellow Mirabolans and sower Dates, then to open the vaine of the head, and to applie a great boring cup in the necke, to rub the gums vntill they bleed, and to wash the mouth with this water following.

Take blossomes and pils of Pomegranates, Acorne cups, and Roses, of each halfe an ounce, Staues acre two drag. boile them very well togither. This following is to be vsed for to heale and to drie it: Take Roses, Cipers nuts, Gals, and burnt Allum, of each a like much; boyle them togither in Vineger and water, ad vnto this decoction as much honie as you please. After the vse of this Gargarisme strow this powder vpon the sores: Take burnt Allum two drag. blossomes of Pomegranates, plume Allum, Mirtle sedes, of each one drag. and a halfe, burnt Harts horne one drag. mixe them well togither. He is also often times to be purged with the foresaid capitall pils *Cochiæ*.

## Of the bleeding of the Gums.

This may happen of some outward accident, as of blowes, falls, and such like, the which must be knowen of the patient. The inward causes are either heate or colde of a sharpe matter falling downe out of the head, corroding the gums and the sinewes of the teth, and making them to impostumate: insomuch that if it once begin to inueterate, it soone changeth into the Canker, whereby all the teth fall out. But if this blod be thin and subtile, then are these lower things following to be put in practise. First, to take away the corrupted gums: Secondly, to mundifie & clense that which is infected: Thirdly, after mundification, to astringe or drawe togither and heale them: Fourthly and lastly, to confirme and strengthen the gums and iawes, that the matter cannot haue recourse thither againe.

First there are manie kind of powders in such vehemencie vsed, that the venime Orpiment is added thereto: but my counsell is to omit it, and to vse this following instead thereof: Take rotes of Daffodils and Pomegranate pils of each a like much, make them into powder and rub thy gums therewith, and an hower after wash thy mouth with warme wine or vineger.

Secondly, you may make this decoction following: Take Oliue leaues one M. and a halfe, *Pieretrum* halfe an ounce, Ginger, Mastick, Ireos, of each one drag. Honie two ounces, boile them togither in a pinte of water to the halfe, wash thy mouth therewith.

This following is very good for all infections of the gums and iawes. Take honie of Roses three ounces, warme water one ounce, dip a cloth in them and rub the gums with it, and an hower after wash thy mouth with Wine or water wherein dryed Roses haue bene decocted.

In like manner this following mundifieth very well: Take water of Cammomils one ounce, honie of Roses three drag. temper them togither and wet the place infected with it: afterwards wash thy mouth with wine wherein dried Roses haue ben decocted.

Thirdly, they are to be cured with this powder: Take Frankincense, Aloes, *Sarcocolla*, and Dragons blod, of each one dragme: beate them small, and strowe them on the gums.

Item, take *Laudanum*, Mastick, Frankincense, and Corall, of each a like much; make them into fine powder, and applie it to the place infected: it confirmeth, hardeneth and clenseth the gums and iawes: and when the sore is well mundified, then it doth also incarnate and ingender flesh.

Fourthly, this following is highly commended. Take Cipers leaues, or nuts, halfe an ounce, Well water a pinte, boyle it vntill the halfe parte remaine, dip a cloth in it and applie it to the griefe: this doth not onely confirme and strengthen the gums, but defendeth them also from all bad rheumes.

## Another.

Take blossomes of the Pomegranate tree, Allum, Roses, Hounds tong, Acorne cups, and Plantaine, of each a like quantitie, boyle them all in wine and wash thy mouth therewith:

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it strengthneth the gummes and teth, and hindereth the bleding.

Item boyle Gals, Olive leaues, Lentils, Mugwort, and Pomegranat pils, of each a like much in water, and wash thy mouth with it.

## Another that is stronger.

TAke *Pyretrum*, Lilly rotes, of each one drag. the outward rinde of Gals, and blossomes of the Pomegranat tre, of each two drag. beate them small, and rub thy gummes therewith. Take the same ingredience, but in greater quantity, boyle them in red Wine, and adde the fourth part of vineger vnto it: with this thou shalt wash thy mouth.

By all these former things is easily to be seene, that many remedies there be for the former infections of the teth and gummes, which are also very good for all vlcers and corruption of the gummes.

## Of the outward applications.

FOr both the former infirmities, and for all paine and griefes of the gummes, these things following are very good, which may be outwardly applied. Take Linesede oyle, Cammomils beaten, Holyhock rotes, meale of Fenegreek, Butter, of each halfe an ounce, oile of Dill or of Cammomill foure ounces, this asswageth the paine, maturateth and digesteth.

Item shepes woll vnwashed, wet it in the iuice of Roses, of Violets, or of Willow leaues: Or make a bagge the breadth of ones hand full of dryed Roses, decoct it in vineger and water, wring it out hard, and then apply it outwardly.

Take cold water only or vineger mixed with Rose water or wine of Pomegranats, and wash the mouth therewith.

Item, vse the iuice of cold hearbs, as of Nightshade, of the bigger and lesser Houseleke, of Plantaine, of Purslane, or which of them you can get.

For this purpose serueth also the wine wherein galles haue bin decocted.

If then neither the paine nor bleding will cease, then is the same place to be opened with a Lancet, or Horseleaches to be fastned vnto it.

But if the gummes be not apt to bleede, not exulcerated nor painefull, nor the face any thing swollen, and that the patient be not well after meate, but when he hath eaten meates cold by nature, then may you easily gesse, that this infirmitie procedes of a cold phlegme. Wherefore euery such patient is to be purged with *Pill. Cochiæ, Hiera Picra*, exacuated with a little of the trocises of Coloquint, or *Diaturbith*. Afterwards he is to wash his mouth with astringent decoctions, as of the blossomes and pils of Pomegranats, Akorne cups, Allume, Salt, iuice of Rue, and such like. Also for a change he may gargarise with the decoction of Figs, Fennel sedes, and sedes of Lillies.

The rotes of the blew Flower deluce prouoketh the gummes to bleede much, whereby the paine is asswaged. The decoction of Agrimonie tempered with Allume is approued to be very meete. Of this matter loke into the first §. where you shall finde many good remedyes for this purpose.

## Of the fistula in the gummes.

WHat a bad accident this fistula is shall be shewed in the fift part, for it appeareth in this place, as in all other places with salt and sharp defluctions: you shall cure them with those remedies that haue bene described before in the infections of the tong, and putrifaction of the gummes, so that at this present time I purpose not to write much of it. Take Gals one ounce, Myrrhe half an ounce, make them into powder and strow it on the sore. Wash thy mouth often with vineger of Squils, or take Gals, Roses, Lentils, Akorne cups, Bedegar blossoms, and pils of Pomegranats, of each a like much, boyle them all in water, if it procede of a hot cause: but if of a cold, then boyle them in wine.

If the fistula be depe and the gums corroded, then take the blossomes of Pomegranates, plume Allum, of each a like quantitie, make them into powder, strowe it once in three howers vpon the sore. For this serue also the blossomes of Pomegranates boyled in Vineger and Honie, and the mouth washt with the decoction. Amongst diuers other dentrifrices this that followeth

loweth is the safest. Take calcined Allume, Plume Allume, blossomes and pils of Pomegranates, Ireos, *Pieretrum*, Sumach, Barberries, Gals, Acorne cups and Dragon blod, of each a like much, make a powder of them. This powder may also be tempered with vineger and honye and wash the mouth therewith, it is very good for all manner of exulcerations of the mouth.

When the fistula is mundified to the bottome, then are you to vse incarnatiues.

Others do commend the vse of actuall and potentiall cauteries, but they are nothing commendable but at the last neede, and in the greatest extremitie.

## Of the wasting away and consumption of the Gums.

Take Cinnamome one ounce, Frankincense, Roses, of each two drag. Dragon blod, three drag. bestrowe the gums therewith very often.

Take Myrrhe, Mastick, shels of Pine apples, Date stones, burnt Harts horne and Iuorie, blossomes of Pomegranates, Roses, Dragon blod, of each a like much, vse it as before: it confirmeth the teeth.

Take Pease meale, make it into little cakes with honie, and drie them vntill you can powder them againe, take of this two dragmes, Dragon blod, Frankincense, Mastick, of each two drag. Aristologie and Ireos, of each one drag. rub the gums therewith.

## Of the mollification of the Gums.

For this infirmitie are all those remedies very meete, that shall be prescribed for the wagging or lowsenesse of the teeth.

## For a conclusion.

Although the gums were altogither corrupted and blacke, yea although all the teeth were lose, yet these remedies following haue done wonderfull much good. Take worme eaten Gals, Sumach, Myrtle seedes, Acorne cups and Plantaine seede, of each one drag. white Vitrioll, Plume Allume, of each one dragm. and a halfe, yellow seedes of Roses, and rufule of Cloues, of each two drag. and a halfe, beate them all grossely, and let it boile in a sufficient quantitie of water: when it hath sodden a good while, then adde forty yong buds of the Mulbery tree, and so let them seethe vntill the halfe part remaine. Wash thy mouth often with this decoction, afterwards you may strowe this powder following vpon thy gums: Take Mastick, *Sandaraca*, iuice of Sloes, *Hippocystis*, of each one scrup. prepared *Tutia* one drag. white Vitrioll fower scrup. make them into powder.

## Of the Teeth. §. 8.

Man hath for the most part 32. teeth, although some there be that haue but 28. or 30. and they are differing in forme. First, there are fower aboue and as many beneath, that are sharpe and broad, therewith to cut and diuide the meate as it were with a knife, for the which cause they are called of the Latinists *Incisores*, they haue but one roote onely.

Afterwards there are of each side of the former fower more aboue and below, which are broad aboue and thin belowe, and for that they are called by the Grecians and Latinists Dog teeth, bicause they be most like vnto the teeth of dogs: they haue but one long roote, and are made to breake that which the former haue as yet not sufficiently broken.

Thirdly, there are aboue and beneath on both sides commonly twenty teeth, albeit that some haue but sixteene, and others but sixe on each side, which are called in Latine *Molares*, that is, grinding or cheeke teeth. Their office is to grinde and chew whatsoeuer the former teeth haue not as yet sufficiently broken and chewed. Those that are in the vppermost mandible, are fastened vnto three rootes, the lowermost onely vnto two: although that sometimes it befalleth, that the two former of them haue three rootes.

The Philosophers do write, that the foremost teeth are engendred of a pure and superfluous moisture of the scull; the middlemost of a reasonable good humor; and the very hindermost of a grosse humiditie of the foresaid scull.

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The paines and griefes of the teeth are diuers, insomuch that amongst the Phisitions there are accounted twelue or thirteene kindes of them, of the which we shall speake hereafter. These infirmities haue all of them sundrie causes: to wit, outward and inward: which difference we purpose also to obserue.

## Of the paine in the Teeth through outward causes.

THis is caused through the continuall vse of sower and astringent things, as vnripe fruits, through much picking of them with pins, & other stinking things that remaine in them, also through fals, blowes and thrusts, sharpe winde, too hot or too cold meates, but especially of those that be drest with honie, which causes must be knowen and inquired of the patient, thereby to order and gouerne himselfe.

## Of the paine in the teeth through inward causes.

THis kinde of toothache is of diuers sorts, and it hath also sundrie causes. First, if it proceed out of the head or braine, then is the patient not without some paine in the head; out of which there falleth continually great store of slime. If this paine be caused of the mandibles and teeth, that doth manifestly appeare. But if one doubt which tooth might first haue prouoked this paine, then let the patient bite somewhat betweene his teeth, first betweene two, then betweene two more, and so from tooth to tooth vntill you come to the tooth it selfe where the paine resteth. By this means also you may know whether the paine be in the sinewes or no, bicause the other teeth be nothing painfull. If it proceede from the stomacke, then is there paine felt in the same, after which doth ensue vomiting, and especially of a sower and stinking matter. If it be procured by the blood, then may it be knowen by the heate and rednesse. If of *Cholera*, then is the paine with pricking and shooting. That which commeth of Melancholie, is knowen by the great and hard swellings. Of *Phlegma*, by the whitenesse of the face, and by the small paine. If it be caused of many humors, then is the patient heauie headed, with much spettle in the mouth. The paine that procedeth of drought is thereby discerned: if of windynesse, then shall you perceiue much beating and stirring with it. Wherefore of these inward meanes, to wit, of the sower humors may this impediment be caused. The teeth grow hollow and full of holes, they rot, the wormes do spoile them, and the sinewes are weakened, that at the last they fall away, and are so that they may easily be drawen out. How to preuent and remedie the same, shall be shewed hereafter.

## How to procure Teeth in children without paine.

NOt without reason are we to bethinke our selues how to ease the yong and tender babes of that paine and griefe, which they do suffer in breeding their teeth, especially if the paine continue long, as it often hath beene seene, that it hath continued three or foure yeeres.

This is for the most part caused of the debilitie of their nature, or of wormes, which do consume the moisture, whereby the teeth should growe.

When this delay in teeth is caused through the debilitie and weaknesse of nature, then must the childe be fed with rosted birdes, bread dipped in brothes of flesh, and such like, according to the age of the childe. They haue also a great laske commonly with it, which must be staied. The mandibles where the teeth appeare, are to be rubbed softly: and amongst all other remedies that may be inuented for this purpose, the braines of a Hare drest with the milke of a Bitch are the best. If you cannot get them, then take butter, oyle of Lillies, the fat of Hens or of other birdes, each by it selfe, or mixed all together.

And bicause that in these remedies following there be many sharpe ingredients, as Orpiment, Keesing wort, Coperas, Staue sacre, Southernwood, Henbane, *Opium*, and such like more (of which we will make mention but little) which are in no wise to be taken downe: wherefore here we will admonish and shew, how they ought in the greatest neede with the most safetie to be vsed.

First they are to be applied onely to the dolorous and painfull tooth, with a peece of Ware couered about, to the end it should touch but onely the place aggreeued. Otherwise they might

also harme the good and sound teeth. The patient must also holde his mouth open, and downewards, that the spettle and slyme might runne out; neither are they to be applyed to hot or to colde.

If this paine proceede of cold rheumes, as also of the vse of cold meats, then put the patient into a warme place, couer his head with warme clothes vntill he feele the warmth apparantly. Afterwards annoynt his head with the oile of Cammomils, of Rue, of Behen, of Beuer cod, and of *Spica*, or in place of them, with *Aqua vitæ* three daies togither. A hard yolke of an eg applyed to the toth is also very good, and afterwards is the toth to be washed with warme wine: Or take Vineger wherein *Pieretrum*, white Mints, and Marierom hath been decocted.

Item take *Pieretrum*, white Mustard seede, Pepper, Borras, & Ginger, of each a like much, make a powder of them, and rub the teeth therewith, or strowe it on a little cotton, and apply it to the very rote of the toth.

But before you vse any other kinde of remedie, take heede you purge the head very well, that you drawe not downe moe humors out of it vnto the teeth, the which may be effected through the pils or potions which euery where are sufficiently described. After purging you may vse any one of these things following: Take Mastick one ounce, Sage a M. beate and boyle them in eight ounces of wine or vineger vntill the halfe remaine: wash thy mouth therewith.

Item take good white wine sixe ounces, temper halfe an ounce of *Sandaraca* with it, boyle them togither vntill one quarter of it be wasted, & hold it in thy mouth warme, & if you adde one drag. of *Philonium Romanum*, then will it be so much the stronger. Or take of the foresaid *Philonium* two drag. red wine fower ounces, and hold it luke warme in thy mouth. Gals decocted in vineger are also very good for this purpose. In like manner Betony or Plantaine decocted in vineger or water, and vsed warme. Pellitorie of Spaine bound vp in a cloth and chewed in the mouth, draweth out much slime.

Take *Assa fœtida*, and Frankincense, of each a like quantity, holde it on the painfull toth. The decoction of Alehose is also very good for it. Likewise the conserue of Gilliflowers, of Lauander, of Spikenard; Rosemary wine, Sage wine. Item take the rotes of Sperage, boyle them in water, and wash thy mouth often therewith. Others do commend Garlicke, Ginger, Agrimonie, each by it selfe, or mixed togither, and so applyed to the toth. Also the water of Marierom gentle should be very good for this vse. In like sorte M. Triframs water which is described in the fift chapter and §. 1.

Item take white and long Pepper, Cucubes, Sarifrage, the barke of the Mulbery tree, Caper rotes, and rotes of Southernwood, of each a like much; boyle them according to the quality of the paine in water, wine, or vineger tempered togither, or each by it selfe: it is very good, and confirmeth the gums.

Pepper, Pellitory of Spaine, rotes of Diptamer, and Lice bane chewed together, or each by it selfe, are commonly very commodious for the tothache.

## These remedies following are more cooling.

TAke a little branch of a Cherrie tree, scrape off the outmost rinde, take the yellow rinde and boyle it in wine, take of this decoction in thy mouth as warme as thou canst suffer it.

In like maner if the rheume fall into the teeth, then boyle Oken leaues in wine, and holde it often in the mouth: it draweth out the slime very well. The water that issueth out of a Vine being cut, is also very good for the tothache, if it be held in the mouth.

## Yet more remedies that are approued.

TAke eight ounces of wine, boyle in it halfe an ounce of Esula, wash thy teeth therewith three times in a moneth: it preserueth the teeth from paine, but it is very violent and dangerous to be vsed: but this that followeth is safer and better.

Take Roses, and boyle them in milke, holde them a good while in thy mouth, and lay the leaues to thy teeth: Take Camfere the bignes of a Pease, boile it in two ounces of vineger, and hold it in thy mouth, it is very good for al maner of pain in the teeth. Item take of a Harts horne, to wit, that which hath been cast off in March, cut it into small peeces & boyle it in Well water,

take

take the decoction into thy mouth warme, repeate it thrée or fower times, and after the vse of it (as many men suppose) the paine should not returne againe: whosoeuer shall approue it and find it true, may commend and loue the experiment. Others do counsell to take of the skin of a Snake that hath bin cast off by her one drag. & to boyle it in 3. ounces of vineger vnto the half, & to take it into the mouth: it should also be an approued remedy. Oyle of Roses luke warme only held in the mouth asswageth the paine. Boile a Frog in water and vineger, vntill the flesh part from the bones, wash the teeth therewith. The iuice of Bétes dropped into the contrary eare of the paine, is also counselled of some men: likewise of Cichorie, of Daffodils, and of earth wormes.

But if this tothach procéede of a hot cause, then hold any of these things following warme in thy mouth, as the oyle of Willowe leaues, oyle of Poppy heads, and oyle of Roses (as hath bin said before.) The iuice of Sorrel slaketh the heat greatly. You may also annoynt the place with the iuice of Nightshade, of Purcelane, of Lettice, of Endiue. Item boyle the rotes of Nettles and Sage in wine. Henbane séede and *Opium* mixed with oyle of Roses, doe make the toth insensible.

If *Cholera* be admired, then is the patient to be purged with the Electuary of *Succo Rosarum*, with Cassia, sower Dates, or yellow Mirabolans.

If it be caused of ouermuch blod, then is the head vaine, the vaine in the lips, and that vnder the tong to be opened, or the gums made to blæde, and boring cups to be applyed behind in the necke.

## What els may be vsed for the paine in the teeth.

Aboue in the twelfth chapter and §. 1. haue I described a good powder, which beginneth, Take Sene leaues &c. which is also very cõmodious for this purpose. Item take Myrrhe two drag. Frankincense halfe a drag. Mastick a drag. and a halfe, Cuttle bone, and red Corall, of each 15. greins, Argoyle two drag. Glasse small powdered fiue drag. *Lignum* Aloes, Cinnamom, Cloues, *Sarcocolla*, of each halfe a drag. make them into powder: it confirmeth and whiteneth the teeth, and it cureth the sore gums being rubbed therewith.

Item take Pellitorie of Spaine, Licebane, of each a like much, beate them and temper them with a little white Waxe, and couer the toth therewith of all sides.

A wonderfull remedy: Take the liuer of a grœne Euet, and the fruit of Tamariske, rotes of wilde Cucumbers, and *Propolis*, which is taken out of the hole of the Bée-hiues, of each a like quantity. This may you vse for all manner of tothache either in washing with it, or applying it to the toth, or in vsing it outwardly.

## Of the outward applications.

Parched Millet applyed vnto it is very good. Item take Mallowes, frie them in butter vntill they be soft, and so lay it outwarly vnto the payne. Item toaste a slice of bread vpon hot coales, and apply it to the cheeke where the paine is, and renewing it still being cold with another that is hot; doe this eight or ten times togither: for when the paine is departing then it is most grieuous, wherefore leaue it not off.

But if the foresaid meanes doe not ease the paine, then make this composition. Take Beuer cod, Pepper, Ginger, red Storax, *Opium*, of each halfe a scrup. this being beaten, temper it with honie of Roses, and put the quantitie of a Hemp séede vnto the rote of thy toth.

Item iake *Opium* the bignes of an Hemp séede, warme it in thy hand vntill it be soft, and aplie it to the painefull toth, it asswageth the paine.

If you will forbeare the *Opium*, then vse any of these iuyces following, to wit, iuice of Southernwood, of Henbane, of Poppey, or to vse the *Philonium Romanum*, as hath bœn before said: yet are you alwaies to ad vnto them a little Saffron, Cassia wood, or Cammomils, to mitigate their great cold. For this purpose serueth also Pithzidate either inwardly or outwardly adhibited, for it is very good for all infirmities of the teeth.

It is also aduised that the patient abstaine from meate as long as is possible, & that he vse a drie bath to sweate, and mœtely exercise. But if the paine be not mitigated by all these meanes, then is the rote of the toth to be seared with a hot iron, or to be drawen out altogither.

## Of the toothache in the Poxe

Mire the iuice of Wormewod with the white of an eg, and applie it to the pain. For the same vse serueth the decoction Guaiac. holden in the mouth warme: and all those things that haue bẽn mentioned before.

## Of hollow and rotten teeth.

The cause why these tẽth ware hollow and rotten, is some stinking matter adiacent vnto the toth, the which doth putrifie the same. To preuent this impediment, is the putrifaction to be taken away; which hath bẽn shewed before, and shall more largely be declared hereafter.

You shall in no wise omit to picke and cleanse your tẽth after meales with a tothpicker, and afterwards to wash thy mouth with Wine. The remedyes that hinder the putrifaction of the tẽth are these, namely *Lycium*, Frankincense, Mints, Mirtle sẽdes, *Spica*, *Gallia muscata*, Cypres rotes, Mastick, Gals, Turpentine, Pepper, Campher, and sẽdes of *Nigella*, if there be heate with it. This water following should also preuent this putrifaction, or (if it were once entred) take it away, and alay the paine. Take of the middle rind of the Mulbery trẽe one ounce and a halfe, of the best Ginger one ounce, boyle them in strong vineger vnto the halfe, and wash thy mouth therewith in the morning.

Item, take the ashes of Rosemary, binde them in a cloth, and rub thy blacke and putrified tẽth therewithall. Take Aristology beaten, temper it with Hony, and vse it as before. Take the water of wild thrẽe leased grasse, mixe as much Allume and Hony vnto it as thou please, and wash thy rotten tẽth with it.

Or take the inward part of gals, and as much Pellitory of Spayne, beate them to powder, and adde some Staueſacre vnto it, and lay somewhat of it on the rotten tẽth.

Item, Borax & Staueſacre decocted togither, or each by it self. This remedie following is no lesse commended then any of the former. Take Pellitory of Spayne one drag. *Ammoniacum* and *Opium*, of each one drag. melt the gumme, and mixe the rest being beaten small with it: thrust some part of it into the hollow toth, it taketh away the sence and fẽling of the same.

Item, take prepared Corrall, blow it through a little quill into the hollownes of the toth, it taketh away the paine, and preuenteth the putrefaction of the toth. All these things may be mixed with Treacle, and so vsed. We haue also shewed diuers and sundry remedies before (in the 13. Chapter and the 1. §.) against the corruption of the mouth, which may also be vsed very well in this necessity. Wash thy mouth often with the decoction of Roses, Mep, and a little Pellitory of Spayne.

Thou mayst also put a little of the spirit of wine into thy hollow toth; also any of the waters of life that shall be described in the eight part of this booke. Some men do vse *Aqua fortis*, and it helpeth much, but you must deale very warily with it.

These stinking tẽth are oftentimes the cause of a stinking breath. If the toth be altogether corrupted, then is the only and best remedy to draw it out; otherwise must one wash the mouth alwayes after meales, with water sodden with *Sal Armoniac.* or otherwhiles with vineger, wherein hath bẽne decocted some Pellitory of Spaine, and Staueſacre. Vineger of Squils tempered therewith is also very good. After meales (as hath before bẽne admonished) is the hollownes of the toth to be picked and cleansed of all superfluitie. If this paine procẽde of cold, then are you to thrust into thy hollow toth a little pẽce of Galingall, of Ginger, of Cloues, of Pepper, Frankinsence, or of Mirrh. If it be caused of heate, then vse Roses, Saunders, Campher, and such like.

## Of the wormes that are in the teeth.

It is euidently knowen, that if the paine be not ouermuch, but that there be felt a continuall stirring and crawling in the toth, that the same was wont to procẽde of wormes: for if one wash his mouth with warme water, and hold the hollownes of the toth vp towards the Sunne, then may the wormes apparantly be sẽne to stirre in them. For this, thou shalt take

Aloes

Aloes one drag. Myrrhe half a drag. make them into little pils with Wine, and thrust them into the hollow toth. Item, boyle Coloquint in faire water, and wash thy mouth with it. Make a fomentation of Henbane seede, or (which is safer) of Dinion seedes, or of Garlicke seedes, then wash thy mouth with warme water, and spit it into cold water, then shalt thou see the wormes swimme in it.

Take Myrrh, *Aloës*, and red Storax, of each a like much, put a little of it into thy toth where the wormes are. Or take *Calmus* brused, boyle it in a little Wine, dip a little Cotton in it, and lay it ouer or in the hollow toth.

In the greatest extremitie make a fume with *Opium*, Beuercod, and Dinion seedes, or with white Henbane seedes or Mustard seedes, receiue this fume through a tonnell into thy hollow toth: but at one time take but the quantity of a barly corne to fumigate withall; and take heede the fume passe only into the hollownes of the toth, although you should get a little pipe of purpose to put into thy hollow toth, and to fit it vnto the tunnell. If all these meanes bring no ease, then let it be drawen out, and bleede throughly.

## Of grinding of the Teeth in children.

This commonly happeneth vnto children in their sleepe, through the debilitie of the muscles that stir and moue the iawes: this after a while leaueth them altogither. It may also be caused of wormes that are in the stomacke or intestines, but then their grinding of their teeth is not all after the same manner, they rub their noses, &c. Of which thou shalt haue further direction in the treatise of the wormes, where also shall be shewed how this is to be remedied. But if this infirmitie doe continue for some other cause, then it is commonly the messenger of the dead palsie, contracture, or of some other affection of the sinewes: for the which you are to vse those things, as are thought meete for euery such infirmitie. But for this it is especiall good to annoint the cheekes and the whole necke with *Vnguentum Martiatum*, or the oile of Beuercod, of Spikenard, of Juniper, of Baies, and such like.

## Of the paine in the Teeth that commeth through the application or vse of colde things.

All manner of oyles that are warme by nature, applied to the toth, or holden in the mouth, do ease this paine. Item, take Bayberries, Aristologie, and Allume, of each a like much, boyle them in a sufficient quantitie of wine, wash thy mouth with it warme. If thou wilt haue it stronger, adde *Hiera Picra* vnto it. The same operation hath old Treacle mired with wine, and a good while after not to take any other moisture in the mouth.

Note also, that whatsoeuer is vsed or applied to the teeth, may not be hot: for they are thereby corrupted and spoiled.

## Of the standing an edge of the Teeth.

This procéedeth otherwhiles of a sharpe and astringent slime or rheume, which falleth into the rootes of the teeth: or of some other sower matter that lieth in the stomacke, and fumeth vp into the mouth and teeth, whereby the teeth are set an edge. But for the most part it is caused of sower and vnripe fruits, as of vnripe Grapes, Limons, Raspes, *Corna*, Sloes and such other: for this purpose serueth Purslaine with hir seede beaten togither, and vineger put vpon it, bitter or sweete Almonds, Licorice, and the iuice thereof, Salt water, milke of an Asse, to wash the mouth with the decoction of Aristologie and Bay leaues. These things may you mixe togither, vse or chew them as you please. To holde warme wine in the mouth is also very commodious. Or as soone as euer you do perceiue this infirmitie, then chew fiue of the graines of Pepper, and afterwards wash thy mouth with warme wine: this helpeth immediately.

This doth also oftentimes procéede of colde, as hath béene before said. For when one wil cure the tothach with ouercolde things, then will thereby the small heate of them be extinguished, so that they lose their sense and féeling. Now to cure the same, you must take some kinde of oyle

that is warme by nature, as I haue shewed you before, and also bite the yolks of egs hard rosted, or hot bread: to annoint the gums with the oyle of Spikenard, afterwards to hold warme wine in the mouth, wherin Cubebs haue bene sodden. Lastly, to chew Mastick in the mouth a great while, and then to wash it with warme wine.

## How to confirme and fasten Teeth that be loose.

THe cause of this loosenesse of the teeth may be blowes, thrusts, defluxions that fall out of the head into the teeth, that (as it were) resolue and slacken their sinewes, and lose their rotes. It may also procede of a great drought, as it happeneth vnto them that recouer of a long lingering disease; the corruption of the mouth and teeth may also cause the same. The signes of this loosenesse of the teeth may be discerned by beholding them diligently.

The cure of this infirmitie is comprehended in two principall points: to wit, in a good regiment or diet, and in the adhibition of good remedies. First, he must take heede not to bite harde vpon any thing, but to vse soft meates: also not to speake much, thereby to eschew the cold aire: also he is not to sleepe with an open mouth, neither are the teeth to be touched roughly either with the fingers or with the tong.

If this loosenesse of the teeth do come of blowes and such like, with an euident heate, then is he to vse the pils and blossomes of Pomegranates, Medlars with their leaues and rindes, Seruices, Quinces, *Lycium*, Gals, Butchers broome, burnt Iuorie, Roses, Saunders, Ambers, Mirabolan stones, Date stones, red *Costus* pils, *Hypocistis*, sealed earth, fine Bole, burnt Hartes horne, Sea Muscles, and all that may be made and sodden with these things. But if it procede of cold, then vse *Laudanum*, Frankincense and hir barke, parched Cumine seede, Cresses seedes, parched Annise seedes, Allume, Pitch, Myrrhe, parched Salt, Cipres nuts and leaues, Mastick, *Sarcocolla*, *Sandaraca*, and all that may be made with it. Here now do follow some things that confirme and fasten the teeth, gums, and their sinewes.

Take garden Mints, fresh Oliue leaues (if they may be had) of each an ounce, Roses, Myrtle seede, Butchers broome seede, wood of the Barberrie tree, and the fruit of the same, of each halfe an ounce, beate, cut, and boile it in vnripe wine, and hold it in the mouth. Water of Nightshade, of Plantaine, and of Shepherds purse do fasten the teeth; and if in this water and vineger togither you boyle the blossomes of Pomegranates and Myrtle seedes, then will it be the better.

In like manner you may boile Gals, Medlars, Lentils and Seruices, of each halfe an ounce. For this purpose serue also Cypres nuts and leaues, Acorne cups, and Sene leaues, all togither, or each by it selfe, decocted in wine, and vsed as the former.

Item, take Allume, Frankincense, Mastick, Cypres nuts, Rosemarie flowers, of each a like much, boyle them togither in a sufficient quantitie of raine water and red wine, and wash thy mouth with it very often warme. Item, take Harts horne, Salt and Myrrhe, all of them burnt, of each two drag. boyle them in honie, and rub thy gums therewith within and without.

Item, take burnt Allume halfe an ounce, Rose buds halfe a handfull, Bedegar, red wine one pynte, boyle them vnto the half, take of this being warme into thy mouth often, and holde it a good while therein, for it is very good.

Another. Take Ireos, Corall and Frankincense, of each halfe a drag. temper it with honie of Roses to a confection, annoint the teeth therewith, and in the morning wash them with wine wherein hath bene decocted Sage, Rosemarie and Roses, of each a like much. Item, take Allume, burnt Harts horne, Roses, Dragon blod, Acorne cups, *Hypocistis*, blossomes and pils of Pomegranates, Gals, of each a like quantitie, boyle them in strong red wine or in vineger, and wash thy mouth therewith.

Vineger and *Oxymel* of Squils are also especiall good for this vse. To wash the mouth oftentimes with Rosemarie wine, confirmeth the gums, and fasteneth the teeth.

## Of the falling out and drawing of the Teeth.

THe last and extremest meanes for the toothach, is that the teeth might either fall of themselues, or be drawen out. To preuent the falling of them is vnpossible to many men, yet are these things following prescribed for it, amongst which this that followeth is very sharpe, and yet (for all that) very safe and good to be vsed.

Take

Take the barke of a Mulberrie tree, Caper rootes, *Pyretrum*, the bigger and the lesser *Esula*, red Dzpiment, rootes of Coloquint, of each two dzag. put as much vineger on them as will couer them, let it so rest eight daies, and euery day put a little mozе vineger vnto it, and vse it as hath bœne said.

Open the gums round about the toth as much as is possible with some kinde of instrument, then rub them ten times in one day with the fozesaid water; it maketh the toth lose, and separateth the roote. Item, open the gums as befoze, annoint it with oyle wherein Frogs haue bœne decocted: and when the toth is very lose, then take it out. You may also do as hereafter followeth: Take Pellitozie of Spaine, Scammonie, white Yelleboz, *Euphorbium*, of each one dzag. beate and kæpe it in vineger, open and lose the gums about the toth, and rub it often therewith; it is very fozcible, and therefoze to be the mozе regarded.

Item, take Nettle sædes, rootes of the Mulberie tree, and rootes of Celandine, of each a like quantity, boyle them in wine oz vineger; this should haue the same operation with the fozmer, and it is much safer.

Another. Open the gums, and lay bare the roote of the toth, and strow *Euphorbium* in it, this will doubtles lose the toth, that it may easily be taken out: afterwards wash thy mouth with the decoction of Myzrhe, foz thereby will the place oz hole be dzawen togither, and all paine abated.

Take the dzegs oz lées of strong vineger, and applie it to the toth many dayes togither: afterwards dzawe out the toth. But if it would not stirre, then rub the place with fresh butter oz some other grease of birds, and especially with the bzaynes of a Hare sodden, which haue a hidden vertue and operation foz this purpose, as befoze hath bœn said.

This remedie following applyed to the toth, maketh the same to fall out without any pain. Dissolue two dzag. of *Ammoniacum* in vineger, temper Henbane sædes beaten amongst it, and annoynt the toth and the roote thereof.

Item, take the iuice of *Esula* with meale, make a dowe of it, temper it well, and let it boyle a while, and applie it to the tæth.

## Of the double tooth.

Otherwhiles two tæth grow vnnaturally one befoze the other, which is not onelie vnsæmely, but hindereth also very much; wherefoze it must be taken away with an instrument, and with applications. If you will take it away by applycation, then are you first to lose the gummes from it, and make a little ball of Waxe, and mixe the iuice of *Esula* oz of Neeslewozt with it. The same doth also the blod of a leaf frog. Oz take the roote of a Mulberrie tree and Pellitozie, of each halfe an ounce, wet them in vineger, and dzie them at the sun, vntill they be as thicke as Honie, then temper them with the fozesaid iuice of *Esula*, and annoint the toth thzice a day with it, and it will easily fall out. The iuice of the rootes of Nettles mixed equally with *Galbanum* should doe the same. In like manner also beaten Fig leaues applyed to the toth.

## To make and to keepe the teeth cleane.

Take Cuttle bone, white sea Muscles, *Spuma Maris*, Allum, Aristologie, parched Barley, Sulfer vife, Cinnamom, and long Pepper, of each a like much, temper it with Honie, and rub the tæth often therwith. Oz take Argoyle two dzag. beate it small and searce it, wash it with good wine, rub the tæth once a day with it, and afterwards wash thy mouth in the winter with warme, and in summer with cold wine. This following is highly commended.

Take two dzag. of Date stones, red Cozall pzepared thzee dzag. Lupines, and the rootes of the yellow Flower de-luce of each 3. dzag. beate all that is to be beaten, and afterwards make a confection of it with clarified Honie, which must be so hard that you may make small Placents oz Trocisces of it, dzie them in the shadow: when you will vse them, then dissolue one of them in wine oz vineger, & wash thy tæth therwith euery mozning, whē you haue first rubbed them well with a cloth; & kæpe the moysture a good while in thy mouth. Item take burnt Diker shels, & *Sandaraca*, of each half an ounce, Ireos two dzag. Aristologie, Gentian, & Centozy, of each half

a drag. vse it as before. It is bitter, but it dryeth and clenseth much.

Or take one drop of the oyle of Vitriol, wet the teeth with it, and rub them afterwards with a course cloth: this taketh away all blacknes of the teeth, but it is very sharpe.

The same operation is ascribed vnto the oyle of *Sandaraca*. Take Allum and Salt, of each a like much, beate it small, distill it in a glasse Lembicke, and rub thy teeth therewith. These last three things are very strong, and my counsell is to refraine them.

But if one would keepe his teeth cleane, then are not those things to be vsed that doe change the naturall white colour of the teeth into another hew. The causes are both outward and inward, as the long vse of tincting or colouring meates, and the continuall dressing of the same in brasse pots. There groweth also a hard substance to the teeth, which may be called Argoyle. The inward causes may be a corrupted and foule stomack, which commonly doth colour them green, and especially when one hath oftentimes eaten many Toadestooles. The cure thereof is this: if it be caused of bad meates, then must the patient first of all be let blood. If the teeth be pestered with Argoyle, then is the same to be taken or scraped off gently. And because this colouring of the teeth doth only proceede of bad humors, they are therefore often to be rubbed with parched salt, afterwards with the dentifrices or powders that make white teeth, (which shall be described hereafter) and rub them therewith; and last of all with a peece of Scarlet dipped in Honie.

## How to make the teeth white.

TAke Venice glasse, mole it vpon a Marble stone vntill it be very small, ad vnto it white pibble stones burnt, in like sorte powdered, and Ireos of each a like quantity, rubbe the teeth therewith. Item take burnt Date stones, red Corall prepared, of each two drag. put them mired togither into a peece of linnen cloth, steepe it in wine, and rub the teeth with it: this maketh them white and strong.

Another: Take Pumice stone, Cuttle bone, and red Bricke, eg shels, the white skin taken out of them, prepared red and white Corall, of each halfe an ounce, Pellitorie of Spaine, burnt Allum, of each two drag. and a halfe, Ireos two drag. *Sandaraca* three drag. Mastick, Myrrhe, of each halfe an ounce, make them into powder, and vse it for a dentifrice. Item take Pellitorie of Spaine, burnt Allum of each two drag. & a halfe, Dragons blood, blossomes of the Pomegranate tree of each halfe a drag. mire them togither, and vse it as before. Some doe vse the Cuttle bone only, others only eg shels, they are both very good and safe.

## How to preserue the teeth from all accidents.

MAny Physitions do write, that whosoeuer will preserue and keepe good teeth, he must observe two things especially: first they do commaund not to vse Milke, Fish, Radishes, dry Figs, Dates, sodden Hony, and all other meates that be dressed therewith. Also to abstaine from sower and greene Apples and Peares, Prunes, Seruices, Medlars, Limons and Garlicke, all which by nature are hurtfull vnto the teeth. In like manner all things that are very hote or very cold, and especially the suddaine change of hote or cold meates.

A good dyet is also very commodious for this purpose; for vomiting (as before hath beene shewed) is very bad and hurtfull: also to bite on very hard things. The teeth are alwayes to be kept cleane, that nothing remaine betweene them and stinke.

The meanes whereby the teeth are preserued and kept good, are these, to wit, that you rub them often with the barke of Tamariske, with the pils of Pomegranats, with the rinde of an Ash tree, with blossoms of the Pomegranat trees, or with red blossoms of the Peach tree: they cleanse the teeth and confirme the gummes. You may also temper white Sugar with Hony and rub the teeth therewith: in cold causes with the oyle of Behen, in hote causes with the oyle of Roses. Item take the powder of a burnt Hares head, rub the teeth and gummes therewith: or take Hony and Salt, and burne them to ashes: beaten Lupines are also very commendable, with any addition. Item beate Myrrh and plume Allume into powder, or temper burnt Allume with Vineger, and wash thy mouth with it: or else take burnt Harts horne, seedes or flowers of Tamariske, Cipres rootes, Roses, Spikenard, of each one scrup. Salt halfe a scrup. make it into powder and rub thy teeth with it. Myrrhe sodden in Wine and the teeth washed therewith,

fasteneth

fasteneth the teeth, and dryeth the superfluous humiditie of them. Chew Mastick and rub the teeth and gummes with it, it maketh them cleane and strong.

The teeth also are alwayes to be kept cleane and pure, and not to pick them with an iron, but with a toothpicker made of *Lentiscus*, which is the tree whereof droppeth Mastick, which is much commended for the teeth: remember also to wash the teeth after euery meale.

## *The fourteenth Chapter.*

## Of the Voyce.

WE haue concluded before in the 13. Chapter the voyce to be the last part or portion of the mouth, which part is only proper vnto all those liuing creatures that haue lungs: for although Fishes and some other beasts seeme to haue a voyce, yet it is nothing else but a noyse; for a true voyce proceedeth of an open breast. Also the voyces of all females are much lesse (except the Cow) then of males. But it is not our intent to speake of any other voyces, but only of the humane voyce.

Amongst all liuing creatures you shall hardly finde any thing more changeable and inconstant then the voyce. For behold a man or woman from childhood euen to old age, and you may easily perceiue the mutabilitie of it: and which is aboue all things to be admired, that those children which speake very timely or yong, begin to go very late. It is also no lesse meruaile, that this voyce being shut vp and included in something, can neuertheless be vnderstood. As for example, put a long Trunck to another bodies eare, speake in it what and as softly as you please, yet shall he perfectly vnderstand euery word of your saying. Likewise you may as well know one by the voyce as by sight: for it is most sure, that if you heare one speake and see him not, you shall as well know him by his voyce, as if you saw him and heard him not.

In like manner the voyce maketh great difference both in words and in names in diuers speaches ouer all the world. It breedeth great delight by abreuiating, and extending by singing high or lowe, soft or alowd in musicke. And in this it exceedeth all other parts whatsoeuer, that it is the only meanes, whereby we may disclose and make knowen our hidden thoughts and secret conceipts of minde vnto our friend; also there is nothing else in which we differ from brute beasts, but only in the voyce.

We will not speake of any weak voyces, which are caused of some long sicknes: for we haue already written of them before in the thirteenth chapter. But we purpose only to treate of those things that doe corrupt or spoyle the voice; as of hoarsenes and such like.

If the voyce be decayed of a colde cause, then drinke halfe a drag. of beaten cubebes at your lying downe, sodden in three ounces of the decoction of Guaiac.

The common people thinke it a good experiment to steepe Horsstongue in wine, and to drinke the same.

But the tabulates of *Diaireos* are especially commended, which are made as followeth: Diaireos. Take Ireos halfe an ounce, Penniroyall, Hyssope, Licorice, of each three drag. Dragagant, bitter Almonds, Pine apple kernels, Cinnamom, Ginger, Pepper, of each one drag. and a half, Figs, Dates, Currans, of each fiue scrup. red Styrax three scrup. ℈ a halfe; and for euery ounce of this powder, take twelue ounces of Sugar, cut the fruits small, beate all the rest and make tabulates, or an Electuary of them. This is called at the Apothecaries, *Diaireos Salomonis*.

Another: Take Ireos halfe an ounce, Sugar candie, and the aboue named spices without Sugar two dragmes, Sugar twelue ounces, boyle it in the water of Hyssope vntill it be thick, then make tabulates of it. Both these kindes of *Diaireos* are good for the cough, proceeding of a cold rheume, and for a wheesling breath.

### Of Hoarsenes. §. 1.

THis hoarsenes proceedeth of many and sundry causes, but especially of cold and sharp humors that fall out of the head into the throate, and there make it drie, whereof shall be spoken at large when we shall speake of the infirmities of the throate: we will nowe only

only shew what is conuenient for the roughnes and hoarsenes of the same; for the which Sugarcandy holden in the mouth very often, is very commodious: also the confection *Diatragacanthum*, whereof there be two sorts, to wit, the hote and the cold, which may be made as hereafter followeth.

## The cold Electuary of *Diatragacanthum*.

TAke white Dragagant one ounce, gumme Arabeck fiue drag. Starch 2. drag. Licorice, pæled Melon sædes, Gourd sædes, Cowcumber and Pompeon sædes, of each one drag. Campher fiue graynes, Sugar pennets one ounce and a halfe, beate them to powder. If thou wilt make tabulates of it, then take of this powder one ounce, of the best Sugar twelue ounces, boyle it in water of Violets as it behoueth. This confection is also very good for all infections of the lights, and of the breast, which do procæde of heate and drouth, and especially for them that are declining to a consumption, and them that haue a dry cough doth it much helpe.

## The hote confection of *Diatragacanthum*.

TAke Dragagant, Hyssop, of each two ounces, Pineapple kernels, swæte Almonds, and Linsæd, of each 3. drag. Fenegreeke, Cinnamom of each two drag. iuice of Licorice, Ginger, of each one drag. make it into an electuary or confection as before. This is very good for them that haue a tough and slymy cough, and that cannot get vp any thing; also for all them that haue a wheæzing and short breath, and that are subiect to a consumption.

Take Iuiubes, boyle them in water, stæpe Cotton sædes in it, and hold them in thy mouth a long time: it hath a maruellous operation in all hoarsenes, drought, and roughnes of the throate.

Amongst all other things that haue bæne found good by experience, the tabulates of Diatragacanth are much commended: wherefore euery night when you go to bed, shall you dissolue one of them in swæte Wine, adding halfe a scrup. of Saffron vnto it, and drinke them altogether; this hath cured many men of an inueterate hoarsenes.

A good potion. Take fiue pintes of water, halfe a pinte of Hony, sixe Figges, one ounce of Corrans, two drag. of Licorice, boyle one pinte of it away, and skumme it well, drinke euery morning fasting a good cupfull warme: you shall also temper or mixe your Wine with it. This potion is also very commodiously vsed against the cough. Hony of Roses is also very good for all drouth and hoarsenes of the throate, for it moysteneth and easeth it. In like manner also the conserue of Roses, oyle of swæte Almonds, sirrupe of Violets, and Hony water, which commonly alayeth all roughnes of the throate.

But if this hoarsenes procæde of a cold rheume, then is Fennel sæde very profitably vsed, howsoeuer it be adhibited: but for this purpose are confected Cumine sædes, Carui and confected Almonds much better. Likewise whatsoeuer shall be written hereafter in the second part of this booke for the cough, may also be vsed in this infirmitie.

## How to make a cleare voyce. §. 2.

ONyons and Garlicke, as also the Hyssop wine, are much commended for to make a cleare and good voyce, also the tabulates called *Diaireos Nicolai*.

This electuary following is also much commended for this purpose. Take Cabbage sædes, Hyssope, Elecampane rootes, Fole foote, rootes of the Flower de luce, Horehound, of each halfe an ounce, Annis sædes, Fennel sædes, Ameos, Cubebes, Aristology, of each one drag. and a halfe, *Oxymel compositum*, *Syrupus de prassio*, of each three ounces, Sugar pennets three drag. Pineapple kernels that haue bæne infused in *Vine cuyct* two dayes foure ounces, Saffron one drag. clarified Hony twelue ounces, temper it to a confection or electuarie. Take of this in the morning halfe an ounce, with two ounces of the decoction of Nettle rootes. If it be not too much trouble for you, take one halfe of it in the morning, and the other halfe at night, mixed with alittle Sugar. This may be vsed for all harshnes and hoarsnes of the throate. The water may you alter or change according to the qualitie of the disease. And so we end the first part of this our booke.

The

# The second part of this practise of *Phisicke*, Containeth *The Brest.*

THE *Anatomici*, that by deuiding mans bodie into the outward and inward members, doe affirme, the second parte of the same to beginne in the vppermost parte next vnder the head; thence to extende it selfe downewards vnto the Midriffe which is a skinne that parteth the heart & the lights from the bellie. This part maketh shew outwardlie of very few members; to wit, of the Neck, of the Brest, Ribs, Shoulders, and vpper parts of the backe: and containeth inwardly two of the principallest members, as the Heart and Lights: Of the which, and of the diseases of the same; and how they are to be holpen shall now be shewen.

## *The first Chapter.*

## Of the Necke.

THere is none other disease to be séene in the necke outwardly, then a swelling or Tumor which is called *Bronchocele*, the which either commeth by nature, or else of some outward cause: The same chanceth also sometimes to swell onwardly, although that commonly depend and is caused of the first swelling.

### Of *Bronchocele.* §. I.

IF any man haue this Tumor in the throat by inheritance or discent from his parents, and naturally is borne with it, as commonly happeneth in Bintsgaw, and in many places moe, whereof at this present shall not be spoken: for that all Phisitions hereupon conclude, that they are altogither incurable. But that which is not naturall, which procédeth commonly of flegmaticke or waterish humors; with the which otherwhiles winde is admixed (by ioyning both togither) brédeth knots on the necke. For by experience it hath bén found, that when these Tumors haue bén opened by incision, that sometimes there is found nothing in them but water; therefore is the same called a watery *Bronchocele*. Sometimes there will be therein a thicke matter like Honie, and otherwhiles a tough ash coloured slime, as it were snot or sniuell. Lastly, it hath also bén séene, that there is but a little water in it, with much wind, which in opening (euen as other wind) is let out and flieth away. These Tumors are caused most of cold rawe Northerne windes, and of thicke slimie flegme, whereby all such flegmaticke defluxions are increased: also through continuall vse of grosse meats that augment *Phlegma*. When as such swellings appeare, then must you not delay & rest theron, but séeke some remedie betimes, and not follow the counsell of such as doe say, that it will weare away of it selfe.

### The order of Diet.

IT is first nédefull that he take héede of eating vnleauened bread: in like sorte of all young sucking beastes, and that are fat and slimie, as Swines flesh, fish, and chiefly sod milke, and all that is drest therewith: also of most fruits, as Cherries, Peares, Apples, Haselnuts, and Melons: also of cold and moyst herbes, as Bétes, Spinage, Lettice, Endiue, Purcelane, Verjuice, and fresh butter. But contrarywise, warme and drie dwellings, scituate in the East and South, are very good, and not much slépings; for that increaseth much flegme: also quiet and idlenes are hurtfull. Therefore are all such patients to endeuour themselues to goe and walke much

much, and to hold alwaies their head vpright. And if that cannot be done, let them be rubbed with hot clothes from their heads downewards towards their feete, vntill the skin be red therewith: and also both their feete. Their heads shall be seldome washed, and then only with Lie and Sope after the driest manner, like as you may finde a good instruction thereof in the discouerie of the head ache. Their drinke shall be small white wine, that is old and of a good taste: the which must be delaied with decocted water: in their meates they must beware of all superfluitie, and arise from their meales with appetite: also they must chewe their meate well before they swallowe it.

Now to the remedie of this Tumor: first you shall prepare the humor whereby this swelling is caused, with *Oxymel* of Squils, which is acuated with Pepper and Pellitory of Spaine. This must be continued certaine daies fasting, taking two or three ounces mingled with wine. In like maner (if need require) open a vaine: afterwards vse this laxatiue powder following, whereby the corruption may be drawen out of the head and out of the stomacke, the braines strengthened, and all humors consumed that run towards the swelling. Take beaten *Hermodactili*, *Turbith*, of each one drag. Ginger two scrup. *Diagridion* sive greines, flowers of *Esula* half a drag. mingle them togither: you are to giue at once half a drag. of this powder or two scruples at the most, tempered with three ounces of Meade once euery weeke, and that early in the morning; whereupon he must fast fower houres. And this shall he take continually a whole moneth togither.

Prepare also this following, and it will consume the corruption and the wind, whereby the Tumor is caused: Take Cammomill, Melilot, of each one ounce, Annis seedes, Rue, of each one ounce and a halfe, dried Gose and Pigeon dung, *Sal gemmæ*, of each two ounces, all beaten grossely. Of this compound take a handfull, and steepe it eight houres long in sopers lie, and then let it seethe a little; make a spunge wet therein, and bind it warme on the griefe. Take one of these waters following, the which you can get best; to wit, water of Aristologie, of wild Cucumbers, and Rosemarie, make a spunge wet that will couer the same & the places about it, wring it out, and lay it warme thereon, and renew it often. You must also annoint the part infected, and the places about it with warming oyles, and then lay this plaister following.

Take of *Diaculum magnum* (called the *Apostolicon* plaister) *Ammoniacum*, of each a like quantitie, temper therewith Ireos, and *Sal gemmæ*, both beaten as much as the other, spread therof vpon leather: Three dragmes of *Opopanacum*, Litharge of siluer, *Ammoniacum*, *Galbanum*, of each one drag. Myrrhe, Misceden, Frankincense, of each one drag. and a halfe, Gips, Bolus, Aloe, of each halfe a drag. the Mucilage of Mallowes halfe an ounce, Turpentine one ounce, or as much as is needfull: poune all that are to be pouned, dissolue the gums in vineger, and temper the powder therein, and then make it into a plaister with Waxe. This is also good for *Bronchocele*.

## Diuers powders for the same.

TAke Hasell nuts, Spunges, Sea-bals, writing paper burnt altogither, Cuttle bones, and seedes of Plantaine, of each halfe an ounce, Pepper, Ginger, *Sal gemmæ*, Pumice stones, Nutmegs, Gals, white & long Pepper, Cinnamom, black & white Hellebor, of each one quarter of an ounce; make them into powder, and giue therof euery morning halfe a drag. The Hellebor or Nelewort is somewhat dangerous: therefore this following is safer. Take newe Spunges, and burne them in a luted pipken or pot, vntill they may well be beaten, and giue him thereof euery morning with wine one drag. Another which is much vsed: Take cleane washt spunges fower ounces, burne them in a luted pot, with halfe an ounce of Spunge stones, Pumice stones, and Cuttle bones, of each one drag. red cloth burnt like to the spunges half an ounce, mingle them and vse them as before. Make also this Gargarisme: Take *Oxymel* of Squils one ounce, sirup of Calamint one quarter of an ounce, blew Ireos, and Marierom gentle, of each two ounces, temper them all togither, and therwith you are to gargarise morning and euening euery other day. Let him smell to this that followeth: Take Rosemary flowers, Marierom gentle, and *Spicæ*, of each one quarter of an ounce, *Lignum* Aloes one drag. and a halfe, Mace, *Ameos*, *Laudanum*, red Storax, of each one drag. Amber halfe a drag, poune each apart, & binde it vp in a peece of silke, and let him hold it alwaies in his hand for to smell to.

Capi-

## Capitall powders.

TAke Cubebes, Nutmegs, *Lignum* Aloes, Rosemarie flowers, Swines bread, of eache halfe a drag. *Sandaraca* one quarter of an ounce; poune them and temper them togither: take euery euening fiue greines thereof, and strowe it on the top of the head. Or make a little bag fiue fingers long and three fingers broad, & lay it on the head. Take the herbe called Harts tong, beat it small, mingle it with egs and meale, bake cakes thereof, and take alwayes therof before meales, especially one houre or more before none, about one quarter of an ounce.

## If one haue something sticking in his throate. §.2.

IF one haue a great bit of meate sticking in his throate, then are you to clap him behinde aboue and vnder his necke, that thereby the meate may be remoued either by vomiting it out, or swallowing it downe towards the stomacke. In like manner also, you are to giue him water oftentimes, or rather oyle of Roses to gargarise therewith, and let it downe: For it dilateth the throate, and maketh it slipperie, whereby the same bit will sinke downe the better. And this is also good for all slymie things, as Raisons and Figs sod in Meade. Item take bread, chew it not too small, and swallowe it downe. Doe the like with Figs; for they are very commodious for this purpose. Item, take a bit of hard sodden flesh, bind it on a strong thread, and slide it downe, and afterwards plucke it out againe: if the bone or any thing els that sticketh therein cannot be forced downewards, then with a Mullet or other instrument draw it out. But if so be that all those things will not helpe, then may you vse a leaden pipe which is thorowe out full of holes, somewhat smoothe without, and somewhat bent, which you may thrust into his throate to the neather part by force.

Take the Muscilage or slime of Linsede, Butter, prepared Cassia, oile of Almonds, of each a like much, lay them on the throat. The vomiting after meate is also found good for this intent, and is therefore to be moued.

## When a horsleach taken in drinke remaineth sticking in the throate. §.3.

ONe shall perceiue this, not only by the place where the same was dronken, but also by the byting and tickling in the throat, and by the cleere blood that he auoideth, and by the wambling and vomiting. For this, you are to presse his tong downewards, and to looke into his mouth whether the Leach can be seene or not; if yea, to take it by the head with a mullet & drawe it out; if not, then must you make a gargarisme with Mustard sede & vineger, or with vineger & *Assa fœtida*, or with vineger and salt, which you will, and gargarise therewith. Or you may blowe beaten Mustard sede, and Nigella sede into his throate. Also you may gargarise with Onions, or the decoction of Garlicke. The ashes of our Ladies Thistle blowen into the throate, is commended aboue all the rest. The rote of Gentian beaten, and all that is bitter. When as the Horseleach is fallen away, then sethe the blossomes of Pomegranates in water, and gargarise therwithall.

To stay the blood, take the blossomes of Pomegranrtes, Frankincense, *Sang. Draconis*, and Starch, of each one drag. blowe this powder into his throate. Item take the blossomes and pils of Pomegranates, Sumach. sedes, and *San. Draco.* boyle them in water and gargarise therewith. You may also blowe the foresaid things into the throat, or boyle them in Wine and drinke it.

Another. Take Garlicke, Lupines, and Coloquint, of each one drag. Gith sedes half a drag. Mustardsedes one drag. and a half; boyle them all togither in sixteene ounces of vineger till the fourth part be consumed: then dissolue three drag. of Salarmoniack in it, and gargarise therewith.

But if the Leache be gone downe into the stomacke, then are you to vse the same remedies that

that are prescribed against wormes, and there kill it: Or take meale of Lupins, *Turbith*, *Stechas*, Pennyroyall, Gith, of each one quarter of an ounce, mixe it with the iuice of Wormwood, & make trocisckes of it, of the waight of a drag. of which dissolue one in three ounces of the decoction of Gith, and take it fasting. It is very forcible, but safer and easier things may be vsed for it.

## Of the Squinancie or swelling in the throate. §.4.

THis Squinancie haue the learned giuen many kindes of names, & that of the place in the throate where it appeareth, or according to the qualitie and nature of it: as *Angina*, *Cynanche*, or *Synanche*, which last name the Phisitions haue altered, naming the same *Squinanchem*, or *Squinantiam*. And with all these names haue they meant but one sicknes; to wit, a Tumor in the throate: euen as they call *Pleuritis*, the pleurisie.

They describe the Squinancie thus: *Angina* is a strong perillous sicknes, that ariseth about the throate, in the mouth, and about the throate boll, and very quickly stoppeth the breth. Or *Angina* is a flegmaticke defluxion, that sinketh into the outward part of the throate, and there swelleth so that all the inward parts of the throate are thereby shut vp, and the breath hindered.

The causes are diuers: for it is ingendred aswell through great heat, as through great cold, and also through sharpe Northerne windes; but especially when the same bloweth presently after a South winde. Likewise also if one sit bare headded in the Moneshine a long time. But this sicknes doth chiefly come and proceede of defluxions that fall out of the head into the throat, and there cause a swelling; and chiefly in the falling of the leafe or haruest, when the rheumes are most of all mingled with sharpe *Cholera*; like as the same are in winter for the most parte mingled with *Phlegma*. Sleeping also immediately after meales with hanging of the head, increaseth the same. Fat meate, and all that is drest with Milke, Melons; and violent motions straight after meates, cause also this sicknes. The same doe also venimous things, as blacke Hellebor, and all Toadstooles. So are sometimes blod, *Cholera*, *Phlegma*, and *Melancholia* occasions of this sicknes; which neuertheles doe seldome strangle a man.

The signes of *Angina* are a short breath, with bad swallowing; otherwhiles blistering of the tong, so that the drinke taken will be driuen out at the nose againe: The speech goeth thorough the nose more or lesse, as the sicknes is of importance.

If the blod be cause of it, then is the Pulse strong, the face, eies, and tong red; the mouth sooete, great paine and retaining of breath. If it come of *Cholera*, then is there great heat with little spettle, thirst, blistering, and drought of the tong, bitternes of the mouth, and great paine with it: the breath is not so short as of blod, the tong is yellowish; this is also augmented in haruest, and in summer, and if one be cholericke also.

If this sicknes proceed of *Phlegma*, then is there too much tough moysture in the mouth, sometimes salt and of an euill taste; the face is bleake and the tong also. Then is but little paine, little thirst, and a little tumor.

But if it proceede of *Melancholia*, then is therewith sowernes in the mouth: the swelling is hard, his face ashcoloured. Also this Squinancie commeth by little and little, and not so sodaine as the other.

Now to ease this disease, there is nothing better then to eate and drinke but little: the drink shall be a Julep of Roses tempered with Well water, or Sugar water, or any thin Meade.

Further he is to eate light meates, as bread mollified in fresh flesh broth, and such like: he shall also oftentimes two howers after meat take *Pillulas Aleophanginas*, and let his head be often kembd and stroked. And let him gargarise with wine of Pomegranates and barley water mingled together. Afterwards he is to cleanse his mouth with fiue ounces of Barley water, wherein is tempered one ounce of the sirup of the outward greene nut shels. Before meate he is to vse water to wash his feete, wherein Woodbinde, Bay leaues, Marierom gentle, and Rosemarie are decocted, and he shall rub his legs downewards with these herbes. Also he is often to vse three or fower greines of Mastick, and one greine of Cucubes, or *Lignum* Aloes, to chew it in the morning, and to hold it in his mouth.

For

For this infirmitie it is also very commodious for one to auoyd much filth through the nose.

And as this Squinancie is caused diuersly, so do the learned also deuide the same into fower kindes: First, when the throate and the bulck, with the parts round about them, do swell: Secondly, if about the throate there be no swelling seene on the outside, notwithstanding aboue all this, that the breath is so shorte that one would thinke that the patient would be strangled: Thirdly, when there appeareth a swelling on the outside of the throate: Fourthly, when the throate swelleth as well within as without.

But after what manner soeuer it commeth, it is alwayes a perilous sicknes, and especially the second kinde, for that it is very quicke and spèdie, so that oftentimes it dispatcheth one in two or thrée dayes; and commonly it is more dangerous for children then for aged folke: therefore do the Latinists call this kinde of Squinancie *Strangulatorem*, which is, Strangler, as it were somewhat that fell into the throate, the which then so stopt the breath, that one must therewith be strangled. For *Strangulatio* they say, is naught else but a spèdie death, by reason that one can get no breath, euen as it hapneth when the throate is stopt, and this is the difference betwéene them. The Squinancie (as it is sayd) killeth one very hastily, *Peripneumonia* (which is a sicknes of the lights) doth with a painefull breath strangle by little and little. But if rheumes fall into the throate, then are they a cause of strangling, for that thereby the pipes of the lights in time are stopped.

If in swallowing he fèele a narrownes and paine that the breath be painefully drawne, and that the patient haue scarcenes of breath, and is constrained to hold open his mouth, then is the Squinancie at hand, which is great or small, as may appeare by the vehemencie of the signes. And for that this disease procèdeth as well of bloud, *Cholera*, and heate, as of cold and *Phlegma*, and so requireth speciall remedies, therefore we will hèreafter in particular speake of them.

## Of the Squinancie or paine in the throate through heate. §. 5.

FOR this Squinancie, regard is to be had to the face and the eyes, whether they be red, and the face puft vp, and whether the patients spittle be swète: Also, whether he (being healthie) hath vsed much nourishing meate and drinke, for when these signes (as is sayd) do appeare, then is it certaine that this Squinancie procèdeth of superfluous bloud and heate: then is the head vaine to be opened without all delay on the right hand, and to let out foure or fiue ounces of bloud, according to the abilitie of the person, and to vse this Clister by and by after it.

Take Mallows, Hollyhocke roots, Violet leaues, Cammomil, *Adiantum*, of each a handfull, sèethe these in sufficient water vnto the halfe part. Take 12. or 16. ounces of this decoction, oyle of Dill, and of Saffron, of each one ounce, oyle of Beuercod halfe an ounce, *Hieralogodion* one ounce, the iuice of Swines bred (if you can get it) one scruple, *Diagridion* halfe a scrup. Salt one drag. minister it warme. If the sicknes be somewhat tollerable, then within twelue houres after set two great boring cups on the shoulders hard by the neck very warme, and let them blède well.

But if the patient be corpulent, then is the Median to be opened on the same side, or the little vaines vnder the tong. This letting of bloud is not to be done at one time only, but if the patient may well abide it, shall be the oftner reiterated, and the lesse at once, for it dispatcheth and driueth the matter from them.

But vntill the patient be let bloud, Clistered, and bored, he must be rubbed with warme clothes, and first, from beneath the knées euen to the fète; afterwards, from the thighes to the knées; thirdly, from the shoulders vnto the huckle bone; fourthly, from the shoulders vnto the hands: or at the leastwise binde the same members hard, and make them lose often, as hath bène sayd.

Then both before and after purging are presently to be vsed all cooling and astringent gargarismes, whereof diuers are described in the third Chapter and the 4. §.

Or make it thus, lay the sèdes of Sumach to stèepe in Rise water, and gargarise therewith. Or take Coriander, Sumach, Gals, *Hippocistis*, Pomegranat pils, of each a like quantitie, sèethe these in sufficient water vntill the halfe be consumed.

This following is also very good (being vsed within the first thrée dayes) take water of

Purcelane

Purcelane and Plantaine, of each fower ounces, sirupe of grœne Nut shels thrée ounces, tempered and holden long in the mouth.

Item, to gargarise with warme milke, easeth the paine. Take sirupe of Poppie heads, and sirupe of Mulberies, of each one drag. Rose water thrée ounces, tempered and vsed as the other before.

Or take Barly water (as much as you will) and mingle amongst it sirupe of Pomegranats, Mulberies, and honie of Roses, as much as you will.

Item, take small sliced Licorice, Corans, Figs, Fleawort, Quince kernels, and white Poppie seede, of each one quarter of an ounce, Barly one ounce and a halfe, sethe it in sufficient water till that the Barly breake; put vnto it two ounces of the hony of Roses. This is very good to be vsed after the purging.

Take Acornes that be olde, beate them small, giue of them to the patient twice a day, halfe a drag. at each time, in what you please. This is speciall good against the swelling of the throte: it is also good to take the fume of them into the throte.

Item, take dried white dogs dung, halfe an ounce beaten small, tempered with sirupe of Mulberies, and giue it to the patient to swallow by little and little: it helpeth and drieth marueilously.

## What ought to be vsed outwardly.

Before there be any salues, plaisters, or any other thing laid vpon the outside thereof, you are to froth and rub the patients armes and legs (euen as before said) and annoynt the same members afterwards with fresh butter, or with the oyle of swéete Almonds. Or vse this following: Take the salue *Dialthea* one ounce and a halfe, Muscilage of Fleawort and of Quince kernels, of each one quarter of an ounce, prepared Cassia & fresh butter, of each one drag. Leauen and Dates, of each halfe an ounce, oyle of Violets two ounces, and make a salue of them.

Item, take a Swallowes nest, and sethe it in Well water, straine the same through a narrow sieue, and in this water boyle the rootes of Lillies, Mallowes, Hollihocks, Violet leaues, Pellitorie, Cammomill, *Adiantum*, of each one handfull: stampe them all togither with Barly water and Linesede meale, of each one ounce, Cammomill two ounces, and thereof make a plaister.

Another of *Montagnana*: Take a Swallowes nest, Mallowes and Hollihocke rootes, of each one handfull, Cammomill, *Adiantum*, of each two handfuls, Barly meale thrée ounces, oyle of Cammomill one ounce, and lay it warme on the throte. Afterwards, if any impostume appéere, then take Figs, Fenegréek, and Squils, of each halfe an ounce, sethe them togither in a pinte of water, till but halfe remaine, temper it with thrée ounces of *Oxymel*, and then gargarise with it. And if you thinke that it be to milde, then open the swelling (if you can come to it) and wash the mouth often with wine and honie.

## For purging thereof.

This purging must be effected with cole things, as fower Dates, Prunes, Confections, Cassia and Manna (as shall séeme good) also milde Clisters are to be vsed, as hereafter followeth.

Take Mallowes, Hollihocke rootes, Violet leaues and Drage, of each a handfull, of the séede of Melons, Cucumbers, Gourdes, and Pompeons stamped grosse togither, of each one drag. and a halfe: sethe them all togither in sufficient water, take of this decoction 12. or 16. ounces, Cassia one ounce, Salt one drag. minister it warme.

Good héede is also to be taken, that the patient haue a soluble bodie; and to that end serue suppositories made of Uenice Sope, vsing the same oftentimes.

If the same ache of the head be mixed with *Cholera*, the which may be knowen hereby, that is, if with the swelling there be a pricking and gnawing paine, yellow colour, bitternesse in the mouth: also if that he in time of health haue eaten such meates as augment *Choleram*: then is the sicke bodie to be purged with the abouesaid things. Rubarbe is also very commodious for it, in this manner following: Take one ounce of Manna, Rubarbe one drag. or twaine, stepe them in fiue ounces of Prune broth fiue howers long: then straine it out hard; afterwardes vse

the

the Clister which is described in the twelfe Chapter of the first part 5.§. for madnesse or frensie which beginneth thus, Take Lettice, &c.

Hereupon you are to open the head vaine on the hand, and set cups on the necke and shoulders. Use also these aforesaid gargarismes, or this following: Take the iuice of Nightshade that is well setled, fiue ounces, Roses, sliced Licorice and Fitches, of each halfe an ounce, good white wine three ounces, let it sethe meetely well; then temper it amongst one ounce and a halfe of Cassie, and gargarise therewith often. This helpeth and easeth the paine. In the increase of the sicknes, there is sometimes vsed Myrrhe sodden with wine. In like manner also the Mucilage of Barly tempered with Goates milke, Sugar, Nightshade, and a little Saffron.

Thus may then the bad matter be drawen outwardly: Take Sheepes woll dipped in oyle of Cammomill and Sallet oyle, and lay it vpon the sore. Or (if one can get it) take one quarter of an ounce of Snakes skins, which the Snakes do cast euery yeere, and sethe it in an ounce of oile of Almonds: then wet a cloth therein, and lay it on the place where the sore is a whole day and a night.

This plaister following is (to this end) also much commended. Take Fenegreke and Linesede meale, of each one quarter of an ounce, Hollihocke sedes, Cammomill, Hyssope, of each one handfull. These three last sethe, and stampe to pap, and then mingle it with the foresaide meale, and with two ounces of Cammomill oyle, and two ounces of the oyle of Lillies: afterwardes sethe it altogither vntill it be somewhat thicke, and then lay it warme on the necke.

In like manner are highly commended the Swallowes with their yong ones, burnt in a pot to ashes, and the same blowen into the throte, or tempered with honie, and the throte annointed therewith, or gargarised, which is a passing good remedie.

But aboue all other is *Oxymel* with Rose water and vineger in the beginning most commended. Likewise the sirupe of Mulberies and greene Nut shels: so that the skilfull Phisitions do write, that those three last are the best remedies of all others. Prepare also these pils to holde vnder the tong: Take *Assa fœtida* one drag. Ireos halfe an ounce, make them vp with the iuice of Coleworts.

If you thinke that the patient will be strangled and cannot swallow, then take Hemlocke sede, Radish sede, *Assa fœtida*, Borax, Myrrhe, *Ammoniacum*, and common Salt, of each a like quantitie: of these all togither, or of some of these make a powder, and blowe thereof into the throte. A great boring cup (without pricking or otherwise) set behinde in the necke, helpeth that the meate and drinke will be the easier swallowed downe.

But in case that the impostume be broken, then are you often to gargarise with Meade and wine, wherin Sugar and Ireos be sodden. Julep of Violets is very good for these kind of pains.

## Paine in the Throte through *Phlegma*, and colde taking. §.6.

6:§.

IF the face and the eies be not red nor fierie, and that the patient haue his mouth alwaies full of spettle, and is hoarce without great paine, with other signes moe of *Phlegma*: then shall Treacle and Mithridate be vsed, for that they mitigate the paine, expell all swellings, and cleanse all exulcerations wonderfully. Further, you may vse this gargarisme following: Take Ireos halfe an ounce, Hyssope, *Adiantum*, of each one drag. Licorice, Corans, and Figs, of each one ounce, Fenegreke and Linesede, of each halfe an ounce, Barly one ounce and a halfe, let it sethe togither in sufficient water vntill the halfe be spent. Also you may make choise out of the last mentioned gargarismes in the 13. Chapter and 4.§. of that shall best like you, and that is speciall good which is prepared of the sirupe of Mulberies and sirupe of greene Nut shels, for a fowle mouth: for both of these are specially commended for all paines of the throte, as daily experience teacheth. The rote of Diuels bit sodden in water, and therewith gargarised, doth maruellously ease the squinancie.

For to purge are very requisite the pils *Cochiæ, Fœtidæ, de Hiera*, and the powder *Medicamen de Turbith*, according as neede shall require. And if neede be, let a strong Clister be made and ministred, as you shall finde in the 12. Chapter and the 17.§. that which is very meete for this, which beginneth, Take Centorie, &c.

There are Trocises also vsed that are to be holden in the mouth, and are to be made and dressed thus: Take Mastick, Frankincense, Raisons, red Storax, and Pep, of each one quarter

of an ounce, beate them all to powder, and make trocisces thereof in waight halfe a drag. The auncient Phisitions did vse to take a grēen Elderne sticke, to shaue from it the vttermost barke, and did take the grēene and yellow rinde of it, and strowed them with wheate flower, and so held them in the mouth. They do warme and dry much.

Outwardly you must annoynt the necke with Sallet oyle, Cammomill oyle, and oyle of swēete Almonds, or with the oyntment of *Dialthæa*, and washt Shēepes woll layd vpon it, and afterwards the plaister before mentioned in the 5. §. with *Cassia*, or this that hereafter followeth, for that there is small difference betwēene them both.

Take the vnguent of *Althea* one ounce and a halfe, the muscilage of Fenegrēeke and Linsēede of each one quarter of an ounce, *Cassia*, fresh Butter, of each one quarter of an ounce, sower dough, and fat Dates one ounce, oyle of swēete Almonds two ounces, and thereof make a salue or plaister.

Or take Wheate, Fenegrēeke, and Linsēede meale of each two ounces, water sixe ounces, oyle of Cammomil two ounces, sēethe them till they be thicke inough, and afterwards spread it on a cloth, and lay it about his neck.

Item, take Gose dung, and Swines bloud, of each a like quantity, mingle them, and lay it fiue times in 24. howres about his neck.

Some auncient Phisitions do counsell to take warme Hony of *Anacardio*, *Mel Anacardium*, and let the neck be annoynted thick cleane ouer that blisters may be rayled, whereby the matter might haue an issue forth.

Item, take white dogs dung (of a dog that eateth nothing but bones) Swallowes dung, or Wolfs dung, which you can get, beate them to powder, afterwards temper it with Hony, and annoynt the neck therewith. This may you make for a gargarisme, or blowe into the throate with a pype.

If sudden strangling be feared, then are you to clip or shaue off as much haire from the top of his head, that a great boring cup may be set thereon, which must be often fastned, and taken off againe.

In greatest extremitie is wont to be made a vent in the patients throate betwēene the two grissles, that he through the same vent may take ayre and breath, the which vent afterwards when the swelling is gone, is to be cured as other wounds are.

## Of the Vlcers of the throate. §. 7.

7. §.

WHen as then the foresaid Squinancie or any other defluxion hath so annoyed the throate that thereby the skinne is broken, and the throte exulcerated, then take Cypers nuts, Calmus, Sulfer viue, burnt Allome, Roses, Pomegranate pils, Wallicke, Frankincense, and *Pieretrum*, of each one drag. and twelue ounces of *Aqua vitæ*, temper them all together and kēepe them for thy vse.

Then in the time of nēede, take a little thereof, and gargarise therewith, for it dryeth, clenseth, and healeth maruellous well. If this be too strong, then delay it with Plantaine water, Knotgrasse water, or *Prunella* water. For this purpose is also good a decoction of *Guaiacum*. In like manner also *Aqua Ioannis*, which is described in the 12. Chapter of the first part and 5. §. But of all such things that do greatly hinder the same, you shall finde good instructions hereafter in the beginning of the description of the stomacke.

## *The second Chapter.*

2. ch.

## Of all Rheumes and Defluxions in generall.

THis Grēeke word *Rheuma*, tearmed also in english a Rheume, is nothing else but a defluxion which descendeth or falleth from the head into the throate or breast, which doth otherwhiles so stop there the pipes of the lights and throate, that the patient seemeth to strangle or choke. Also these Rheumes do often fall into the nostrels, where they cause the Pose, which is described in the second part the eight Chapter, and 6. §.

And for as much as these kinds of Rheumes, according to their seuerall natures haue seue-

rall

rall names, as that which falleth into the nostrels is called *Coryza*: that which descendth into the breast, *Rheuma*: that which commeth into the throate, *Bronchus*: Neuertheles, all tough and slymie defluxions which fall from one member into another, are called rheumes or defluxions; for that they prouoke (as is said) not onely the strangling in the throate, but also are both noysome and troublesome vnto the breast; whereof we shall shortly write: therefore it is very requisite that we make mention of them at this present.

First these rheumes doe procede of diuers causes, like as when the humors of the brain, through the same, through bathes, vaporing meates; as Onions, Garlicke, Mustard, Pepper, and such like, are made thin and fluxible. vaporing meats.

Secondly, these are caused of great cold, whereby the parts of the head be thrust and compelled togither, and the humors forcibly expelled; euen as water is wrong out of a spunge: In like maner may they be stirred vp of the superabundance of some humors, be it of *Cholera* or *Phlegma*, or of some other outward alterations, as of a sharpe Northerlie wind, that bloweth sodainly after a South winde.

In fine, the plaisters that are neither to hot nor to colde, are auailable for all such defluxions; to wit, as followeth: Take Rosen two ounces, *Laudanum* halfe an ounce, Myrrhe, Mastick, of each halfe a drag. *Sandaraca* one quarter of an ounce, Beane meale, Pease meale, of each halfe an ounce; dissolue the Rosen and *Laudanum* in one ounce of lie, and let them sethe till they be very soft: then put it into a morter, and mixe the meale amongst it: Spread this warme vpon a cloth, and lay it vpon the whole head. If you will haue it harder, then leaue out the meale, and temper togither with the other one drag. and a halfe of Waxe. This comforteth the braines, staieth the rheume, drieth all tough slime that falleth into the nostrels, mouth, and throate, and would choke one. For it is often found, that those that haue been at the poynt of death, haue by this meanes been recouered. plaister. for the heade.

Item take new Barley meale two ounces, *Nigella* seeds, Mustard seede, & Mice dung, of each one ounce, Dre gals, or the vrine of a manchilde, as much as sufficeth therwith to make a plaister. Or take fresh Bryonie rotes twelue ounces, Wormewood, Rosemary, Marierom, all greene, of each a handfull and a halfe, Barley meale two ounces, Saffron one drag. Scammony halfe a drag. oyle of Lillies three drag. sethe well all the rotes in water, afterwards stampe them well to growt or pap amongst the other herbes, and therewith temper all the rest, except the Saffron which must be also added vnto them. Last of all, spread thereof vpon a cloth, and then lay them all warme ouer all the polled head, couering the same warme.

This is also commodious for al old headaches, especially for such as procéd of cold humors: for it consumeth all defluxions and bad vapors of the braines that fall out of the head into the eies, eares, teeth, and throate: it is twice a day to be renewed.

These two plaisters following are also highly commended to be very good for the same: first, put aboue vpon the head a mætely great bore or cup vnpickt vpon the same, on the seame of the scull (the haire being cut off before) and the place that the cup is fastened vnto must be first well rubbed, till it be red, and let the cup drawe it well. Afterwards lay this plaister following thereon: Take *Laudanum*, *Gummi Heleni*, *Sandaraca*, Frankincense, white and red Storax, and Rosen, of each a like much, melt the *Laudanum*, Rosen, and the liquid Storax togither, and temper the other with them: But if it be hard, then make it softer with oyle of Lillies plaisterwise.

The second is more forcible then the first. Take Aloe, wilde Mints, and Citron pils, of each a like much; mixe them togither with *Laudanum* in a warme morter, with almuch iuice of Sloes as will make it soft.

## Of Rheumes that proceede of colde. §. 1.

i: s.

THe cause of these rheumes are strong cold Northerne winds, and chiefly if there did blow before that, a milde moist Southwest winde, as hath been told already. Also to lie bareheaded in the nights when it is cold, whereby the moisture is forcibly driuen togither, and chiefly if warmth followe after, as hath been heretofore shewed of the Spunge. Also moyst fruit doe cause these distillations, as Cherries, Apples, Peares, Peaches, and such like.

These Rheumes are knowen by these signes following: as wearines and heauines of the

whole bodie, slæpines, heauines of the head and forehead, palenes of the face with full vaines, stuffing of the head or nose, bereauing of the sense of smelling, swelling vp of the eyes, payne in the throate, motion to vomite, dropping of the nose, and swelling of the Almonds.

In like maner is the head also in the fæling found cold, and the Rheume is neither sharp nor biting at all.

The which is commonly ingendred and maintained, if the complexion, the time, the age, and the weather be cold.

As for example. If that any one do runne into the cold ayre bareheaded out of a bathe, or after any other great warmth, especially in the nights, and begin to get a tickling in the nose, then is it a sure signe that he hath already gotten a defluxion, and then must the patients head be couered so long with warme clothes, that he fæleth manifestly that his head beginneth to warme inwardly, or in stead thereof he shall lay these things following vpon his head.

Take beaten Millet foure ounces, Salt one ounce, parch them in a panne, and lay this vpon his head as hote as may be suffered. Or take a god quantitie of Salt, powre thereto as much Wine as is requisite to dissolue the same Salt, and being alittle sodden, wet clothes therein, presse them out, and lay them very dry vpon his head, this dryeth, and is safe. You may also prepare this salue. Take Pigeons dung, wild Rue, Beuercod, and white Mustard sæde, of each one drag. oyle of Rue three ounces, *Euphorbium* halfe a drag. Waxe as much as will suffice for a plaister, but let the forepart of the head be shorne, and the place annoynted therewith where the sore is, it is forcible and dryeth much.

Will you now haue more plaisters and salues for the same? then looke into the first part of the description of the cold paine of the head, for these things are also very commodious for this paine.

Yet note this, that all that is hære discoursed, is to be spædely effected: for if this disease be to be maistred, the same must be done at the beginning, when as the patient is incontinently to haue a vaine opened on the right hand betwæne the thomb and the forefinger, letting out foure or fiue ounces of bloud.

note.

## Clisters.

After the full dispatch of letting of bloud, minister a Clister vnto him at night. Take Branne, Mallowes, rotes of blew Floure deluce, Bætes, of each one handfull, sæthe it altogether in sufficient water, and then take of this decoction 12. or 16. ounces, confection of Beuercod a drag. and a halfe, prepared Cassy and Tho. Sugar of each fiue drag. oyle of Lillies and Cammomill, of each one ounce and a halfe, Salt one quarter of an ounce, mingle them altogether, and minister it mætely warme. The next morning following giue these pils: take pils of *Hiera composita* two scruples, *Cochiæ* one scruple, make seuen pils and vse them at one time.

Against the euening let him be rubbed with rough warme clothes, euen as is sayd not long ago in the first Chapter and 5. §. of the paine of the throate. And this is to be obserued certaine dayes euery morning and euening.

Gargarismes.

If therefore these Rheumes be cold, thin, and watery, then can you not do better, then to make the same thick, the which may be performed with Mastick, Frankincense, Cypers nuts, and such like, if one do gargarise oftentimes therewith, or vse this following. Take Myrrhe, and Frankincense, of each one ounce, Cypers nuts, Nutmegs, and Mastick, of each halfe an ounce, beate them altogether, and boyle them in twelue ounces of red Wine vnto the halfe, and gargarise therewith.

a good gargarisme.

## Cakes to be holden vnder the Toong.

Take Mastick, Nutmegs, Cypers nuts, of each halfe a dramme, red Storax, and Frankincense, of each one dramme and a halfe, fat Raysons (the stones taken out) Sugarpane of each one quarter of an ounce, make a dough thereof with Meade, and then make Cakes thereof as big as small Beanes, the which you are to hold continually day and night vnder the toong.

Syrrups

## Syrups and purgations.

For a sirupe, Take Sage, Cypres leaues, of each one ounce, *Lignum Aloes* one quarter of an ounce, clarified honie and Sugar, of each sixe ounces, and let them sæthe togither in a sirupe, as hath bæne often taught.

Another. It is also very nædefull, that in such diseases the head be well purged, whereto this sirupe following serueth well: Take Elecampane rotes, Ireos, Corans and Licorice, of each one ounce, Hyssope, *Adiantum*, of each a handfull, Masticke, Frankincense, of each one dragme, Nutmegs, Cypers nuts, of each halfe an ounce, sæthe this togither (as is beforesaid) with Sugar, and giue him certaine daies continually two ounces with three ounces of this water.

Take twenty Iuiubes, thirty Sebestes, Corans one ounce and a halfe, dried Violets halfe an ounce, cut Licorice fiue drag. and ten figs, sæthe them all togither in a pynte and a half of water, vnto the halfe; afterwards straine it out, and let it settle. You haue also here before in the first part for the colde paine of the head, sirupes and other things that serue for these rheumes. For purging these pils following are speciall good, as *Hiera Composita* and *Cochiæ*.

Three daies after purging, there is to be set aboue the buttocks two great boring cups vnpickt, two howers before supper, and let them drawe well, and the next morning take of this confection following the quantitie of a Walnut: Take Ginger two ounces, Licorice one quarter of an ounce, Cloues, Nutmegs, and Cardamome, of each one drag. and 18. ounces of refined white Sugar; temper them all togither one amongst another.

Another. Take Cinnamome one drag. and a halfe, Nutmegs, red Storax, of each halfe a drag. Licorice, Corans, of each one ounce, Sugarcandie halfe an ounce, refined Sugar fiue ounces, make a confection thereof, and take halfe an ounce thereof euery euening when you go to bed. The seuenth day after that the patient hath bæne purged, he shall euery day two howers before meales, at none and at night, twice euery moneth wash his mouth with water wherein Costus and *Asarabacca*, of each halfe an ounce is decocted. Take of this water fower ounces, of *Oxymel Compositum* two ounces, therewith shall he gargarise two daies one after another, till he haue washed it eight times. For this cold rheume is also speciall good the herbe Calmus, as it is described in the eight part of this booke. Three cornes of white Frankincense swallowed downe before he go to bed, are also commended: And if so be that the rheume be waxen a little thicker, then is there no better aduice in the world: for it comforteth and drieth not onely the braines, but stoppeth the rheume also from falling. It is also good counsell after purging euery third or fourth day, three or fower howers before meales, that you take a dragme of Treacle or Mithridate, the which is better for aged than for yong folks.

## Capitall Powder.

After letting blood, you are euery euening two howers after supper, to strowe the head with this powder following: Take red Storax, Roses, burnt Iuorie, wilde Vine leaues, Cloues, *Sandaraca*, of each one drag. and make a powder thereof.

Another for to smell on: Take Nigella that is parched on the fire, binde it in a cloth, and smell often thereto. Or take *Lignum Aloes*, red Storax, of each one drag. and a halfe. Nutmegs, Cypers, Frankincense and Cloues, of each one drag. parched Nigella sædes one quarter of an ounce: stampe them all togither, and binde them in a cloth. The vapor or smell of Sugar is also good for the braines, and drieth away all cold rheumes.

In this behalfe Pomanders may be made also, as followeth: Take *Laudanum* and Horehound, of each halfe an ounce, *Lignum Aloes*, red Storax, of each one drag. and a halfe, Nutmegs, Cypers nuts, Frankincense and Cloues, of each one drag. Amber halfe a drag. poune all small that is to be pouned, and dissolue the *Laudanum* with Rose water in a warme mortar, and make thereof a pomander. Another: Take one drag. of *Laudanum*, *Lignum Aloes*, red Storax, Frankincense, of each halfe a drag. Nigella, Cinnamome and Cloues, of each two scrup. Nutmegs, Cypers nuts and *Sandaraca*, of each one drag. *Gallia Muscata* one drag. Myrrhe, Lauander spike, Mastick, Costus rotes, of each one scrup. Amber halfe a scrup. *Muscus* three greines: dissolue the *Laudanum* with a little Waxe, and temper the rest being powdred amongst it, forme thereof Pomanders

pomanders as big as you will haue them: afterwardes make holes in them, and put into them the Muske and Amber mixed with a little Rose water. Such like pomanders shall you haue more hereafter in the sixt part.

You may also make bags with all these foresaid compositions.

For this disease some do counsell to neese, and some suppose it hurtfull: but if these things do helpe the patient, then I counsell that this neesing be omitted, that the braines and the head be not thereby disquieted.

## Plaisters.

TAke Pigeon dong, Rue seedes, Mustard seede, Frankincense, Mastick, Nigella, of each halfe an ounce, mingle these things with *Oxymel* of Squils, and then put the rest amongst it, spread it vpon leather, and lay this plaister on the top of the head. This plaister drieth the superfluous moisture of the head, and strengtheneth the same, and you may put thereto Stechas, Rosemarie, Marierom gentle and Cloues.

## Of the Diet in these rheumes.

EVery such patient must haue special care, that he neuer lie vpon his back: for if the rheums fall backwards, then is it to be feared that they wil prouoke the crampe or palsie, or might choke one.

His dwelling place or chamber shall be prepared for drythe and warmth, yea in sommer season also: for if he should vse moist things, then it will be the worse for him, and be in danger of the palsie.

In fine, the greatest care of all must be, that his dwelling be free from all moisture, and if the place be not so by nature, then take fire, and cast therein these things following (or one alone) therewith to fume his chamber: to wit, *Sandaraca, Laudanum*, Rosen of both sortes, Frankincense, red Storax, and such like. Make also a fire with Juniper wood, Baytree wood, Tamarisk wood, or with any thing of that nature: and the patient must be warme clothed, and haue a speciall regard to his head, and he shall weare alwaies on the brest a soft small cushion, filled with downe or Hares haire, or (which is better) with Squirrels haire, the which he is to keepe about him night and day.

Concerning his meate and drinke, euery such patient must refraine from wine as much as is possible, and drinke onely Sugar water tempered with wine or iuice of Pomegranates, to wit, the sixt or seuenth part of it. So that nature finding no superfluitie of the meate, may the more easily worke vpon the moisture of the rheume, and therewithall consume it.

Here is to be noted, that one ought not to eate vnlesse hunger vrge thereto: otherwise might one euill light vpon another, and the stomacke thereby be weakened. But when naturall hunger commeth, then may he eate, yet euermore arise and cease with appetite, and auoide all superfluitie, especially if he feele any distemperature in the stomacke, and drinke not before meate, vnlesse the meate before were passed thorow the stomacke, which happeneth at least eight howers after that it is taken.

His bread shall be in winter and in the spring time wheaten bread with the bran: but in haruest and in sommer he may eate boulted bread. Also it were not hurtfull for him in case the same binde him not ouermuch, that alwaies after meate he eate a little bisket baked with Annis seede, in which bread (be it howsoeuer it will) is to be obserued, that it be baked light, rising or puft vp, and salted a little more than ordinarie, and that it be not aboue three daies old.

Concerning his flesh, all kindes are good for him, Veale, Kids flesh, yong Mutton, and leane Porke, but not too much, nor too often. All olde and fat flesh must he shun and forbeare. Of wilde beasts, Bucks and Does flesh is best of all. Hares flesh, albeit it be somewhat melancholike, yet neuertheless because it drieth, is not very vnwholesome for him, yet chiefly if it be drest with Pepper, but he must forbeare Conies and Hedgehogs.

It is also requisite to shewe what partes of the beasts are most wholsome for this sicknes: to wit, the stomack, the hart, the skin, the sinewes, the milt, the intrailes, the braines, the lights, and such like of the foresaid beasts, are hard of digesture, and their fat is windie.

Other parts are much easier of digestion and warmth of nature: reasonable fat flesh is easie

to

to be digested, the wings or pinnions and the legs are good for him at none, being sodden; and at night are good rosted: but fryed in a pan is not for his diet.

All fowles, as Capons, Cocks, and chiefly Hens, wilde and tame Pigeons which are not fully feathered and haue been killed a day or twaine before, and are well dressed: these may he eat franke and freely.

Young Peacocks, Geese and Ducks, shall he also refraine, or at least eate of them very seldome, and that rosted. Of all wilde birds, these are good for him, Partridges, Fesants, & small birds; as also Stares, Finches, Nightingales, Larkes, Sparrowes, Snites, Dishwashers, and such like; by reason that all their flesh is much drying.

Swallowes, Magpies, and Woodpigeons are not to be vsed: Quailes shall he also abstaine from, in regard they are hurtfull for the stomacke, and breed loathsomenes.

No kinde of fish is to be vsed: But in case that he will eate them, then let them be hard broyled; to wit, Roches, Pikes, Gugeons, Perches, and such like: and they will hurte the lesse if they be dressed with Parsley and Mints: and they are alwaies better broyled or fried, then sodden and stued: also the salt fish is better then the fresh. The Eele, the Tench, and the Creuets are also forbidden. Likewise Milke and all that is dressed therewith: but he may eate reare egs out of their shels, or poched; but hard egs are naught.

Of all manner of Pottages, there is onely allowed of *Panicum*, red Pease, and Rice.

The herbes that are commodious for this must be in operation drying and warming, as Sage, Fennel, Mints, wild Thyme, Rosemary, Marierom gentle, Basill, Dill: Contrariwise he must forbeare Lettice, Endiue, Spinage, Cherries, and all that are cold and moist. In like manner also Radish, Lockes, and Dinions, (after what maner soeuer that they be dressed) shall he forbeare.

Rapes or Turneps haue much superfluous moisture, therfore are not to be vsed: but Oliues and Capers are good for him. He must auoid all colde and moyst fruits, parched Hasell nuts, Almonds, Figs, Raisons, Pinapple kernels: *Pistacium* may he vse without danger. All meats that are betweene sower and sweete; in like maner that which is dressed with Ginger, Annis seed, Fennell, Parsley, Saffron, Cinnamom, Nutmegs, and Mace, are very commodious for him; and the rather if they be swetened with hony, then with Sugar.

Item a Sallet made of Parsley, Mints, wild Thyme, and Vineger, is very profitable for him. His best drinke is honie water or Meade, Cinnamom & Licorice wine, amongst which are to be tempered some of the foresaid waters: And if he will nedes drinke wine without mingling it at all with water, then is to be taken (as is said) a thin and pleasant white Wine, the which ought to be dronken delayed with steeled water. A sallett

Lastly is the patient after meales to vse somewhat that closeth the stomack, that the vapors ascend not into the head; as prepared Coriander, toasted bread, rosted Quinces, or such as be confected with honie.

In the morning fasting, to goe or walke on foote, or to ride a horsebacke softly, is very commodious for these Rheumes. And if the patient be not so strong, then may one vse in the stede thereof to rub him with warme clothes, (euen as is oftentimes aforesaid) and after meales to keepe himselfe quiet two or three howers.

## Of watching and sleeping.

THis patient must wholly forbeare sleeping on the daie time, vnles he be otherwise distempered, and must forbeare it at the leastwise two howers after meate: first he must lay himselfe on the right side, and then on the left side, and not on the backe; for how hurtfull the same is, hath been shewed sufficiently before.

The heate of the sun and of the fire must he auoide, and forbeare lowde calling and speaking. And to conclude, touching these colde and stilling rheumes, we will tell how they are to be preuented, the which may be effected thorough these meanes following.

And for that this disease procedeth of a cold and moyst stomack and brains, all things (measurably warme and drie) are good for it, as these confections following.

Thele *Species, Diatriopipereon, Aromaticum Rosatum*, of each halfe a drag. Mace one quarter of an ounce, Cinnamom one drag. and a halfe, Sugar three ounces, sirup of Roses fiue ounces;

the Sugar & the syrup sethe till they be mætly thicke; afterwards mixe the other spices amongst them in a mortar: take euery day fower howers before meales, as much as a Nutmeg. And this must you continue a moneth togither, and afterwards thrée times a wéke, as long as you please.

Or make this confection to be vsed after meate, and take therof thrée drag. at one time: Take *Species Diambræ, de xylo Aloe*, of each one drag. and a half, Violets, water Lillies, Sorrell sœds, and Endiue sœdes, of each one scrup. Sugar fower ounces, sethe it in water of Violets, & make *Manus Christi* of them.

## A plaister for the stomacke.

A plaister for y stomake

TAke *Laudanum* and Rosine, of each fiue drag. prepared Corall and Iuorie, small Endiue sœde and Purslaine sœde, of each one scrup. The two first you shall dissolue in sharpe vineger, and put thereto molten Waxe as much as is nédefull, and thereof make a plaister or twaine for the stomacke, and weare them all the winter vpon it.

When these rheumes are a diuiding, then must you prepare a drie bath, as hereafter followeth.

Take a sweating tub, make it métely wet with wine and Rose water, afterwards heall the same ouer a glowing fire till that it be throughly drie: then make the same wet againe with a sponge or cloth, as before: and do this so long, vntill that the tub be thoroughly hot; and then set the patient therein, and couer the tub ouer with clothes, which must stay vpon the hoops, yet holding his head without: and let him sit so sweating one howre or twaine.

2: s.

## Hot rheumes. §.2.

AS in the beginning is generally treated of rheumes, so are there also declared certaine causes of the hot rheume, therefore it is nédeles to rehearse the same againe. These rheumes are much prouoked through idleneße, through slœping a daies, through superfluous eating and drinking. Also if the head be to hot couered, great labour, ouerheating of himselfe, and such like.

The signes and tokens that one hath the rheume, are these: to wit, the face is red, mixt with bleakenes or pale colour, great heate in the nose, with itchings, when as the mouth and the throte are full of bitternesse and sharpnesse. And if the head be hot in fœling: the which rheume is thus to be cured.

First, it hath not bœne a little disputed of amongst the learned, whether a vaine must be opened or not; but for the most part they affirme it: some would open the head vaine, other the median, and some the lyuer vaine. But this letting of blod must be effected, according as the rheume falleth more on the one side than the other, and when the rheume is almost staied. For it hath bœne often sœne, that they that haue bœne let blod in the beginning of the rheume, haue alwaies remained and bœne the hotter. But to diminish all such subtile courses of the rheume, and to make it thicke, then must he hold in his mouth these gargarismes and losings.

## Of Gargarismes.

TAke syrupe of Iuiubes, of Violets and Poppie sœdes, of each a like much, temper them with Barly water: Or take Iuiubes, Sebestes, Violets, white Poppie sœdes, & Quince kernels decocted with Barly water, vse it in the euening after meate; it is passing good.

Item, take syrupe of Poppie heads, syrupe of Mulberies, of Roses, and Well water, of each thrée ounces, wine of Pomegranates one ounce, make it warme, and gargle therewith.

## Losings.

TAke white Poppie sœdes, Purslaine sœde, and Lettice sœdes, of each one drag. Dragagant, *Gummi Arabicum* and Saffron, of each halfe a drag. *Opium* fiue greines: poune all that is to be pouned, and make it with the syrupe of Poppie heads to a dowe, then make losings thereof as big as small Beanes, and hold one of these in thy mouth. And for this also are commodious these common losings, *Diapapauer* and the cold *Diatragacantha*.

Item

Item, take *Gummi Arabicum*, Dragagant, Starch, Licorice, Quince kernels, and sædes of Fleawort, beate all these small togither, make thereof as aforesaid losings with the muscilage of Fleawort, and hold them vnder thy tong.

Also there may otherwhiles be made for a change the small losings, called *Bechion*, of *Diachodion*, or *Diamargariton*, and all the sortes of losings, which are here worthy to be described.

## The preparation of the losings for the cough and rheume after diuers manners.

THe blacke losings are called at the Apothecaries, *Bichion*, or *Béchion*, the which are made after two sorts; to wit, as followeth: Take the iuice of Licorice, and Sugar, of each halfe an ounce, Starch, Dragagant, pilled Almonds, of each one quarter of an ounce, the Muscilage of Quince kernels, as much as is néedfull for to make losings with it: these do thicken all subtill rheumes, and delay their sharpenes.

Another sorte: Take Pine apple kernels that haue bén steeped a whole night in Rosewater, and bitter Almonds pilled, of each three quarters of an ounce, iuice of Licorice two ounces, beaten Licorice three drag. make a dowe with Rose water, and then make thereof losings: they are very good against the Cough, and against all raw swellings of the throate.

The white losings are thus prepared: Take white Sugar, and Sugar candie, of each a like, Starch the fourth part, beat them all togither, and with Dragagant dissolued in Rose water, make losings of them.

Item take fiue ounces of white Sugar, Sugar Candie, and Sugar pennets, of each two ounces, beaten Ireos three quarters of an ounce, Starch almost fiue drag. beate these all togither with Dragagant dissolued in Rosewater, and make losings of them.

The third maner is this: Take Sugar pennets one ounce, Sugar Candie three quarters of an ounce, *Manus Christi* without pils € with Rose water, halfe an ounce, fine Bolus one drag. and a halfe, white Sugar one ounce and a quarter; make losings thereof with Dragagant as aforesaid.

If that then néede require that these rheumes must be yet more suppressed and made thicker, then take Starch, Dragagant, pilled Almonds, Beane meale, blacke and white Poppie sæde, Gum, and fine Bolus, of each a like much: this must you beate togither with the muscilage of Fleawort or Quinces; and make losings thereof.

## For to Purge.

NEcessitie also requireth in this sicknes for to purge: the which is to be begun with the sirup of *Iuiubes* and *Sebestes*, or with the drinke at the Apothecaries called *Decoctio pectoralis*, the which is thus prepared: Take Burrage, Bugloss, Violet flowers, of each one drag. *Iuiubes* and *Sebestes*, of each fiftéene, Uenus haire, Scabious, Folefote leaues, of each a handfull, Annis sædes two ounces, Figs and Dates, of each fiue, Licorice cut small three drag. husked Barley halfe a handful: let all these sæthe togither in a pinte and a halfe of water vntill the third part be sodden away; straine it, and take the cléerest of it, and kéepe it in a cole place. Decoctio pectoralis.

Take small cut Licorice one ounce, Iuiubes and Sebestes, of each ten, sæthe them all togither in sufficient water, and make it as abouesaid. In this manner are there many moe made: but these are the commonest.

For purging, take three or fower ounces of the first mentioned decoction, breake therin Cassia and Manna, of each one ounce, mingle them togither, and drinke it warme, and you may drink a good draught of the two foresaid pectorall decoctions.

Another purgation. Take Violets and water Lillies, of each one quarter of an ounce, Damaske Prunes ten or twelue, fower Dates one ounce, sæthe them all togither in eight or ten ounces of water till the halfe part be consumed; you are to take three or fower ounces of this decoction: temper therein one ounce of new Cassia, confection of *Succo Rosarum*, or conserues of Prunes three drag. mingle them, and giue them early in the morning.

The third purgation. Take fower ounces of broth wherein Prunes are sodden, steepe therein a quarter of an ounce of grosse beaten Rubarbe all night, and in the morning straine them,

and

and temper therewith two ounces of the sirupe of Roses, and giue it fasting in the morning, in the sommer cold, and in winter warme.

But if you had rather haue pils, then prepare them thus: Take the shales of yellow Mirabolans halfe an ounce, Rubarbe one ounce, Aloe, *Diagridion*, of each fiue drag. Mastick and Licorice, of each one scrup. beate them all togither with the muscilage of Quinces vnto a masse: you are to take thereof a drag. at once.

## After purging.

HAue regard whether the matter be yet waterie and thin, then are you to giue to the sicke bodie somewhat that is made with Poppie sedes. For this is also good colde losings of Dragagant, conserue of Roses and water Lillies, also he must smell to things that are colde of nature, as Rose water (the which he must also drawe vp into the nose) Camfere, Roses, Saunders, Pomanders of colde natures, whereof some are described in the firt part. But if the rheume be tough and thicke, then is all that to be forborne that is made of Poppie heads, and make this water following: Take dried Hyssop, Licorice, Venus haire, Figs, Hollihocke sedes, and sedes of Hallowes, of each a like much, and he shall hold in his mouth Dragagant with a little looth *de Pino*.

Bicause these salt rheumes haue some communion with the lyuer, then is highly commended for this strange bathes, that flowe from iron or other mines in the ground.

When this patient will go to bed, then is he to take a quarter or halfe an ounce of the conserues of water Lillies, and vse also one of these two capitall powders following: Take Mace one quarter of an ounce, red Corall, burnt Iuorie red and white, Saunders, of each one scruple, *Sandaraca* one quarter of an ounce, water Lillies one drag. and a halfe, Cloues halfe a drag. temper them togither being all beaten small, and therewith bestrowe the crowne of the head, and euery other day when you will strowe other powder thereon, brush off the first.

This following is more cooling: Take Roses, Mirtle sede or leaues, Corall, and Butchers broome sedes, of each a like much. This being powdred small, vse it as before.

## The order of Diet.

THe best meate that this patient may vse (when he is not ouerweake) are paps of Barly, of Spelt, of Starch, of Oten meale, and alwaies adde some Sugar pennets. In like manner may he eate these herbes following drest or sod with other meates: as Spinage, Drage, Purslaine, Hallowes, and Bëetes, also Melons, Gourdes, Cucumbers. But if he be weake, then is he to eate Kids, Hens, and such like sodden with these foresaid herbes and mildly salted, reare egs, Oile of swëete Almonds, and all small birds are very mëete.

The best that he may vse for drinke is Barly water, or Sugar water, and both hauing Licorice sodden in them. Item, cleane fresh Well water tempered with sirupe of Roses or Violets. He must wholy forbeare wine: but if that will not be, then must he vse a thin wine tempered with a little verjuice.

It is also good counsell for all rheumatike persons to slëepe as little as is possible, & that with the head vpright. The which togither with the whole body must be well couered, and in the meane whiles if any sweat followe, he must let the same haue his course.

It is also thought good, that the forehead, the temples, and the whole breast be annointed with oyle of Violets, water Lillies and Roses, mingled togither, or with each apart: Or that his breast be annointed with oile of swëete Almonds and fresh butter. When as the sicknes is declining, then is the patients head to be washed (if euer he vsed the same) with clëere lie, wherein is decocted or stëeped Marierom gentle, Roses, Cammomill, and Melilot, and afterwards he is to be kembed, and dried with warme clothes.

## Of rheumes with Agues. §. 3.

IF in case that through the foresaid remedies the rheume will not be staied, which happeneth often through the abundance of humors, then befalleth oftentimes a cough and Ague to followe it, whereby one may well gesse, that the same proceedeth of a cholericke humor, that lyeth still hidden in the vaines. Therefore is the letting

of

of blod very nedefull for this, and specially in the lyuer vaine. Afterwards you must purge the body with Cassia and Manna, or concerning the same take the counsell of a learned Phisition.

For this also must continually be vsed those Losings wherein is no Ireos. And for to take away this hurtfull matter of the rheume, it is specially aduised, that the same be deriued from the brest into the nose where the same may be the better euacuated.

To this end, take *Ammoniacum* halfe an ounce, smal beaten Pellitorie of Spaine one quarter of an ounce, make this with the iuice of blew Flowers deluce into dowe, and thereof take a little on a knife, and put it in the nose, and forthwith you shall see the water to run out of the nose. This is a secret. Item, take the iuice of the rote of blew Flower deluce one ounce, beaten Staueſacre and *Piretrum*, of each one drag. make some cotton moyst herein, and so put it warme into his nose.

He must also be preuented and kept from eating of flesh, and drinking of wine as long as the ague and the cough endure. Barly water tempered with Julep of Violets and sirupe of Violets must be his drinke: for this suppleth, moysteneth, and coleth the brest, and maketh the matter thicker. But if it procede of colde, then are you to boyle Venus haire, Hyssope, and Licorice amongst them.

When as then the ague and cough begin to cease (which one may feele as the drouth and spettle beginneth to cease) then are you to prepare this water following: Take fiue fat Figs, ten Iuiubes, twenty Sebestes, Raisons (the stones taken out) one ounce and a quarter, Licorice cut small fiue drag. let them sethe well togither in sufficient water. Afterwardes straine it, and take thereof three ounces, sirupe of Violets fiue drag. temper them all togither, and you shall giue him this potion, if the rheume procede of heate: but if it procede of colde, and the flegme or spettle will not be losed, then sethe Venus haire and Cozans with the foresaid things, and leaue out the sirupe of Violets.

## If the rheume would not passe through the nose. §.4.

TO conclude, we are to adde this following to the rest. If so be this rheume do stop the nose a great while, and that there is no heate with it, then are fumes to be vsed for it. And hede is to be taken, that if the moysture that issueth out at the nose be subtile, sharpe or yellow; make a smoke with a little Sulphur, that hath bene steeped in a little vineger, and is dried againe, or with husked Barly or Beans peeled, that were also steeped in vineger and are dried againe, and beaten to powder. For this also serueth Saunders, and the fume of Sugar. Or you may prepare this following: Take grosse beaten Brimstone one quarter of an ounce, sethe it in eight ounces of red vineger, and receiue the vapor of it into your nose. Or sprinkle the Sulphur with wine, and lay it on a hot stone.

Item, make a vapor of sodden Barly, water Lillies, and white Poppie seede. Also you may sprinkle vineger alone vpon an hot iron. For this is also good the vapor or smoke of Partridges feathers. But if there be no heate nor rednes in the face, then make a fume of Costus rotes and Frankincense. Or take Gith seedes steeped in wine, and so sprinkle it on a hot stone. Take also *Lignum Aloes*, Mastick and Frankincense, of each a like much being pouned togither, and receiue the vapor thereof. Likewise is commodious for this *Sandaraca*, steeped in vineger, and the same sprinkled on a hot stone, and the vapor thereof receiued into the nose. And for as much as there is very much written at this present of this rheume, and shall be more discouered thereof in the description of the rheume, of the cough, and pursuenes: therefore will we here make an end of this Chapter.

*The third Chapter.*

## Of the formost part of the Brest, Thorax.

THat which we generally call the Brest, hath his beginning there where the necke endeth, downwards vnto the lower rib; albeit that *Aristotle* ascribeth the whole body from beneath vnder the necke without the armes, euen to the priuities below, vnto it: yet this *Thorax* includeth the foremost and hindmost part of the body, from the necke euen to the midriffe. The foremost part is in the middle

middle of it downwards, somwhat lower and heightened againe where the brests or paps are; euen so in the hinder part downe alongst the backe bone it is lower, and on both the sides higher towards the shoulder blades and ribs. This place is not altogither bonie like to the scull, nor of one peece, but very orderly the one with the other intermingled, and filled with bones and muscles: so that the ribs comprehend and defend behinde and before the inward parts, euen as it were with a bulwork. And euen as this part of mans bodie is outwardly defended with bones: euen so are also the inner partes with vaines, arteries, and strong sinewes ioyned togither, and fashioned very formally, thereby to take aire into it, and to yeeld it out againe, whereby the hart, the lights, and other parts should be refreshed, and preserued in their estate.

Also the brest (like as other partes of man) is subiect to many kindes of maladies: as partly may be seene in the description of the rheume. For when these mischeeuous rheumes fall vpon the brest, then do they harme the lights, stop the winde pipes, make a man pursiue, stinking breathed, much coughing, and anguish: so that at the last they rid matter and filth, with many moe such accidents. Whereby the lights are perished and hurt, whereof afterwards more at large and plainly shall be parcelwise discouered. And to follow our wonted method, we will first speake of the outward partes of the Brest.

## Of womens brests, milke, and of their diseases. §.1.

THe womens brests are by nature indued with two kindes of wondrous workes: The first, that through their meanes the new borne childe receiueth his foode, to wit, from the blood, which through naturall warmth is altered and brought into milke.

The second, that they are a defence and couer of the hart, whereby when they warme them, they are also in like manner kept warme of the said hart. Euen as our body warmeth the clothes, so do the clothes also keepe the body warme. And this commeth more to passe in women than in men, by reason that their brests are bigger by ods. The substance of womens brests is a soft flesh, by nature spongious, thereby to drawe much moisture vnto it. Contrariwise, mens brests are hard and clung togither, especially in them that are not ouercharged with fatnesse: both of them haue their nipples in the middest of their brests: The which in women are very meet & comely instruments for to giue their new borne children their said sustenance. Otherwhiles also mens brests do giue milke: but this is a token rather of vnable humors than otherwise. Thus to proceede with womens brests, they are subiect to diuers and sundry accidents. Otherwhiles, they growe a great deale too big, the which seemeth not onely ill, but is also sometimes an occasion of other diseases. But this commeth rather by nature or inheritance, and according to that one woman is fatter and corpulenter of bodie than another. But by nature (as it hath been said) they are vessels of milke, whereby in some women it is too little, and in some too much. Therefore it is very needefull to seeke a remedie, how in the one to lessen them, and in the other to augment them. For where milke is too abundant, there prouoketh it many kindes of diseases, to wit, that it doth clod and congeale in the brest, whereof hardnesse, heate, swellings, canker, wormes, and such like do ensue.

Mans milke

In like manner the nipples do also chop, which bringeth thereby great anguish to them that giue sucke, and infect the children that sucke the matter and blood into their bodies, with sundrie sicknesses.

## Of the ouermuch growing and hanging downe of the Brests. §.2.

WHen as this superfluous & ouermuch growing of the brests happeneth in haill, young and plethoricall women, there shall (in my best opinion) the nature be suffered to haue hir free course, least by taking them away, some greater mishap be procured: yet some do counsell for a sure remedie, that if one annoynt the brest with the gall of a Hare, that then they will not growe too great. Item, take Barly meale, and Goates milke, of each a like much, vineger halfe so much, let them seethe well, and be laid on the brest: it is taken for a certaine remedie: in like manner frie Mallowes in Sallet oyle, and lay it ouer the brest.

These things following are yet stronger: Take *Hypocistis*, the pils and blossomes of Pomegranates,

granates, Akorne cups, and burnt lead, of each three drag. Allum, Cerusse, the iuice of Sloes, and rosted Lentils, of each one drag. Snailes with their houses burnt, and Southernewood, of each two drag. and a halfe: Make a salue thereof with the iuice of Plantaine, and therewith annoint the brest. Item, take Frankencense, Mastice, of each one ounce, sea Muscles one drag. and a halfe, temper them togither with red vineger.

All that is taught here doth not hinder onely the growing of the Breast: but also that they be not lose or hanging down: these things may also be used against the falling down of the Mother euen as in the third parte shalbe further declared, in the description of the diseases of the wombe or mother.

## Pilles.

TAke Ferne rootes, *Sarcocolla*, and Allum, of each one drag. *Sandaraca* halfe a drag. make fiue pils thereof with the iuice of Ireos, whereof take one, and fast fower howers after it. These Pils do not onely consume all superfluitie, but also the naturall fatnes of mans body, if they be oftentimes used.

Secondly, he or she may (if they will) strowe beaten Amber vpon all their meate: and if you will haue it worke better, put the powder in wine; for the wine carieth the force of it very quickly into the vaines.

Thirdly, take beaten Gals, Cipers nuts, of each fire ounces, Allome prepared, Iron drosse, of each three ounces, sethe them togither in a good deale of Tanners lie, and wash therewith mætely warme, and make often wet therewith the hands, fete, face, and breast with a spunge. The like are you to do also on the priuie members: Or take stamped Henbane seede, sethe it in wine, and then lay the wine ouer the Breasts. But I cannot counsell you to take this by reason of his great cold.

## Of Milke in generall. §.3.

FOrasmuch as this wonderfull alteration of the red blood into so faire and white a colour, daylie happeneth in women and other beasts, therefore is their force and might accounted the lesse: neuertheles hath God ordayned it for all creatures that are borne aliue, for their first and most requisite nourishment. Of the difference of women and beasts Milke, it is not our meaning here to discourse. But concerning womens Milke, the yellow is alwaies better than the white; so is also the same more forcible in browne women then in white. In *Ponto* by the Riuer *Asteo* it is said that Milke in women & in beasts is black. But without any circumstances, we will onely discourse of the Breasts of women, and of the accidents incident vnto them.

## Of the want or scarcitie of the Milke. §.4.

IF women that giue sucke haue want of Milke, then must we search out the cause thereof: This may proceede sometimes of some hot or drie, or of some cold qualitie of the Brest, that the blood which should alter into Milke, be dryed out. Likewise both these infirmities may also be cause of some infection of the Liuer, yea and sometimes of the whole bodie; that if their complection be too drie, that then the increasing of Milke is not to be effected, but of pure blood. Item the want of Milke may also be caused through want of meate, or by the vse of such meates as make much blood; as if they be colde and drie. Much bleeding (be it by what meanes soeuer it will) and the bad digesture of the stomacke and Liuer, sore labour, or if the child sucke too little, may be a cause of the want or scarsitie of Milke.

The signes of this infirmitie are euident and apparant; as when the Breasts are wrong, and the Milke doth not issue forth. Also if the childe haue not enough to sucke. Item, whensoeuer that the mother which giueth sucke be fretting by nature, be leane, be not long since recouered of some long sicknes, sweateth much, and is without all exercise. But if the infirmitie doe proceede of bad meates and drinkes, it is then good counsell that they doe eate good holesome meate, that is light of digesture, as Hens, Partridges, Capons, young Mutton, Egs, brothes

of

of good flesh, and drinke good wine: Some women are accustomed to increase their Milke, that they drinke a good draught of milke wherein Fennell séede hath béen steeped.

But if the infirmity be through too much bléeding, by what means soeuer that the same come to passe, then are you to preuent the same through méete and necessarie remedies, as is sufficiently shewed in their proper places. But if the women be of a hot nature, as full of *Cholera*, then are they to drinke Barley water, and Almond milke, and to eate Cocks, Hens, and Partridges, drest with Lettice: also vse cole fruits and their séedes; fish of running waters, Burrage, Spinage, Goates milke, Cowe milke, Kids flesh, and Lambe sodden with verjuice: they are also to refraine from wrath and sorrow, and to be alwaies merrie.

But if these mothers that doe giue sucke, bee flegmaticke of nature, and haue lacke of Milke, then is their foresaid meate to be drest with Saffron, Cucubes, or Cinnamom, and other spices: also to eate it being sodden with Fennell rotes and séedes, *Pistacia*, and Pine apple kernels.

Whether the maladie doe then procéede of heate or not, it is alway nédefull that the stomacke bee comforted: for the which these thinges may serue, as Annis and Fennell séedes confected; but chiefly Caraway and Comin also confected. To eate Fennell séede grene, helpeth also greatly for the augmentation of milke. Likewise Caraway séede, Annis and Fennell séede sodden in water, are very commodious for this purpose: also to eate grene Martorom fasting in the morning, is much commended for the same.

And I cannot here pretermit to rehearse diuers other remedies moe, that are prescribed of others for the increasing of milke, like as hereafter may appeare: Take ten earth Wormes, wash them in wine, séethe them in flesh broth, straine them, and in the morning giue thereof a draught to drinke. It is also holden for certaine, that if these Wormes be dried and beaten to powder, and if you giue to the patient halfe a dragme to drinke in fresh broth, that thereby the milke will be much increased.

For this also you may take this plaister following: Take Parsley rotes, and the hearbes, Déeres suet, of each halfe an ounce, red Storax three dragmes, newe oyle of sweete Almonds three ounces, Barley meale one ounce and a halfe; let the rotes séethe well, and stamp them to pap, and then mingle the rest amongst it, and lay it warme vpon the Nipples, for it increaseth the milke.

Item take beaten Annis séedes two dragmes and a halfe, temper them with the broth of Coleworts, and giue it to the partie to drinke when thee goeth to bed. Item, take Barley water, séethe therein grene Fennell and Dill, make it sweete with Sugar, and drinke thereof at your pleasure.

The like doth Linséede sodden in the broth of fresh meate and dronken. Some beléeue, that if a woman doe drinke a dragme of fine powdered Christall with Honie or Barley water, that thereby the milke will merueilously encrease. Some impute the like operation to be in the prepared Saphire stone, if the same be tempered with water, and the Breasts wetted therewith. I account neither of them good: But they that will, may trie them, for they cannot be hurtfull.

## Against the superfluitie of Milke. §.5.

IT commeth oftentimes to passe when women haue lien in, that their Breasts do happen to swell through the abundance of Milke, and doe bring moe inconueniences with them; namely, that sometimes the whole bodie thereby wasteth: for the greater abundance there is of Milke, so much the more blood is thereby consumed: if it be not suckt out, then doth it clod and congeale, hardneth and turneth at the last, with great paine, into an impostume.

The causes hereof are superfluous blood, much eating and drinking, and specially such kinds of meate as ingender blood. Therefore must the same be in the beginning preuented, and those kindes of meates refrained; and to eate and drinke but little. And in case there be much superfluous blood, then is the mother vaine to be opened, that therby the blood may be drawen downwards. Otherwise, there be two meanes to take away this superfluous blood: The first meane is through the vse of Rue, and chiefly of wild Rue with their séeds, Basill and Comin stampt together, if one take of them euery day one quarter of an ounce, the same drieth the Milke.

The

The herbe *Rapistrum* is very forcible for the same, the which may appeare in Swine: for when they eate of this herbe, then are they rid and quit of all their milke, whereby their Pigs are constrained to starue. You may also lay these hot things on their Breasts. But these following are more sure: Take Rosin as much as you thinke good, temper it with the Creame of milke, spread it on a cloth, and lay it luke warme ouer the Breasts.

Item, take eight ounces of Honie, and two pintes of water, let them sethe well togither, and scum it well, and then wet therein a three folded cloth, and lay it on the breasts; and when it is colde, take another: this driueth away the Milke.

Item take Chickweede, let it sethe in Goates milke, or in water, lay it ouer the Breastes. Also the water of Knotgras or Uenice sope water, are both very good, vsed as before.

Item take one drag. of Saffron, eight ounces of Malmsey, wet a cloth therein, and lay it on the Breasts, as aforesaid. Item take greene garden Mints, stampe them and mixe them with oyle of Roses, and doe as before. And for this purpose is the oyle of Mints also very good.

Item take Beane meale mingled with vineger, and sodden to a pap or grout, tempered with oyle of Roses to a plaister, and lay it on the Breasts.

Take Beane meale fower ounces, oyle of Roses and red Vineger as much as needeth for to make a plaister. Or Beane meale and of Lentils, of each two ounces, Saffron one quarter of an ounce, oyle of Roses as much as is needfull: all which foresaid thinges doe drie vp the milke.

## For the clotted or congealed Milke in the Breasts. §. 6.

6. §.

THis congealing of the Milke in the breasts may procede as well of heat, as of colde: Or that the Milke is too grosse, and cannot haue passage through the vaines into the Breasts, or cannot be sufficiently sucked out and there congealeth, hardneth, putrifieth, and impostumateth. The tokens thereof are manifest, as hardening, inflammation, and paine in that place where the milke is congealed, that if one doe drawe or wring the Breast, yet doth it giue no Milke at all.

To preuent therefore this congelation, women must keepe themselues very sober in eating and drinking, vse moyst meates that may make subtile milke. For this is requisite, Mintes, Parsley, Saffron, and Cinnamom in their meates, and their drinke must be neat white wine, and vse commonly this following for the congealed milke.

Take grated white bread as much as you wil, new Milke, & oile of Roses, of each a like much, for to make pap thereof; let these sethe togither, and lay it warme vpon the Breasts: it dissolueth knots and swellings that procede of congealed milke. Item if the milke doe paine any bodie, then take Corke, kindle it well, and then poune it to powder, temper it with oyle of Roses and a little Vineger, and therewith annoint the Breasts. Or take of the fat of a Kid one ounce and a halfe, Liquid Styrax one ounce, Wormewood one ounce and a halfe, Comin and Dill sedes, of each one drag. Annis sedes halfe a drag. Barley meale halfe an ounce, oyle of Wormwood one ounce and a halfe; temper the rest amongst it being beaten small; and lastly put a little Saffron to it, and vse it as aforesaid.

This salue following is very good for to dissolue the congealed milke: Take Deeres suet three quarters of an ounce, liquid Styrax one ounce, Wormewood, Comin, and Dill sedes, of each one ounce, oyle of Wormewood, Duckes grease, of each one ounce and a halfe: make an oyntment or plaister thereof, and at the last ad a scruple of Saffron to it.

If this congealing of milke be with an inflammation, and that it were needfull to cole more: then mixe the mulcilage of Fleawort, of Fenegreeke, and Purcelane sedes togither, of each a like much: make of them with molten Waxe an oyntment, and therwith annoint the Breasts. Item take Chickweede without bruising it, applie it warme to the Breasts. Item take the iuice of Coleworts, of Nightshade, and of Coriander, of each a like quantitie: This being mingled togither, lay it with a cloth warme vpon the Breasts. Also beate Rose vineger and oyle of Roses togither, vse it as before. Likewise Colewort leaues or their iuice mixed with Saffron easeth the paine. Take Fenegreeke meale, and make a plaister of it with oyle of Violets and Vineger.

But

But if the Milke be augmented by extreame colde, then take water and wine togither, and lay it on the Breasts. Or boile Cammomill, Melilot, Fennell sædes, Annis sædes, Dill sædes, Fenegræke, Linsædes, Southernwood, Ginger and Basill, which you will, and vse it as hath bæn said, especially if there be not an Ague with it. That which is sodden maiest thou beate, and with the oyle of Cammomill make a plaister of it, and so applie it. The Beuercod and his oyle is very good for the same purpose.

An especiall good plaister. Take the crums of white bread, Barley meale, Mustard sæds, Fennell, and Hollihocke rotes, rosted vnder the ashes, of each a like much, poune them well togither, and with the oyle of Cammomill, make a plaister of them, and applie it warme on the Breastes: it softneth the hard knots, dissolueth them, and suffereth them not to congeale againe.

Item take Mints, and make a plaister thereof with white bread and Vineger. But if so be that this congealing growe to an impostume, then make the Breast moyst againe (as is alreadie declared) with warme wine and water: also with the foresaid pap of Mints and crums of white bread; or Myrrhe mixte with Saffron and Bread. But if this impediment happen to breake, then clense it and heale it as you doe other tumors; whereof shortly hereafter you shall haue a sufficient declaration.

## For the hardnes and inflammation of womens breasts. §.7.

WHereas the Breasts, not through the congealing of the milke, but through other occasions chance to be hard and inflamed, the which may sone be felt with the hand, or discerned with the eye: then may you vse for the same any of these things following, which you will.

First lay Rice about fower howers long to stæpe in wine, afterwards sæthe it well, and lay it on the Breast: Or temper Rice meale with oyle of Violets, and the white of an eg, putting thereto a little dissolued Dragagant. Item take sifted Beane meale and Barley meale, of each one ounce, Linsæde meale and Fenegræke meale, of eache halfe an ounce, temper it to a salue with oyle of Roses: Lastly, ad thereto one scruple of Saffron, spreade it on a cloth, and so lay it ouer the hardnes and the whole Breast. Item take Barley meale and Beane meale, of each thræ ounces, beaten Comin halfe an ounce, oyle of Violets one ounce, Dæres suet one ounce and a quarter; make thereof a plaister with the water of Sorrell, and for this is also to be vsed that which is described in the first §. of the congealing of Milke through heate.

This plaister following is exceding good: Take the flowers of Mallowes, Violets, Celendine, Daisies, and Cynquefoile, of each a handfull; let them sæthe togither in sufficient water, vntill there remaine 8. ounces: then straine it, and mingle it with wheaten meale, to the consistance or perfection of a thicke pap: then temper with it Hens grease, or Swines suet, and so let it sæthe togither vnto a plaister. This must you spread on a cloth as thicke as a finger, and lay it morning and euening vpon the inflamed and sore Breast.

Another. Take Beane meale and powdered Mints, of each thræ quarters of an ounce, powder of red Mints halfe an ounce, prepared Coriander and Pease meale, of each one dragme, Roses halfe a drag. two ounces of fresh butter, muscilage of Linsæde one ounce, muscilage of Fenegræke thræ quarters of an ounce, Shæpes suet & Ducks grease, of each one ounce, the yolke of an eg, oyle of Turpentine halfe an ounce, Saffron thræ greines: temper them all togither and make a salue therof. Item take the crums of two or thræ white loaues (according as their bignes is) Sallet oyle thræ ounces, pouned Hollihocke rotes one ounce and a halfe, Fenegræke meale halfe an ounce, two yolkes of egs, oyle of Roses and of Cammomill, of each one ounce; mingle them all togither, and lay them vpon the Breasts.

Item take earth wormes as many as you will, wash them with wine, and burne them to powder in a tight stopt pot, temper this powder with oile of Roses and of Lillies, and therewith annoynt the Breast, and couer it ouer with fattie shæpes woll wrapped in a cloth. This maturateth very well and swageth the paine. This powder is also highly commended, taken with some swæte things, against the wormes in the bellie, the waight of a drag. and a halfe, and is in like sorte very good against the yellowe Jaundies.

Of

## Of the tumours or swelling of the Breast. §.8.

8. §.

TAke broad Plantaine and Purslaine, of eache one handfull, stampe them to pay, Cammomill, Melilot, of eache one ounce, Barley meale fower ounces; temper them being small with the oile of Violets and Roses amongst the iuice, vntill it ware to be a thicke salue. And lastly, mingle amongst it halfe an ounce *Gummi Heleny* dissolued in strong vineger, spread it on a cloth, and lay it on the swelling.

Item take Sallet oyle and Cow dung, mingle them and straine them through a cloth; then put Fenegreeke meale amongst it, vntill it will serue for a plaister.

Or take Peache leaues onely; or as much Rue with them; stampe them to powder, let them seethe in water vntill it be a pap: lay it on the swelling: it easeth the paine, and ripeneth the impostume.

This salue is also highly commended: Take Plantaine and Mallowes, of each one handfull, the lesser Housleeke fiue handfuls; let all be sodden greene vntill it be a growt, straine it out, then ad vnto it three ounces of the oyle of Roses, beaten Cammomill and Melilot, of each one ounce, Barley meale fower ounces, *Bdellium* dissolued in Vineger one quarter of an ounce: let them seethe togither vnto the consistence of a plaister.

## Of the Impostumation of the Breasts. §.9.

9. §.

THese impostumations do proceed of two speciall causes: First, of congealing of the milke whereof is written alreadie: Secondly, of other bad rheumes that fincke into these parts and there putrifie, breading there diuers accidents: as namely, the Canker, Ringworme, Gangrene, and such like. According to the nature of the foresaide rheume, it happenth also quickly, that women which haue not their Termes, that their Breasts doe impostumate by reason of the abundance of blood, that taketh his course thither.

The signes of this griefe are, that the woman hath not conceiued nor can giue sucke, that this swelling doth not deuide it selfe into many places, but remaineth in one place onely: If it be caused of blood, then is the Breast full of paine, with beatings and rednes. Or if it come of *Cholera*, then is the paine greater, the Breast redder, and yellowish, and with greater agues and more heate then that which proceedeth of blood. If it be of *Phlegma*, then is there small paine, and no Ague with it: the Breast is white, with a small Tumor.

For to remedie this must the cause be knowen: If it proceede of blood, then first of all open the mother vaine on the same side where the sore is, for to withdraw the matter thereby. But if there be any want of the Termes or flowers, then are they to be prouoked by all meanes possible; and in the augmenting of the swelling must the Liuer vaine be opened, or at least wise the Median: afterwards temper oyle of Roses with Vineger, and wet a cloth therein, and lay it fower times a day vpon it: You may also seethe Cammomill therein. Of these things following you may vse which you will.

Take Beane meale, Fenegreeke meale, Linseede meale, and crums of white bread, of each one ounce, Myrrhe halfe an ounce, Saffron one dragme and a halfe, rosted Hollihocke rootes fower ounces, fower yolkes of egs, oile of Violets, and Linseede oyle, of each three quarters of an ounce: if it be too hard, then make it softer with water, and vse it till that the swelling be ripened. Or make this following: Take fiue ounces of clarified honie, Barley meale two ounces and a half, two yolkes of egs, Myrrhe and *Sarcocolla*, of each halfe a dragme, let the Honie and the meale seethe togither vntill it be meetely thick, stir then the yolkes of the egs amongst it, and at last the powder. But if you will haue it more cooling, put thereto three ounces of the oyle of Roses, and honie of Roses fower ounces, and fiue ounces more of Barley meale. This is a wonderfull plaister for to consume and clense all swellings, not onely of the Breasts, but also of all other members.

Item, take Ireos, as much as you please, cut it small, then put as much oyle of Roses thereon as will couer the Ireos roote, let it seethe very well, and straine it; afterwards put one halfe ounce of Ireos vnto it, oile of Violets fower ounces, Ceruse, Waxe, and Hallicke, of eache one dragme and therewith annoint the Breast.

When as then this Tumor is sufficiently maturated, and will breake out, then make Pap of Wheat meale, Sallet oyle, and common water. If it will not breake out of it selfe, then is it to be opened with a Lanset, and afterwards cleanse it with Hony, the iuice of Smallage, yolks of Egs and Turpentine, and a Salue made thereof. Or take the common salue *Vnguentum de Apio mundificatiuum*, the which is thus to be prepared: Take clarified Hony, and the cleare iuice of Smallage of each one ounce, Wheat meale three quarters of an ounce, temper them togither: This is also good for all Fistulaes and Carbuncles. This Salue is to be used for any kind of sore, with a Tent or Lint for to clense the same.

Vnguentum de Apio Mundificatiuum.

But if this Tumor be caused of cold, then are all warming oyles to be used thereto, as of Lillyes, Spike, and Beuercod, and such like; And you may lay thereon water of Honysuckles, whereby diuers are holpen: but washed with water of *Cardus Benedictus*, and the powder of the same strowed thereon, helpeth aboue all others.

All things that are ordayned in the first part, the 13. Chapter and 1. §. against the vncleannes of the mouth, are also commodious for this: For to maturate, take sixe fat Figs, greene Cresses, Dock rootes, Hollyhockrootes, Lillyrootes, Fenegreekemeale, & Linseede meale, of each one ounce, let them seethe well to a pap, stampe it well togither, and temper it with three ounces of Barrowes grease, this swageth the paine, & ripeneth exceedingly. When as this impostume is sufficiently ripened, open it with a Lanset in the lower part of the same, or with a Cornie, afterwards cleanse and heale it, as you do all other impostumes.

## For the Canker in the Breasts. §. 10.

Hitherto hath only been spoken of the impostumes and tumors of the breasts, whereof otherwhiles do spring and grow the Canker, Fistulaes, and other inconueniences: but heere will we only discourse particularly of the Canker, worme, and Fistula of the breasts. For the sore which the Chirurgians call the worme, this is their common plaister: Take Rye and Wheate meale of each alike much, temper amongst it about one third part of burnt Copper powdred small, and make a dough thereof with Rose water, spread it on a cloth, and lay it warme thereon; but this auayleth not much, a better way must be taken to cure this malady, and so to withstand this Canker or worme. First, it is very needfull that the patient at least thrice a moneth be purged of melancholicke humors, that he keepe a good dyet in meate and drinke, and vse alwayes such things as are somewhat cooling, and very much moystening. Also he must eschue all sharp, salt, windie, and fat things, and such as are sone corrupted in the stomacke, and chiefely from all that increaseth *Choleram*, and *Melancholiam*. For to preuent this, prepare this drinke following.

Take *Thymus* one quarter of an ounce, the rootes of Polypody and Sene, of each one drag. the seedes of Gourds, Cucumbers, Pompeons beaten, and Violets, of each one drag. and a halfe, Cinamome, yellow Rapeseede, of each one scruple, let them seethe altogether in eight ounces of Hopwater euen to the halfe, strayne it, afterward take of this cleere decoction and temper therewith three ounces of the whay of Goats milke, and so drinke it warme, and fast sixe howres after it.

Secondly make this plaister following: Take Fenegreeke and Barly meale, of each two ounces, Mallowes 3. handfuls, of great Houseleeke 8. handfuls, of smal Houseleeke 4. handfuls, of the oile of Roses sixe ounces, brayed in a leaden morter: seethe the herbs in whay, afterwards beate them altogether to pap, and temper the other things amongst it. Then let it seethe againe in sixe ounces of the water of Nightshade vntill it be sodden away. The patient is first to annoynt the sore with oyle of Roses that is brayed in a leaden morter, and afterwards let him lay this plaister following vpon the sore, and the foresayd oyle must be also prepared.

Take one pound of the oyle of Roses, put it into a leaden morter, and bray it with a leaden pestell three or foure howres long. This plaister coleth, swageth the payne, and preserueth one from all other corrosion.

Thirdly, if this Canker corrode any further, then must it by two manner of wayes be hindered: first, by laying somewhat on the sore: secondly, by applying somewhat about the sore. The first shall be prepared as followeth.

Take Barly meale foure ounces, of the oyle of Violets, oyle of Roses, prepared with lead,

of

of each three ounces, foure whites of Egs, prepared Tutty two ounces, Bloudstones that be stamped tenne times in a leaden mortar, with the water of water Lillies one ounce, afterwards bray the whites of Egs a great while with the oyle tempered amongst the Barly meale: and lastly, the *Tutia* and Bloudstone, and then therewith annoynt small taints, and lay them on the sore.

## The Second.

TAke of the foresayd oyle of Roses prepared with lead one ounce and a halfe, the iuice of Nightshade two ounces, Starch one ounce, fine Bolus one ounce and a halfe, sealed earth two ounces, temper them altogether in a leaden mortar, and therewith annoynt round about the Cancre or disease of the breast.

## Of the Fistula of the Breasts. §. 11.

IF this or any other sore of the breast would turne to a Fistula, then loke what hath bẽn sayd in the first part the seuenth Chapter and 11. §. of the Fistula of the eyes; likewise that which is written in the third Chapter and fift part of the impostumes of the arsegut, wherein you shall finde sufficient remedies.

## Of the Clefts or chops of the Nipples. §. 12.

TAke fresh molten suet of young Lambs powred on water, and afterwards washed with water of Roses as much as you please, and therewith annoynt the Nipples.

Item, take Gumme of the Cherrie trée, and Frankincense, of each one ounce, Ware and Gumme of each halfe an ounce: melt the Ware with one ounce of fresh Butter or Barrowgrease, then mingle the rest amongst it, and vse it as aforesayd.

Take oyle of Violets and oyle of Egs, of each three drammes, Harts suet and Goats suet, of each one quarter of an ounce, make as much as is nédefull for a salue.

Héere before in the first part, the tenth Chapter and 1. §. there are set forth two good salues, that do also serue well for this purpose.

Take a white Lilly leafe out of his oyle, and lay it on the Nipples, it is very good.

All these foresayd meanes cannot hurt the child, although it do sucke at the same breasts.

## What the haire on the breasts doth signifie. §. 13.

THe Philosophers do agrée altogether in this, that all they that haue no haire on their breasts, or very little, are more timerous, fearefull, and much slower of nature then they be that haue much haire vpon their breasts, who are at all times more manly, stout, and couragious.

*The fourth Chapter.*

# Of the Back in generall.

ON the vpper parts of the Rump is the backbone, which (as is sayd) standeth déepe into the bodie about the shoulders and ribs: but on both the sides is the backe somewhat higher. This beginneth at the neck, and reacheth downewards euen to the fundament. Foure and twenty sundry bones are imputed vnto it, the which the Gréckes do call *Spondyli*, and the Latinists *Vertebras*, and in our language the chine or back bones. The neck hath seuen which are lesse then all the rest.

The back hath twelue: fiue stand also close to the loynes, whereon the last and vtmost péece of the backbone is fastned, which is called the Rump, in Latine *Cauda*, or the Tayle, which is ioyned together of three péeces, and is a Gristle or Tendzell.

The forelayd peeces of the backbones are all hollow within, filled with marrow, the which is not much vnlike the braines in substance, and yet an offspring and beginning of all hard sinewes.

This substance of the braynes may be assimilated to a plentifull fountaine, whereof many small brookes and diuers streames do flowe, which we call Sinewes, whereby we haue both motion and feeling.

These Sinewes are about threescore, which do come all of them (each through his owne passage) from the backbone, and spread themselues into all the members of mans body, where they cause both mouing and feeling.

From them do the hands and feete, all parts of the face, and the bowels (the instruments of the voyce only excepted) receiue their Sinewes, whereby they do moue and are holden togither.

Therefore doth it also happen, that whensoeuer any of these Chinebones, through the which the Sinewes do passe, are wrinched or bruised, either by falling, striking, or any other way, some parts are thereby lamed, lose their sence and feeling, and otherwhiles deadly diseases are thereby procured, euen as it is mentioned in diuers places of this booke, so that we purpose not to discourse heere of any other thing, but of the paine or ache in the backe, and of the crookednes of the same.

## Of the payne in the Backe. §. 1.

THis paine in the backe proceedeth of Rheumes that fall into the Sinewes of the muscles, or of great labour, and such like occasions, for the which, these things following are good.

Take Mugwort, Melilot, and Cammomill, of each one handfull and a halfe, Melilot seedes heated in a pan, foure ℔. the herbs and floures chopt small, mixe them altogether in a little bagge, and lay them warme vpon the backbone, vse it often and that fasting.

Afterwards, annoynt the backbone with this salue: Take oyle of Spike, oyle of Lillies, of each halfe an ounce, oyle of Cammomill and Dill, of each one ounce, Saffron, Lauenderspike, Madder, and Agrimonie, of each one dragme, Mastick and Squinant, of each one scruple, Ware as much as is requisite for to make a salue.

Item, seethe Nepe in your meate, which draweth the noysome and grieuous matter out of the necke, it driueth also away all paine in the shoulders and backbones maruellously, if it be stewed in the layd broth.

In like manner take Siluermountaine seede, seethe it in water, and drinke thereof twice or thrice aweeke, euery time three or foure ounces, for it is very good against all wearines, and paine in the backe and reynes.

Annoynt the backbone with Beares grease: Also the oyle of a Fore is effectuall against all paines of the backbone, reynes, kidneyes, and Gowt, the which is thus to be prepared.

Oyle of a Fore.

Uncase or fley off the skinne of a young Fore, take out his bowels, and cast him in fountaine water, and seawater or salt water. Put thereto three pounds of Sallet oyle, Salt three ounces. When it is almost sod, then put vnto it Dill and *Thymus*, of each twelue ounces, let it seethe together till the flesh fall from the bones, and when all the water is sodden away, then strayne it.

The oyle of Bricks, which is described in the first part, is also passing good for this, either by it selfe, or when it is tempered with some other things.

Of the paine in the backbone that proceedeth from the kidneyes, of the grauell and other things moe, shall be spoken elsewhere.

## Of the crooked Backe. §. 2.

THere are three sortes of this: The first doth come before, the second behinde, and the third groweth on the left or right side. Children are more subiect to this disease then aged folke, by reason that their bones be feebler, easier to be wrested & wrong out of their naturall place. This happeneth of inward, and outward causes: The outward be falles, blowes, stripes, ill handling of yong children, racking, and such

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such like bad dealing with yong tender children. The inward causes doe come of the Crampe, contraction of the sinewes, abundant winde, rheumes, swellings and such like, that settle themselues in the backe bone, and doe thrust and wrench awrie the yong weake bones.

The signes of the Crampe, that commeth through great inanition, is manifested and apparant by the consumption and faintnes of the whole body. The signes of the windines are, if the patient that hath the croke Backe haue much griping and contractions in the Backe. If there be any impostume approching, then is there great paine in the backe, or in some certaine place of the same, with a strong Ague and vehement pulse. But if there be but one of the Backe bones wrested out of his place, then must it needes follow, that the Ribs which are fastened therin, be also drawen ouerthwart, whereby the body must be croked, and the shoulder blades raised, the which maketh an vnhandsome breast and vncomely bodie, as dailie experience teacheth vs.

Nowe to preuent this mischance betimes, it is first counselled for all yong folkes and children, as followeth: so that at all times according to the age (as much as is possible) euery one may know how to frame himselfe thereafter.

Take Comin, Caruway, Fennell, and Annis sædes, of each two handfull, Rue sædes three handfuls, Bran fiue handfuls; make it all togither very warme in a pan on the hot ashes, put it then all togither into a drie bag, and lay it vpon the place where the paine is: and when the place is well warmed, then annoint it with this salue following. Take muscilage of Fenegreek and of Linsædе, of each one ounce, oyle of white *Camelina*, oyle of swæte Almonds, oyle of blewe Flower deluce, of each one ounce and a halfe, Plaister *de Muscilaginibus*, (which in the first Part the first chapter and seuenth §. is described) fower ounces; melt this with Ware as much as is nædefull: Lastly, ad vnto them two scruples of Saffron: doe this fower daies togither. Afterwards must the croke Backe be bounden togither with bolsters and other things, as nædе shall require, and renew the binding euery morning: Or els without putting the childe to paine, doe this fiue dayes one after an other; and this being done, returne to the laying on of the bag, and annoynting with the foresaid salue, which shall be also vsed fower dayes togither: afterwards lay this plaister following, vpon the Backe bone and shoulder that is wrenched.

Take of the foresaid plaister *de Muscilaginibus* two ounces, *Oxycrocei* plaister one ounce and a halfe, spread these vpon a cloth or leather, and lay this plaister thereon, binde it very carefully as aforesaid, and let it lie so fiue dayes without opening of it. The *Oxycrocei* plaster is also good for this by it selfe, and profitable, which you may also finde alwaies readie at the Apothecaries, like as is here described after thræ manner of wayes.

The plaister of *Oxycroceum* is thus prepared: Take Ware, Pitche, Rosin, Saffron, of each one ounce and a halfe, Turpentine, *Galbanum Ammoniacum*, Myrrhe, Frankincense, and Mastick, of each half an ounce, Vineger one ounce, dissolue therein the *Ammoniacum* and *Galbanum*, then sæthe them so long vntill they become thicke, and vntill that the vineger be sodden away, then melt herewith the Ware, Pitche, and Turpentine, but the Mastick, Frankincense, and Myrrhe shall you temper herewith first beaten small; when this is mingled all togither, then strowe the Saffron therein, and then mingle them all togither very well. Oxycroceum

Item, take *Ammoniacum*, *Sagapenum*, *Galbanum*, of each halfe an ounce, Pitch fower ounces, Rosine, Ware, of each fiue ounces, Mastick, Frankincense, and Myrrhe of each one quarter of an ounce, Turpentine thræ ounces, and Saffron halfe an ounce; and make it vp as aforesaid.

## *Oxycroceum Vigonis.*

TAk eight ounces of Sallet oyle, Hollihocke rootes, the lesser *Consolida* rootes, of each halfe a handfull, Myrrhe, Frankincense, of each one drag. Roses one drag. and a halfe: you are to cut and sæthe the herbes and rootes in red wine and water vntill halfe be consumed: straine them hard out, and in this decoction boile the oyle, put thereto also Buckes suet two ounces: afterwards sæthe it againe so long vntill all the moysture be sodden away, then put thereto thræ ounces of Lytharge of golde, Bolus, sealed earth, of each two ounces, red Lead one ounce and a quarter, Ware one ounce, and whilest it is hot ad vnto it two ounces of Turpentine, Mastick one drag. and lastly, whilest it is soft, put thereto one ounce and a halfe of powned Saffron, as is aforesaid. This last is marueilously vsed of the Chirurgians. They are all

of them not only good against the croke back, but also for all fractures, and other members which are pained, and they mollifie and consume all hardnes.

It is also good for these children sometimes to drinke the water of Southernwood, of Hollyhocks, of blew Floure deluce, of each one ounce tempered, and to vse three dayes after one scruple of this powder following: Take halfe an ounce of the seedes of Smallage, one dragme of Cumin, Parsly seeds, Annis seeds, and Licorice mired, of each two scruples.

And you may giue the patient to eate after meate, a peece of the Confection of *Pistacium* or Cinamome.

And there is to be strowed vpon his meate some of this powder following: Take halfe an ounce of good Cinamome, Licorice, and Hollyhocke seeds, of each halfe a scruple, Saffron one scruple, stampe them all togither, and mingle them one amongst another.

If this patient be but ten or twelue yeares olde, then were it very good twice in a weeke, alwaies before supper, that he swallowe one of these pils following. Take prepared Aloe one dragme and a halfe, *Bdellium* halfe a dragme, Smallage seedes halfe a scruple, and make seuen pils of a drag.

But if on an aged bodie there growe a croked backe, then must he vse the pils of *Hermodactils, Fœtidæ* or *Cochiæ*, to purge withall. All the meates that he is to vse, must be hot vnto the second, and drie in the first degree, therefore must his chamber be alwaies kept with a fire of Fir wood, Iuniper wood and such like, that must burne therein, & to fume the same with Bay leaues, white Mints, Pennyroyall, Styrax, *Laudanum*, Cipers wood, *Gallia Muscata, Sandaraca, Lignum* Aloes, Frankincense, Mastick, and such like, each alone, or tempered togither. He must forbeare cloudie weather, raine, and dewes, and vse no exercise: also he must not sleepe much, nor lie much on the same side of the croke backe, and he must refraine lying vpon his backe, that his breath be not thereby painefull to be drawen; watching is also ill for him.

Further, he must forbeare all that is made of meale: but Kids flesh, Mutton, Hares, Roe deere, and yong Beares flesh are very good for him, and specially if the same be dressed with garden Mints, wilde Mints, wild Thyme, Parsley, and Balme.

Of foules these be good for him, Hens, Capons, Pullets, yong Pigeons, Fesants, Partridges, Turtle doues, & wild Pigeons, either boyled or rosted, being dressed with the foresaid herbs. He may also eate rosted Duckes, and also all field fowles: but Quailes (by reason of their moysture) he shall leaue. Fish is not good for him, and especially those that be sodden, except they be dressed with the foresaid herbes: but being rosted they are for his disease most meete, except Eeles, Crabs, Muscels, Oysters, the which verie seldome are to be vsed: and he must forbeare all Beanes.

All herbes of colde natures are hurtfull for him, as Lettice, Burrage, Purslane, Spinage &c.

Of all seedes he may vse them that are of a warme nature, as Comin, Caraway, Annis seedes, Parsley seede, Cardamome, and Greines.

Touching rootes, the wilde and tame yellowe Rapes or Turneps, and also all other Turneps may he vse: but he must beware of Dinions, Garlicke, and Radishes.

No herbes of colde natures are meete for his Sallets, neither yet Capers; but *Rapunculus*, Sperage, Hop sprigs may passe well enough, dressed rather with wine then with vineger. Salted or powdered Verjuice, the iuice of Limons, and iuice of Orenges be tollerable; but he must beware of eager vineger, and Pomegranate wine. He may vse all manner of spice (but soberly alwaies in his meate) he must forbeare all colde and newe fruit, as Apples, Peares, Cherries, Peaches &c. but in the steede thereof he may eate Raisons, dried Figs, Almonds, and Hasell Nuts.

His drinke must be small Beere, or some thin well sauoring wine, he may water the wine with some water, wherein Cinnamom or Licorice hath been decocted. But aboue all other, it were good for him (if he can come by it) for to vse from the middest of September to the middest of March, this drinke following, or at least wise temper his wine therewith.

Take Well water seuen quartes, cleere Honie sower and twenty ounces, Ammy flowers, and Marierom gentle, of each one drag. Basill seede halfe a drag. Artichocke rootes three drag. Rue seedes two scruples, shauing of Licorice and Annis seedes, of each three drag. let the water and Hony seethe togither till there be about two quartes sodden away, letting it remaine still all a night

a night, and in the morning make it hot againe, and strayne it through a cloth, preserue it being stopt close, for it will do him good.

The learned do giue counsell accordingly, that euery such patient must purge twice a yeere, to wit, in the beginning of Sommer, and beginning of Winter, and that according as a learned Phisition shall aduise him.

Further, for this disease of the crooke backe are two things to be regarded: first, that it do not increase: secondly, how to take away the same. For which, this plaister following is to be made.

Take oyle of Cammomill, oyle of Lillies, and *Althea* salue, of each one ounce, oyle of Foxes one ounce and a half, oyle of Spike one quarter of an ounce, soft Storax one quarter of an ounce, Cypers, Sage, Marierum gentle, Squinant, Stechas, Wormewood, Melilot, and Linseed, of each halfe a handfull, prepared Earthwormes, and Nutmegs, of each one ounce, Hollyhocks, halfe an ounce, seethe these all together in a pinte of Wine vnto the halfe, then straine it through a cloth and make a hard plaister thereof with Ware and Turpentine.

But before this plaister is to be layd vpon it, the crookeback must be well fomented with this following: Take Hollyhockes two handfuls, Calmus halfe an ounce, Mallowes, Cammomill, Dill, Linseede, and Melilot, of each one handfull, Spike, Squinant, Fennell, Cumin, Wormewood, and *Stechas*, of each halfe a handfull, cut them small, and let them seethe well.

And it were also very good that he vsed these pils all the yeare, take prepared *Aloe* one ounce, *Opopanacum*, *Sagapenum*, of each halfe a dragme, temper them all with the iuice of Roses, take one pill thereof about the fourth day euery euening before meate: and if so be that he do take twice a moneth the waight of one dragme of these pils one howre after supper, it is very good for him and good aduise.

These confections following shall also be prepared for him: Take Betony, *Stechas*, Marierum gentle, *Bdellion*, Mastick, Rue seede, and Cinamome, of each one quarter of an ounce, pouned *Calmus* three dragmes, rootes of Artichocks one dragme and a halfe, red and white *Behen*, Saffron and Nutmegs, of each three scruples, Licorice foure scruples, Hony of confected Ginger twelue ounces, and white Sugar two ounces, whereof take throughout the whole yeare before meate the quantity of a Nutmeg. And this is a speciall meane whereby this disease may be holpen. But if the patient cannot take of it euery day, yet is he notwithstanding to vse the same euery third day, or twice a weeke.

A nespeciall remedy against the crookeback.

## Many things commodious for the crookeback.

SEcondly all these things following are good for this crookeback, Zeduarie chewed, or layd vpon the outside, likewise *Calmus*, be it confected, or otherwise vsed, Centory is very good for all infirmities of the Sinewes, howsoeuer they be.

Gumme *Sagapenum* in manner of a plaister layd thereon, or annoynted therewith, is very forcible for it. Muscilage of Fenegreeke made with lye, and the shoulders and all the backbone rubbed therewith. Sulpher bathes alone haue oftentimes brought that to passe, through a hole whereby the vapor may come against the backe. The decoction of Sperage being dronken, is very good for this.

A good salue. Take oyle of Bricks one ounce, oyle of *Costus* halfe an ounce, the plaister *Ceroneum Nicolai* three ounces, temper them togither, and therewith annoynt the backbone for the space of one whole moneth when one goeth to bed. Then couer it with Sheepes woll.

Betony sodden in all meates is very commodious, or a dragme thereof powdred dronken with Hony water. The rootes of Briony sodden, and the decoction thereof vsed for Clisters, is also very good, and the whole backbone fomented or bathed therewith.

## Of the shoulder blades. §. 3.

THe shoulder blades do suffer sometimes great paine, and that through many kinde of causes, like as through any cholerick or phlegmatick humors that be mingled with some bloud, and fall downe into the shoulderblades, and there prouoke paine, that spreadeth it selfe afterwards into other members, which is knowne by feeling and handling of it. For this,

make this salue following: Take oyle of yellow Violets one ounce and a halfe, of *Costus* one ounce, burnt Iuorie, red and white Saunders and Roses of each one dragme, Starch one ounce and a halfe, Saffron one scruple, yolks of egs two scruples, stamp all small that are to be stamped, and temper it in a mortar.

Item, take Muscilage of Fleawort, Starch, of each one ounce and a halfe, Saffron one scruple, Roses, sœdes of Plantaine, Sorell, and small Endiue, of each halfe a drag. and the yolks of two egs, stamp all these small together, and then make them into a salue, and when you will vse it, then let the shoulders be first well rubbed, and warme the salue. These things be also very good for all paines of the backbone and of the kidneis. For this also serueth the salues of *Aragon*, and *Marciaton*, oyle of Saffron, oyle of Foxes, and Badgers greace, of each alike much tempered together.

In like manner also the oyle of *Pieretrum*, oyle of *Euphorbio* tempered together, or each apart, do serue well for all olde paines, for they are very hote. Further, all that is very commodious which purgeth the head; Cupping, or boxes set on the shoulders, being annoynted with this salue following: take vnripe Sallet oyle one ounce, oyle of *Euphorbium* halfe an ounce, parched Salt beaten small one quarter of an ounce, and temper all togither. If there come any such paine with any vehemencie whereby the sœpe is hindred, then take oyle of swœte Almonds, oyle of Cammomill, of each halfe an ounce, oyle of yellow Violets one ounce and a halfe, Ducks grease, Badgers grease, and Saffron, of each one dragme, make a salue thereof with Waxe. Item, take Cammomill, Melilot, Dill sœde, *Ameos*, Balme, and Marierum gentle, of each one ounce, let it sœthe well, and put it together in a bladder, or (which is more commodious) into a spunge, and so lay it warme vpon it. Or take Colewort leaues, Betony and Balme, of each three handfuls, Beane meale two ounces, Wheate meale and Linsœde meale, of each one ounce and a halfe, Saffron one dragme, and two yolks of egs: Sœthe the herbs vntill they be soft, then stamp them altogether, and lay them on altogether, as is done with other plaisters.

## Of the Ribbes. §. 4.

After the sayd backbone and shoulder blades, there followeth amongst the outward members of the vppermost parts of the body the Ribs, whereof by nature there are twelue on each side, which is together foure and twenty. The vppermost fouretœne do mœte together, whereby they ioyne themselues in the backbone and on the breast, and become as it were one bone. The lowermost fiue of each side are named the short ribs, and there is not one man amongst a thousand, that hath 11. or 13. ribs in one side.

When as then the Ribs through any outward cause, shall be thrust or broken out of their naturall places, or else rotten through any long continued impostume, the Chirurgians must be entertained for them, vnto whome I commit them; yet notwithstanding, these two remedies following are highly commended. If then any body haue broken or sprong a rib, then take Elecampane rotes, rosted amongst the ashes, beate them to grout, raw Hony, Butter, Horsegrease, and *Althea* salue, of each a like much, let it sœthe well together: Secondly vse one of the foresaid plaisters of *Oxycroceo*, and lay it ouer the ribs. Under and about the ribs commeth the most perilous sicknes *Pleuritis*, which is the Pleurisie, of *Pleura*, whereby the Grœkes call the ribs, whereof we will now write.

## Of the Pleurisy, *Pleuritis*, a sicknes, with great pricking in the side. §. 5.

This sicknes is described by *Galen* as followeth. *Pleuritis* is a paine of the side or of the ribs, which is spread abroad in the skinne that couereth the ribs, euen to the shoulders, with Agues, pricking paine, cold, short breath and cough. He doth further describe the same sicknes in another manner, saying: the Pleurisie commeth in the skinne that couereth the ribs, with an inflamation of all the muscles thereabouts, with a strong Ague and with such paine, as though all the whole ribs were thrust through with bodkins, with shortnes of breath, slowe pulse, which afterwards

wards increaseth, with a vehement cough, sometimes without auoyding any thing, and otherwhiles by casting out of bloudy matter.

These manners of Pleurisies the learned do call *Incoctas Pleuritides*, which is vnripe Pleurisies. It seemeth also sometimes that this paine doth stretch it selfe euen to the throate, and is alwayes with a strong ague and pricking in the side, whereby there followeth of necessitie a shortnes of breath. But this Pleurisie bringeth with it no spettle, and there is no other difference betweene it and the other Pleurisie, the which may be only differenced thereby, that at the last nothing is coughed vp.

All they then that haue the Pleurisie without spetting, they will be plagued with a dry cough. Their pulse is faint, and sheweth no inflaming in the breast, and there is no strong Ague, nor any combrous breath therewith: and when one doth wring the patient in the place of the paine, then will he feele paine; and by reason that there is no humor which may be enflamed in the brest, from the beginning, but in the outward muscles only, which humor being afterwards ripened, sheweth it selfe outwardly as an impostume, the which may be opened outwardly. Thus much testifieth *Galen* in this matter, whereby his successors do conclude, that there be two kinds of Pleurisies, to wit, a right and a bastard Pleurisie. Of the true Pleurisie hath heere been spoken: the bastard Pleurisie is called that, which is opened on the outside. But we will in these and moe other subtile descriptions not vse many circumstances.

First, there are many causes of these Pleurisies. The outward causes may be vnnaturall heate or cold, much exercise, Northern winds, euen as these sicknesses do raigne more in winter then sommer, superfluous drinking of cold water or Wine, carying of heauie burthens, falling, strayning, striking, and after great heate to come suddenly into the cold, as also by drinking much Must. The inward causes procede by repletion of the whole body, and alwayes most (aboue all other humors) through *Cholera*, afterwards of bloud, thirdly of *Phlegma*, and very seldome of *Melancholia*.

In like manner, winde may breede this false Pleurisie, the which may hereby be knowne, to wit, through anguish of the side without coughing, or with some small cough: and if the place be wrung or touched, then will it cause paine, that so swelleth otherwhiles and ranckleth, that it breaketh out outwardly, or that it must be opened on the outside.

The true tokens of the Pleurisie you heard out of *Galens* owne words: but that it may be knowne of what humors it procedeth, is to be marked by these words following; in that of *Cholera* the vrin is yellow and thin, the pulse hard, swift, and continuing, the paine is great and pricking, the whole body yellowish, the spettle mingled with a little rednes, there is much thirst approching, with bitternes of the mouth, and no sleepe, with diuers other accidents moe, which *Cholera* commonly causeth.

But if the Pleurisie do procede of bloud, then is the vrin red and thicke, the spettle ruddie, the vaines full, the pricking paine is not so big, but there is drouth and anguish with it, the mouth is alwayes sweete, the forehead and eyes are alwayes heauie, the patient is young of yeeres and full of bloud.

The tokens of *Phlegma* are, when the spettle is white, when the paine is not so great, when there is but little thirst, and much sleepe therewith, the vrin is bleake, slow pulse, and other signes moe that *Phlegma* accustometh to bring with it. The *Melancholia* causeth the spettle to be a little leaden coloured, wherewith is no sorenes or continuall paine.

In like sort, there are certaine tokens of life or death. The signes of death are these, when no remedies will help, and all accidents, as paine, pricking, shortnes of breath daily increase: and contrary wise, it is a token of life, when all they diminish. Commonly the stitch in the left side is more perilous then that in the right side, for that it is nearer the hart. But to come to the remedies, then will we first take in hand the Pleurisie which procedeth of heate and of bloud.

## Of the Pleurisie of heate and bloud. §. 6.

WHen as any body getteth a pricking paine about the ribs in the side, with a cough and an Ague, then must he first vse this Clister following: Take 16. ounces of broth wherein a Lambs head or Calues feete be sodden. Put therein one ounce of slight Sugar, the yolke of one Egge, two ounces of Sallet oyle, Salt one dragme and a halfe, temper them

them all togither. If nede be to make a strong Clister, Take Pompeon sede, Cucumber sede, and Gourdes, of each halfe a handfull, Purslane sede and Lettice sede pouned togither, of each one drag. Mallowes, Betes, Violets, and Mercurie, of each halfe a handfull; sethe them togither in sufficient water euen to the halfe part; then take of this decoction twelue or sixtene ounces, and temper therein oyle of Violets three ounces, *Electuarium de Psyllio* two ounces, Cassia and Tho. Sugar, of each halfe an ounce, Salt one quarter of an ounce; and set it warme.

In like maner it is nedefull to let blod with spede. Therefore is the liuer vaine to be opened, (and that like as all learned and also *Galen* himselfe teacheth) in the same side where the paine is: for this helpeth very sone, & the other very slowly. But *Rasis* maketh this difference: If that the patient be full of blod, then first must the vain be opened in the side, where there is no paine, and that not onely once, but also oftentimes, euen as the sicknes doth require, and the maladie doth continue, the which may be fortie daies continually: But if there be great weaknes or any other occasion at hand, that one durst not open the vaine, then at the least set cups or bores vnder the paine with much pricking, as the cause importeth. And after letting blod, then annoint the place of the paine or Stitch with oyle of Cammomill, oyle of Dill, or with this salue following, the which is stronger: Take oyle of swete Almonds, oyle of Violets, and vnsalted Butter, of each one ounce, Althea salue halfe an ounce, Muscilage of Hollihocks, and of Frankincense, of each halfe an ounce, Ware as much as is nedefull: annoint the place therewith, where the stitch is, and afterwards lay this plaister theron: Take rosted Hollihock rotes three drag. Violets and Cammomill, of each one quarter of an ounce, Barley meale three quarters of an ounce: Temper them togither with the oyle of Cammomill and Violets as much as is nedefull for a plaister, and lay it warme on the place of the paine: It swageth the paine, and the stitch that procedeth of hot *Cholera*.

## Another that is also very good.

Take drie Violets, red Saunders, Barley meale, the sedes of Mallowes, Bran, Cammomill, and Melilot, of each a like much, powne all that is to be powned, and make it with oyle of Cammomill and Ware to a plaister: And if therewith the paine doe not cease and swage, then put Beane meale, Fenegreke meale, and Linsede meale vnto it, of each one quarter of an ounce, and one Fig or twaine: and vse this so long, vntill the paine (as may seme to the eye) be delaied and swaged, and vntill the spettle auoyd more easie.

## The order of diet.

Albeit that the abstinence frō eating and drinking is very highly recommended of all old Phisitions, who haue commanded for the first three or fower dayes onely Barley water to be vsed: yet is the custome of our Countrey and nature, not to obserue it so strictly, but (according to their command) to kepe all possible abstinence, is very good aduise, yet in such maner, that nature, aswell through such great abstinence, as by reason of the sicknes it selfe, be not ouerthrowen. Others doe prescribe as followeth: if the sicke body the first or second day doe cough vp no flegme, then is he to be kept with Barly water onely: But if he hath bēn purged and let blod, then shall he at none drinke Barly water, or the decoction of red Pease: At night he is to be fed with the crum of white bread, that is steped in sugred Almond milke, and after it to drinke a good draught or twaine of Almond milke. When as he cougheth vp much flegme, then may he eate well of a sugred Pomegranate, and so moderate himselfe three or fower daies. Afterwards, when the flegme beginneth to be white or red, and to come easily, then may one let him sup vp a little broth of a Pullet, with a little Saffron, which strengtheneth the hart & ripeneth flegme. Is the matter colde: then let a little Hyssope and Parsly rotes be sodden therein. For a cold Pleuresie a little wine may be well afforded, the which in a hot Pleurisie is not to be permitted. After the seuenth day must his meate be the broth of Pullets, Barley pap, stued Raisons, Figs, Prunes that are alwaies dressed with a little Saffron, or Parsley rotes. Sometimes also are good broyled riuer fish, and rosted Pullets or Chickens permitted.

And when as the Ague hath cleane forsaken the patient, then may he eate measurably Pullets, Partridges, Capons, Turtle doues, Pigeons, Rabbets, & rere egs, vntill he haue thorowly

recouered

recouered his health. He must also kéepe himselfe alwaies warme, and to sweat a mornings: he may otherwhiles for pleasure eate Raysons, Figs, Pine apple kernels, and also two or three Dates, yet he must alwaies haue regard that he kéepe a soluble body: and to this end these herbs following are to be dressed and vsed; as Spinage, Orage, Burrage, Lettice, Violets and Mallowes, with Almond milke, the which is good also for all hot coughes, Sheepes féete sodden very mellowe are passing good for him. His bread must be wheaten or barley well baked; sops of bread and Almond milke with Sugar pennets, are very méete for him. Contrarily, he must abstaine from Vineger, Verivice, and all sowre and salte thinges; and likewise from eating and drinking too much. Also from smoke, winde, lowde crying, wrath and sorrowe, and aboue all, is carnall copulation hurtfull. Hereafter haue you yet many moe potions that serue for such hot Pleurisies. Wine must be for this vtterly forborne, and in stéed thereof he must be cherished with Almond milke, or with sugred Barley water, the which for all Pleurisies is much vsed and commended. And it is principally to be dressed in this manner: Take pilled Barley one pound, wash it very cleane, afterwards powre nine pound of water vnto it, and let it séethe euen to the halfe; then straine it thorough a cloth. This is good for all infirmities of the brest: it loseth flegme, and withstandeth the Ague. Barly water

Some doe séethe with this barly water Figs, Iuiubes, Currans or Licorice, and such like, euery one according to his owne pleasure. Some doe take vine Snailes out of their shels, and séethe them with the Barley water, which cause the tough slime in the brest to auoide and driue it out. For daintie folkes you may prepare this decoction: Take a Hen or a Pullet, séethe therwith a good handfull of Barley vntill the flesh goe from the bones, straine it, and temper it with the foresaid Barley water. Item, take white bread crums, binde them in a fine cloth, steepe them in Barley water, straine them often thorowe, and put thereto as much Sugar as you please.

Item, take pilled Barley halfe a handfull, Iuiubes, Sebestes, of each ten, or in their stéede fiue Figs, one ounce and a halfe of Raisons, Licorice and Currans, of each halfe an ounce, cut all that is to be cut by a mild fire in as much water as you thinke good. Or take Licorice cut small three quarters of an ounce, Currans two ounces, Sugar candie one ounce, Barly a good spoonefull, and a pinte of water or as much as you will, let it séethe till about the third part remaine, and vse it as aboue.

To euery such patient is not onely forbidden wine, and other things, but also spices, Mustard, Garlicke, hard and old flesh, Egs, Cheese, Milke, and all that is dressed therwith, he must forbeare all fruits and herbes, except such as be soluble and doe open the body. In fine, all that warmeth and hindereth the ripening of flegme, like as all sowre and cold things doe.

## Here follow many things against the Pleurisie.

SO soone as the common people finde not spéedie amendment of the expert Phisitions, then will they be incensed therewith and discontented, and will goe séeke for other counsell: therefore are these things following very well to be vsed, where there is any great heate approaching: Take Corne roses one quarter of an ounce, stamp them, and wring out the iuice, and drinke it with Violet water in the beginning of the sickneſse: it is a very good remedie.

This following is commended for an especiall maistrie in the Pleurisie: Take the red skin out of the Hasell nut and their shales, make them very drie, stampe them, and giue them to the patient twice or thrice a day with *Cardus Benedictus* water, or Endiue water. But if you will haue it stronger, then vse the red skin alone, take out that which is in the shell, and leaue the shel, and giue him thereof a scruple, which sufficeth at one time.

Some doe counsell for to take the water of water Lillies before the Pleurisie be full possest, for a preseruation of the Pleurisie. But I cannot well agrée therto.

## A wonderfull remedie that might be tried.

TAke a toth of a wild Boare, file from it two scruples, and drinke this powder with Scabious water or Well water: And you may also take it with two or three ounces of swéet oyle of Almonds; for the oyle of swéete Almonds (taken with Sugar candie) is a blessed medi-

medicine for the Pleurisie. This is also good for it, conserue of Violets, and of water Lillies; and both these Syrrups, to wit, the Syrrups of Endiue and Pomgranats, and specially the cold Dragagant losings which are described in the first part, the 14. Chapter 2. §. In like manner the confection of *Diapenidion*, *Diapapauer*, and conserue of Roses, and in great distresse & weakenes Perle Sugar, which is called *Diamargariton Frigidum*.

These waters following are also very good for this sicknes, as water of *Cardutus Benedictus*, of *Dandelion*, of *Leuisticum*, of Cicorie, Violets, Burrage, Bugloss, and all that is made with all manner of Sugar candyes, Sugar pennets, and of Licorice.

And heede must alway be taken, that the patient in the time of this sicknes haue alwayes an open body, the which may alwayes easily be brought to passe, through the common Clisters and suppositories, whereof we haue here before mentioned twaine, the which may be made stronger or weaker, according as neede requireth.

Likewise it is very commodious also to giue the patient two ounces of *Manna*, within three ounces of broth, wherein were sodden *Iuiubes* and Violets. And if so be that the sicknes be not too behement, and ouerthroweth the patient not too sore, then may he vse these Syrrups, to wit, Syrrup of Violets one ounce, Syrrup of Licorice halfe an ounce, Barly water, wherein Violets or Licorice were sodden, three ounces; giue him this in the morning earely, and vse it certaine dayes one after another. For this serueth also the Syrrup of Poppy heads, although it were but to prouoke slæpe.

Another. Take Endiue, small Endiue, Liuerwort, Lettice, and *Venus* haire, of each a handful, pæled Melon sæds, Gourd sæds, Cotton sæds, Violets, water Lilly floures, of each one ounce, Sugar twelue ounces, make a Syrrup thereof, and vse it as is aforesayd; whereupon, take this purgation, to wit, new *Cassia* two ounces, of the foresayd broth foure ounces, and giue it him in the morning earely very warme. You may also put thereto halfe a dragme of Rubarb, and halfe a scruple of *Spica*. But in case that the patient be very narrow in the brest, as it often hapneth in this sicknes, then take *Manna*, and new *Cassia*, of each three quarters of an ounce, and make thereof a drinke with the foresayd broth.

For this, are also these confections following to be vsed: Take *Diapenidion* without spices, and two ounces of the conserues of Violets, mire them togither, and vse it often. Take Syrrup of *Iuiubes*, and Syrrup of Violets, of each three quarters of an ounce, temper them with the water of Folesote and of Bugloss, take this also once a day when you please. But of the narrownes or passions of the breasts, you shall afterwards in this Chapter finde many good remedies.

## An expedite cure of the Pleurisie.

AS soone as the paine of the Pleurisie is felt, shall bores be fastned on the place of the paine, for this helpeth marueilously. Then open a vaine in the contrary arme, and the next morning in the same side where the griefe is. Afterwards thou shalt giue him this Syrrup following, as you finde the sicknes to be either hote or cold. And when you finde that the matter ripeneth or digesteth a little, then apply this plaister following vpō the place affected: Take Hollyhock rotes, Mallowes, Violet leaues, and Cammomill, of each one handfull, decoct them in water, and beate them to grout, adde as much oyle of Almonds as shall be needefull. But if the phlegme will not be raised and spet forth, then set bores on the place againe as before, with picking, and let them draw well. Also adde to fiue ounces of his drinke, two ounces of *Oxymel* of Squils, for that it breaketh the tough phlegme, and casteth it forth with ease.

## Of the Pleurisie of Cholera. §. 7.

IF the Pleurisie procæde of *Cholera*, then are soluble medicines to be vsed at the first, like as hereafter follow: take Endiue, small Endiue, Lettice, Liuerwort, white *Diptamus*, *Venus* haire, (all greene if they can be gotten) of each a handfull, pæled Melon sæde, Pompeon sæde, Cucumber sæde, Gourd sæde, sædes of Holyhocks and Bourrage floures, of each halfe an ounce, pæled Barly one ounce, Licorice, Cozans, *Iuiubes*, *Sebestes*, of each one dragme, Violets and water Lillies of each halfe an ounce, sæthe them altogether, and with twelue ounces of Sugar make a Syrrup thereof euen as we haue

haue taught before. And the common syrupe of Iuiubes is also good for this. Item, in stede of the foresaid things may you vse this following.

Take syrupe of Violets three ounces, syrupe of Poppie heads, of Venus haire, of each one ounce and a halfe: mingle these togither with sufficient water of Endiue, and so drinke it at twice, afterwards take this purgation: Take Violets, Borage flowers, and Bugloss flowers, of each halfe an ounce, Prunes, Iuiubes and Sebestes, of each ten, Spikenard halfe a dragme, Licorice and Cozans, of each fiue drag. let them all seethe well togither: then take fower ounces of this decoction, and steepe therein halfe or a whole drag. of Rubarbe, let it so stand in a warme place all night, and drinke it warme. This being done, lay vpon the affected place a sponge that is made wet in warme water, wherein Cammomill, Violets, and Dill are decocted. But if these herbes be not to be gotten, take warme Well water, and wring out the sponge meetely well, you may do the like with a bladder that is filled with warme milke and Linesede oile, and so lay it ouer the place of the paine. Or you may vse this: Take a pinte of milke, and two pintes of honie tempered well togither, and laid with towe vpon the place. Item, take Mallowes, and Hollihocke rootes, of each one handfull, chop them well togither, and frie it with butter or Sallet oyle, and so lay it vpon the paine. This following is good to expell the blood: Take Bolus and Salt, of each a like much, make them to pap with honie, and binde it on the place where the paine is.

## Hereafter followe Plaisters, Salues, and such like.

TAke crums of white bread about fower ounces, fresh Butter or Sallet oile, three ounces, Hollihocke rootes two ounces, Fenegreke halfe an ounce: cut, stampe, and seethe it well in Goates milke, mellow to pap: and when it is almost colde, then stir amongst it one dragme of beaten Saffron, and so lay it warme on the paine. Item, take beaten Hollihock rootes, Mallow sedes, and Barly meale, of each a like much, let it seethe togither in Goates milke vntil it be thicke ynough, then put thereto sufficient oile of Cammomill, and spread it on a cloth. You haue here before in the fift §. of the pricking of the pleurisie two plaisters of rolled Hollihocke rootes, the which are maruellous good for this. This also following is very excellent for the great stitch and oppression of the brest: Take halfe a pound of Cassie taken out of pipes, as is taught in the Preface, temper amongst it one ounce of the salue of *Althea*, oyle of swete Almonds, and pouned Hollihocke rootes, of each two ounces, spread them on a cloth, and make thereof a plaister, and lay it on the stitch. Item, take fower ounces of white bread crum, soften them one hower in Goates milke, afterwards poune them well, then put thereto one ounce and a halfe of Cassie, three whites of egs, Saffron ten greines, and oile of Roses as much as is needfull for a plaister.

## Of the Pleurisie of *Phlegma*. §. 8.

IF the Pleurisie procede of flegmatick humors, and that the paine drawe downward toward the lowermost rib, then is the patient to take oftentimes halfe an ounce of the conserues of Hyssope, tempered with *Carduus benedictus* water, and a little Saffron.

Other do take a swete Apple, which they make hollow, and fill it with Frankincense, and then stop the hole againe with a pece of an Apple, cleaued to round about with dowe, and so let it roste a while. This Apple is eaten as a preseruatiue against the Pleurisie, that people might not be taken with it, although they be subiect to it.

Item, take a swete Apple, cut a pece out of it, and put therein one scrup. of beaten Mastick, close it againe with the same pece. Roste this Apple in hot ashes, and so eate it. Take the vppermost crops of Nettles, seethe them in Well water, and straine out the iuice through a cloth, giue him thereof at two or three times in the beginning of the sicknes, three ounces at one time. For purging of this flegmatike matter, prepare these syrupes following: Take Hyssope and Venus haire, of each two handfuls, pilled Melon sedes, Pompion sedes, Gourde sedes, Cucumber sedes, Butchers broome sede, Sperage sedes, Linesede and Fenegreke sedes, of each one drag. good vineger halfe an ounce, cut and poune all that is to be cut and pouned, let them seethe

all

all together. To this decoction put three ounces of clarified Hony, nine ounces of Sugar, then make thereof a Syrup: This is passing good when the *Phlegma* is thick and tough. But if you will not make a Syrup for it, then take common Syrup, to wit, of *Venus* haire, of Licorice, or Hyssop: but the Syrup of Licorice is maruellously commended for this.

For a Purgation: take Violets, Bugloss floures, and Burrage floures, of each one ounce, Licorice, Corans, of each two ounces, two or three figs, *Agaricus* one dragme and a halfe, let all these steepe and sethe togither, take foure ounces thereof, and temper therewith three dragmes of the confection *Elescoph*, and then drinke it at one draught.

When you haue purged, then annoynt the paine with oyle of Dill, or oyle of Lillies; afterwards sethe Cammomill and *Venus* haire in water and vineger in a bag, straine it out, and then lay it warme vpon the paine. Item, take Barly and Pease, of each one ounce and a halfe, Branne one handfull, beate them grosse and make thereof a bag of a quarter of a yard broade, sethe it, and vse it as aboue. Thirdly, take Myly and Salt as much as you will, warme it togither in a panne, put it into a bag, and lay it warme thereon, especially if the matter be windy.

## Of the Pleurisie of Melancholia. §. 9.

BVt if this disease procede of *Melancholia* (which chaunceth seldome) then straine the iuice of one handfull of Burrage and Bugloss, and being clarified, giue it him with the foresayd Syrup. For purging, take blacke Ellebor, Thyme, *Epithymus*, the rootes of Polipody, Sene leaues, and such like, euen as in the description of Melancholie in the first part of the twelfth Chapter and 8. §. is taught.

When as the sicke person beginneth to cough vp phlegme, then it is necessary that he vse to drinke for it euery day of common Barly water a good draught, of the decoction which heere before in the cold Rheume in the second Chapter is expressed, and beginneth thus: Take twentie *Iuiubes* &c. which cleanseth the breast. And if the great pricking and shooting remaine, and he do cough with paine, then is the patient to drinke of this potion following three or foure mornings together: Take tenne fat Figs, fat Dates, Smallage seede, Fennell seeds, *Venus* haire, Licorice, Hyssop, and Mallowes, of each fiue dragmes, sethe them all together in fiue and thirtie ounces of water to the halfe, and trouble not your selfe therein, albeit the patient should cough vp matter or corruption.

## Of the Bastard or false Plurisie. §. 10.

WE haue mentioned heretofore of the false Pleurisie in the 5. §. and made her nature knowne. If the patient haue plentie of bloud, then is his *Saphæa* or liuer vaine to be opened. Afterwards, set vpon the place of the stitch, a cup or bore or twaine with pricking, or according as the humors in that sickness do raigne, as bloud, *Cholera*, *Phlegma*, or *Melancholia* do exceede, and afterwards purge, and vse stronger Clisters then for the true Pleurisie were prescribed. But in case that the patient feele this stitch about the *Diaphragma*, then open the *Median*, and vse the foresayd warming things, that deuide the matter: let the place be often rubbed with a hand or cloth, that thereby the pores may be opened. This being done, then lay this plaister following thereupon: Take two ounces of Fenegreeke meale, and Pitch three ounces, Ware one ounce, melt them both, and mingle the meale amongst it, with oyle of Cammomill to a plaister, which you may spread on Leather, and couer it with Silke, and so lay it on the stitch. But if the Ague be not too big, then may you vse thereto the *Oxycroceum* plaister. Item, take the ashes of Colewoorts, tempered with Pullets or Swines grease.

But if the anguish shew it selfe outwardly, and yet will impostume but slowly, then must the same be opened, be it with an hote yron or with a Lancet. What doth lose phlegme, that shall be set downe hereafter in the description of the cough, of the shortnes of breath, whether it procede of heate or colde. But if the phlegme that at the first shall be coughed vp, be blacke and yellow together one amongst another, and that the Ague end not on the seuenth day, then it is a very bad signe, if therewith be any heauie ratling in the throate, with rednes of the cheekes, red coloured and darke eyes, then is death at hand.

When

## When the Pleurisie sheweth it selfe outwardly.

IF the Pleurisie shew it selfe outwardly, with any rednes, and the partie feeleth great paine in the touching of it, then it is a certaine token of a false and bastard Pleurisie, that is setled outwardly on the ribs. For the same, is a cup or bore to be set thereon, or to lay a blistering plaister of Figs and Mustard seedes, and let it lye thereon so long, vntill the place begin to impostumate, and then to open it, and heale it like as other impostumes. But if the matter ware hard, then it is to be maturated with this plaister following: Take Hollyhock leaues one handfull, Cammomill, Melilot, and Violet leaues, of each halfe a handfull, Fenegreeke seede, and Linseede beaten small, of each halfe an ounce, Beane meale, and Barly meale, of each two handfuls, oyle of sweete Almonds, oyle of Dill, and of Violets, of each one ounce, then temper the one with the other, and so lay it on the place. Hereafter follow plaisters and salues that asswage the stitch and paine, be it of whatsoeuer occasion it may be. Take Mallowes, and Hollyhock rootes, of each one handfull, seethe them together to pap, and then stamp them together with oyle of Violets, and Barowes grease, and so lay it on the sore: but let it not lie to long theron, that the matter be not maturated to sone. Item, take oyle of yellow Violets two ounces, of the oyle of sweete Almonds and oyle of Cammomill, of each halfe an ounce, fresh Butter one ounce, Saffron one dragme and a halfe, white Ware one ounce and a halfe, Dill seede, Cammomill, Ducks grease, of each halfe an ounce, and three yolks of Egs: make thereof a salue or plaister. This poultisse following, doth much asswage the paine: take Beanne as much as you please, seethe it in Wine vnto a pap, and put thereto a little Salt.

Another. Take vnripe Sallet oyle three ounces, foure fresh yolks of Egs, Saffron one drag. new oyle of Roses one ounce and a halfe, seethe it a while, and set it on warme ashes, and stirre well amongst it the beaten yolks of Egs: put afterwards vnto it Starch and Barly meale, of each one drag. and a halfe, and last of all the Saffron: if you will haue it more forcible, then put fresh Butter to it, and *Bdellion*, of each one dragme, and seethe it with decocted sweete Wine, as thicke as you desire it. Or vse this following.

Take Cammomill, Dill seede, *Venus* haire, Holyhock seeds, and Folefote, of each two handfuls, Corans three handfuls, fire Poppie heads, fire ounces of fresh Butter, xxvi. ounces of sweete sodden Wine, put vnto it (when all is well sodden and brayed) one dragme of Saffron.

A good salue. Take *Althea* salue, and Butter, annoynt the place therewith where the paine is, and strowe thereon beaten Cumin, and lay a warme Colewort leafe thereon.

## When the Pleurisie taketh a woman with Childe. §. 12.

IF it then chaunce that a woman be in doubt of bearing the space of two moneths, were brought a bed before her time, and brought a dead childe into the world, or were much inclined to the same, and so be taken with the Pleurisie, she must not be let bloud, but she must haue cups set on her buttocks, and be picked well, whereby to drawe the bloud downeward. But women that are wont to miscarry in haste, they may well be let bloud, yet alwayes taking good heede to their strength. But for a generall rule, all women (albeit they miscary or not, or that they haue conceiued) are to haue the Liuer vaine opened. But if it be not the right Pleurisie, then make a bagge with warme Millet and Bran, and lay it where the stitch is felt, and annoynt the back with *Althea* salue.

But they that are not with childe and haue the Pleurisie, it is much counselled, that their Termes be prouoked as much as is possible, whereof in the fift part is very largely discoursed. And the other (euen as is alreadie sayd) are to be holpen (according as they be of strength) by other medicines.

Rules

## Rules for such as are recouered of the Pleurisie, that they fall not into it againe. §.13.

FIrst, all they that be subiect to this sicknes, are to shun all dwellings (& principally in winter season) that are situate in the North & West, and neere the water. They must also forbeare all tough slimie meates, and all that is made of dough, Cheese, Milke, and such like: also from Vineger, sowre and sharpe, and all kinde of tarte things: Capers and Sallet oyle are also enemies vnto him. Item from all pottage, except of red and white Peale, and Beane broth, which be good for him; and of Flesh Hens, Pullets, Veale and Pigeons with it. Also colde fruits, as Apples, Peares, Chesnuts &c. are hurtfull for him: but Figs and Raisons are very meete; sod Colewoorts, and all sortes of Rapes and rootes, as Parsneps, Parsley rootes, and such like, are very good for him: and all Barley paps also.

His drinke must be thin, white, and sweete wine, or common Beere which is very cleere. To drinke water, is for this straightly forbidden: but if the patient desire to water his wine he may doe it; yet with water that is decocted with Cinnamom or Licorice. After his meale tide is he to keepe himselfe quiet one or two howers. Watching is very hurtfull for him: but to sleepe long is very good and needefull.

In eating, he must also beware of swallowing downe meate not well chewed, and of ouercharging his stomacke with meate and drinke, that there followe no harme to the stomacke. He must looke well to all these, and that he be alwaies merrie and of a light hart.

Secondly, he must take good heede for to haue alwaies an open bodie; and before he vse these pils following, he must first vse these potions: Take of the water of Fole foote fiue ounces, Sugar one ounce, drinke it euery morning fasting at one time. The pils are thus to be made: Take prepared Aloe one quarter of an ounce, *Opopanacum, Bdellium.* and Colloquint, of each one scruple, make pils thereof with sirup of Roses sire of a drag. then take euery fower dayes one or twaine, according as you are bound, and in the euening one before supper.

## A Salue.

TAke *Asarabacca*, Hyssope, Mallowes, and Rosemarie, of each three quarters of an ounce, *Sandaraca* three drag. *Spica nardi* one quarter of an ounce, Dragon blood, and the iuice of Sloes, of each one drag. Starch fiue dragms; poune each apart as small as may be, then temper it with Malmsey, and keepe this stopped tight: Herewith are you to rub the back bone and shoulders softly, and afterwards a Fore case bound thereon. And the patient must haue his vaine opened on the right hand, besides the little finger, and let it bleede fower or fiue ounces of blood.

These are the most principall meanes, wherby these perillous sicknesses may be preuented: But we will ad somewhat more to the rest.

## Certaine seuerall remedies against the colde Pleurisie. §.14.

FOr the true colde Pleurisie do serue these compounded Confections and losings; which are prepared two maner of waies, *Diaprassium, Diahyssopum, Diaireos, Solomonis, & Lohoch de Pino.* Item all that is prepared against the colde cough, as confected Elecampane rootes, Treacle, Mithridate, sweete sirupe of Pomegranates, and Parsley rootes sodden in wine, tempered with a little Vineger, and thereof dronken often. Also M. Trissrams water, and other moe *Aquæ Compositæ.* But by reason of the Ague some cooling things must alwaies be tempered amongst it.

For the common drinke you haue herebefore in the 6.§. a spetiall barley water: mollifie crums of white bread therein bounden in a cloute, straine it often out and mingle some white wine amongst it. Honie water quencheth thirst, it prouoketh also the tough humors & flegmes to auoide, and it is good for all coughes. Thin wine tempered with water is tolerable for this, if the Ague be not too strong. Item take *Cicera*, Venus haire, as much as you please: let it seethe with a little

a little Licorice. For common things, these following are very good for the colde Pleurisie; as *Assa fœtida*, Nettles with their seede, Balsam wood, with their fruits, Ireos, Myrrhe, the right Acornes, for which some doe take Calmus, or great Galingall and Starch.

## *The fifth Chapter.*

## Of the Lights or Lungs.

WE haue hitherto spoken of the outward parts of the Brest, and discoursed of their infirmities: now we will write of the inner parts, and will begin with the Lights, for that they are made as a separation betweene the pipes of the Lungs and the Hart; also as an instrument of the breath, ordained of God for the vse of the body, thereby to drawe in the outward aire, thereby to cole and quicken the hart and all inward parts, wherewith to forme also and effect the voice and speech in all that hath receiued life. Therefore hath nature made the substance of the Lights light, and like a spunge, formed with many pipes, wherby they might be the more meete to draw the breth out and in. Some ancient Phisitions are of opinion, that they were without blod; but it is not so, they haue their blod too, and are full of it: but as soone as it commeth out of the Brests, the bodie is void thereof. What great difference is betweene the Lights of men and of beasts, is not here needefull to be written. In like manner that the smaller the Lights be in ones body, the more swifter can they indeuour and bestir themselues.

This noble and necessary member is subiect to many grieuous and deadly sicknesses, whereof we will speake hereafter: But first of all we will begin with the Cough.

### Of the Cough. §. 1.

FOrasmuch as the Cough is a messenger of all the diseases of the Lights and of the Brest, and that through the grossenes, drouth, moisture, spettle and other excrements; wherby men may easily adiudge how the Brest & Lights are made within: therefore it is aduised first of all to write thereof. The ancient Phisitions doe write thus of the Cough: The Cough is a naturall motion of the Lights, the which by the aire and mouing vertue of the muscles that are within the Brest is meete and made for to cough vp all that which hurteth the lights. The mouing and breathing in the Brest is appropriated by nature; as the neesing for the braines, and the digesture for the stomacke. But before we goe any further, we will speake first of the Rheume, the which prouoketh the Cough most of all.

### Of the Rheume or Catarrhe which falleth vpon the Lights. §. 2.

HEre before in the second Part, the first Chapter, and 4. §. and afterwards in the description of the Squinancie, there are written many things of this Rheume of the Lights, which may as well be vnderstode of the Rheume in the Lungs as of the Squinancie. For the perill of stifling is euen as much, whether the Lights were stopt, or the throte were shut vp. Such things happen oftentimes through a tough slimie matter, which falleth out of the head vpon the Lights, and into the Brest, the which is very ill to be gotten out, and there resteth and abideth. We will therfore first shew, by what meanes all such stoppings of the Lights are to be remedied and cured. And for that these Rheumes are more incident to children, by reason of their moisture, therfore we will expresse certain necessary things that are requisite for the said young children.

Take Linesede which is beaten, mollifie it in clere honie, giue it to the child to lick thereof: it driueth out the slime, it separateth it, openeth the Breast, and purgeth mildly, whereof giue him fiue or sixe times, according as it purgeth much or little: but if so be that the childe will not eate any thing at all, then is there no hope of health to ensue. But then rosse an Onion in

warme ashes, wring out the iuice, put thereto as much Hens and Capons grease as there is iuice, and temper it by a soft fire, and annoynt the Childes breast therewith. Item, take Mastick, Frankincense, and Citron pils, of each alike much, and make thereof a powder, and rub the Child softly therewith aboue vpon the future of the Skull. Also you may let him lick oyle of swéete Almonds, tempered with Sugarcandy, for it mollifieth the breast, and loseth it. These losings following are not only very good for children, but for aged people, whether the same be vsed in losings, or in forme of any confection, *R. Agarici albi* ℥.18. *Spec. Diambræ* ℥.5. *Diaireos Solomonis* ℥.1. *Spec. Diatragacanthi Scrupulos* 4. *Polypodij quercini* ℥.1. *Omnia in Puluerem redacta, cum Saccaro incorporentur ad placitum.*

But with men in yéeres it hath another respect. They that be sixtéene or eightéene yéeres olde, who are infected with this disease, they shall rule themselues according to this regiment following.

Concerning the order of Diet, you haue héere before in the first Chapter and 4. §. and good aduise and instructions afterwards. Also, it is very good that the Liuer vaine be opened, and fiue ounces of bloud letten out. Afterwards two scruples or one scruple of the pils *Cochiæ* to be taken, and to kéepe one houre after them, and fiue houres after that to drinke a draught of sugred Barly water, and then to eate somewhat. This so done, he must vse this Potion following warme in the morning: Take Syrup of Endiue, Hony of Roses, and Syrup of Stechas, of each halfe an ounce, water of Cicorie, and of Endiue, of each one ounce and a halfe, tempered together.

But for this accident are Clisters more profitable, like as these be following, which are recited and put for an example. Take Poppie heads, small Houséeke, Mallowes, and Bran, of each halfe a handfull, *Asarabacca* and Betonie, of each halfe so much, séethe altogether in sufficient water, then wring it out well, and take of this decoction twelue or sixtéene ounces, oyle of Violets and of Saffron, of each one ounce and a halfe, *Hiera Picra*, and S. Thomas Sugar, of each three quarters of an ounce, Salt one quarter of an ounce: These Clisters are you to vse before none. He may lay rosted Millet, with Salt and Cammomill vpon his head, and to set oftentimes cups or boxes vpon his shoulders and buttocks (without picking) is highly commended. Or if that the partie be full of bloud, then ought they to be picked. Also if by nature he be subiect to the Piles, then ought they to be opened by rubbing with rough clothes or Figge leaues; so also is the Ore gall very good for them. Afterwards must he be washed euery day with sharp Lye, and therefore vse conuenient Sope, and let him be well dryed, continuing this tenne dayes together, but in the meane time shall he take the pils *Assairet*, and refraine the cold ayre, and kéepe his head well couered.

This Salue following is very commodious, if the shorne head be annoynted therewith, it rayseth many blisters, and thereby draweth out all the moisture frō the braines, and strengtheneth the head exceédingly.

Take one ounce of Nep, Beane meale, and Pease meale, of each three ounces, stamped rotes of *Costus* and Mace, of each halfe an ounce, Mustard séede one dragme, Pigeon doung two ounces, Marierum gentle stamped three quarters of an ounce, séethe these together in sufficient water to pappe, and vse it (as is said:) for this purpose serueth also oyle of Mastick. Item, take oyle of swéete Almonds, and Hens grease, of each halfe an ounce, Saffron one scruple, and therewith annoynt the throate and the breast. To this end may also this Syrup following be prepared: take fiue Poppie heads with the séedes of *panis diui Iohannis* (clensed from the kernels) one ounce and a halfe, Mirtle séedes halfe a dragme, prepared Licorice one ounce and a halfe, séethe them in a pinte of water, vnto two parts, wring it out and straine it, and put afterwards thereto Sugar candy, & Sugar pennets, of each two ounces, séethe it as thick as Hony. And if the Rheume fall vehemently on the breast, that it séemeth to strangle one, then take halfe an ounce of *Agaricus*, letting it stéepe 24. houres long in sixe ounces of the water of *Venus* haire, afterwards wring it out, and put as much Sugar vnto it as you please. And séethe it to the thicknes of Hony for your dayly vse, whereof is to be taken halfe an ounce at a time.

If this Rheume come with heate, then make these Pils following, and kéepe them one day and a night in your mouth. Take white Poppie séede, Purslane séede, and Lettice séede, Sugar candy and Sugar pennets, of each one dragme, Saffron one scruple, and make them all to pils, with dissolued Dragagant.

But

But if the Rheume be with cold and a great cough, then take red Styrax, Cipers Nuts, Frankincense, *Laudanum*, iuice of Licorice and Amber, of each one dragme, Reysons (the stones taken out) one drag. and a halfe, Sugar candy three dragmes, make pils thereof with sirrup of Hyssop, and vse them as before. pills.

This powder following is approued for staying of the Rheume: Take *Spica* of the Indies one quarter of an ounce, Cinamome one quarter of an ounce, of the skull of a man that dyed through violence three quarters of an ounce: take euery time it commeth one drag. after meate in Wine, or any decoction. You may also make this in lozings with Sugar, or to a powder. Further, you may take and receiue a fomentation for this Rheume, as in the first part the third Chapter, and 2. §. Item, take Frankincense and *Sandaraca* (which are very requisite for this) the water of *Consolida regalis* is also very meete for this vse. Certaine auncient Phisitions do highly commend Barly water mixt with Juleb of Violets. Item, take clere and well washed Turpentine one quarter of an ounce, beaten Licorice one dragme: put thereto seething hote flesh broth, and stirre it still about vntill the Turpentine be dissolued, and drinke it when you go to bed. Other do take also washt Turpentine, tempered with Hony, and beaten Licorice: both these are maruellous good, and specially if the patient therewith be troubled with the infirmitie of grauell. Item, Hony and Vineger wherein *Agaricus* hath bene steeped, taketh away all danger of choking. Likewise for this is very good the sirrup of greene Nutshales, which is described in the first part the thirteenth Chapter, and 4. §. looke for it there. It is also herebefore oftentimes mentioned, that as men will go to bed, they are to swallow three or foure greines of Frankincense, for that they do strengthen much the braines, and do dry and stay cold Rheumes.

If so be that through this Rheume the Pleurisie is feared, the which is thereby oftentimes caused, then take foure ounces of new made oyle of Almonds, and small filed bones of a Bore ten greines, tempered together, and so giuen the patient to drinke.

And if so be that through all the aforesayd remedies the Rheume be not remoued, then do the learned giue counsell for the last meane, which is to cauterise on the seame of the skull, the which any may do very well, if one be afraid that the patient be in danger of stifeling.

## What is commodious for the obstructed Lightes. §. 3.

3. §.

FOR the obstruction of the lightes (which prouoketh the cough, the shortnes of breath, and many other diseases) is all that highly commended which causeth to rid much phlegme, like as hereafter more amply (where we shall speake of the Cough) you shall see: yet are these things following vsed against this present stopping, to wit, conserue of Fumitorie, and all that is made of that herbe: it openeth the obstructions of all parts. In like manner, conserues of Marierum gentle, Sage, oyle of bitter and sweete Almonds, oyle of Wormewood, Syrrup of Violets, of Vineger, and *Acetosus compositus*, which do separate and lose these Rheumes that are impacted in the Lights. In like sort *Oxymel* of Squils, and *Agaricus*, haue a speciall operation for to lose all tough phlegme from the lights, for which this confection following is highly commended: Take Frankincense, Myrrh, Licorice, Saffron, and Cassy wood, of each one dragme, beaten small together, and Hony (sodden with Malmsey somewhat thicke) foure ounces, tempered all together. This confection is speciall good for this maladie.

But euery one ought to know whether this Rheume do procede either of heate or of colde, thereby to rule and direct himselfe, and may make choice of medicines that may be commodious as well for the one as the other.

## Remedies for the Cough. §. 4.

4. §.

WHat the Cough is, and how it is described of the learned, is declared before in the 1. §. But as much as concerneth the inconuenience of the Cough, we will diuide it into two sorts, to wit, a dry and a cold sort, both proceeding either of inward or outward causes. The outward are, when as any thing commeth into the throate, be it powder, dust, any pestilent ayre, or any other bad ayre, dry, moyst, or hote ayre, wherewith the Lights be infected.

In like maner smoke, sharpe meates dresst with Pepper or much salt, Medlers, Vineger, Verjuice, Limons, or such like, which passeth through the throte, be it through meate or drinke which doe slide into the vnright throte (as the common people vse to say.) The inward causes are tough slime, and rheumes, (whereof before hath been written) that fall into the breast and the stomacke. And when any vapors come into the Lights, be it of any infirmity of the stomack, Milt, Liuer, Mother, and such like: the which infirmities bring with them their owne signes, and shewe whereof they spring and sproute, which would bee too long to be rehearsed at this present.

But to come to the remedies of both these sorts of the Cough, it is to be marked, whether the Cough be drie or no; for when it is so, then commeth it of heate: And if so be that the patient be full of blod and red in the face, then according to the permission of his age, of the countrie, of the time, he is to be let blod without delay, especially if the party be drie and leane. But if it last long, it is to be feared that it will come to a consumption (which is *Phthisis.*) For this are good all coling and moyst things, as Conserue of Violets, stewed Barley (which is *Ptisana*) and such like things.

## Against all drie Coughs. §.5.

That which at the first of the stewed Barley and other things hath been said, the same is also good for this drie Cough, whereas little or nothing at all is coughed vp: But this drink is especially commended for it. Take sirup of Violets, sirup of Poppie heads, and sirup of Iuiubes, of each a like much, water wherein barley, Violets, Licorice, Raisons, and Sebestes be sodden, as much as you thinke good, tempered with Sugar. Purging is not onely commodious, but also needfull, the which is thus to be effected: Take of the said decoction, sethe therin Prunes of Damask and sower Dates, of each halfe an ounce, pilled Melon seede, Pompion seede, Cucumber seede, Gourd seedes, and Venus haire, of each one quarter of an ounce; take sower ounces thereof, and temper therein one ounce and a halfe of Cassie, for it coleth and openeth. The auncient Phisitions doe praise pilled Beanes; it is possible indeede, for that it will make the water thick. In like manner doe they commend fresh Butter wherin Almonds and Sugar are mixed, stewed Gourds, Iuiubes, Spinage, Endiue, Lettice, Purslane, oyle of sweete Almonds, Kids flesh, Pullets, and such like.

It is also good that the patient alwaies keepe somewhat in his mouth, sometimes one thing and otherwhiles another, to wit, Losings of Dragagant, Sugar pennets, Licorice, the iuice of Licorice, Sugar candy, or such like: and for this you may prepare this confection following: *R. Specierum, Diapapauere vnciam vnam, Diatragaganthi Frigidi, Diapenidionis, siue speciebus, ana dragmam vnam, Sacchari violarum vncias duas, Species Diaireos vnciam vnam, fiat mixtura.* Or take that which followeth: Take Poppy seede beaten small one ounce and a quarter, Starch, Dragagant, and Gum, of each halfe an ounce, pilled seedes of Gourds and of Quinces, of each three dragms; then make thereof a powder. Item take Sugar pennets sixteene ounces, sethe it with water of Foleswote vnto the thickenes of honie, or somewhat stiffer, and take thereof oftentimes in the mouth. Item take a little pan, and frie Currans therein, stirring them still about, that they burne not; and eate therof euery morning a full spoonfull. Item take halfe an ounce of Manna, dissolue it in fresh oyle of sweete Almonds, if there be any drest therein, straine them thorough oftentimes. For this also is very meete a bath of faire water, wherein are decocted Violets, Mallowes, and Hollihocke rotes.

Because that this kinde of drie Cough hath neede of moysture and mellowing potions, for which these things are noted downe: Take of the blacke Losings, and temper them with the sirup of Violets, and with the foresaid decoction, & drink therof as often as you will, it is maruellous good. And you may also vse it with the sirup alone. Item, take new milke, temper it with sweete butter and Sugar, and drinke when you go to sleepe, it easeth the Cough aboue all measure. Or take sower pintes of water, and the fourth part of a pinte of honie, sixe Figs cut small, one ounce of Licorice, sethe them together vnto a pinte, scum it well, and drinke thereof euery morning a good warme draught, and delay also the patients wine therewith. This is also maruellous good against all hoarsenes.

Another

Another. Temper faire well water with any of these Syrups following, and drinke thereof, to wit, with sirrup of Violets, of Poppie heads, or of water Lillies. Item, take Barly water one pinte, sethe therein foure or five Crabs, according as they be bigge, or in their stead hedge Snailes, for they are speciall good against all dry Coughes.

This Potion following is called at the Apothecaries *Decoctio pectoralis*, and is much used and had in all Apothecaries shops at Ausborough, and also very commodious: for it scoureth the stomacke, melloweth the Cough, cleanseth the tough slime in the breast, and moistneth also the same. Take new Figs halfe an ounce, Dates and Jujubes, of each one quarter of an ounce, Mallowes, Hyssop, Corans, sliced Licorice, Annis seede, Fennell seeds, and Barley, of each one quarter of an ounce; sethe them all together in three pintes of Barley water vnto the second part: but if there be much phlegmatick slime with it, then let there be sodden therewith one ounce or twaine of Hony. The like remedie haue you also here before in the second Chapter, and the 2. §. The pectorall decoctiō.

## Of that which may be vsed outwardly.

TAke Cammomils alone, or with Roses and Thime sodden together, and receiue the vapour or fume thereof into your nose.

## Hereafter follow diuers Salues, and such like.

TAke the muscilage of Dragagant, and of Gumme, of each one quarter of an ounce, oyle of sweete Almonds, and of Violets, of each one ounce, Hengrease and Calues marrow, of each halfe an ounce, Ware as much as is possible for to make a salue. Or take oyle of Violets foure ounces, as much white Ware as will make it thicke, spread thereof vpon a cloth, and then lay it vpon the breast. Item, take the muscilage of Linseede and of Hollyhock rootes, oyle of Lillies, and Goosegrease, of each halfe an ounce, Saffron ten greines, and a little molten Ware: make a soft salue of them, and therewith annoint the whole breast. This is speciall good for young children, and not vnprofitable for people in yeares. The things hereafter following are exceeding good to annoint therewith the breast, if so be it be vsed alone, or tempered with other things, like as is oyle of Cammomils, oyle of yellow and blew Violets, oyle of Lillies, and Poppie heads. Item, all fat of Hens and Ducks, of which two fats take one ounce, of Saffron one scruple tempered together, and the breasts annointed therewith.

There are at the Apothecaries two kinds of best salues, which are called *Vnguenta Pectoralia:* Take muscilage of Fleawort, Dragagant, Gumme, Linseede, and Fenegreeke seede, of each one dragme, Hens grease, marrow of Calues bones, fresh Butter three quarters of an ounce, washed togither with the water of Violets, oyle of sweete Almonds, and of Violets, of each halfe an ounce, Ware as much as neede requireth, and so tempered all togither into a salue.

This swageth not only the Cough, but also all paines of the breast. Another. Take oyle of Violets two ounces, oyle of sweete Almonds one ounce and a halfe, fresh Butter two ounces, Ducks grease one ounce, Muscilage of Hollyhock rootes, Linseede and Fenegreeke, of each halfe an ounce, let these sethe all together vntill that the Muscilage be consumed. Take molten white Ware as much as is needefull for a salue, but sturre it well about vntill it be colde. This hath the same operation with the other.

## Of a moyst and cold Cough. §. 6.

6. §.

WHen the Cough commeth with much slime and moisture, and will not be remoued, and that therewith be no Ague nor Laske, then are these lohings following to be giuen him, with water wherein *Venus* haire and Hyssop is sodden. Take Fennell seede, Smallage seede, iuice of Licorice, *Venus* haire, and peeled Almonds, of each alike much, make troches or lohings thereof with the muscilage of Linseede. You are also to prepare these Syrups following, which are passing good.

Take Irros and Elecampane rootes, of each one ounce and a halfe, Hyssope and Venus haire, of each two handfuls, white Mints, Pimpernell, Mallowes, Marierom, of each halfe a handfull, fried Linseed one ounce, raw Barly one ounce and a halfe, Licorice & Currans, of each

two ounces, Honie and Sugar, of each fiue ounces, make of them a ſirrup.

For this is also méete the vsual ſirup of Licorice, also *Strechados*, *Oxymel* of Squils, and ſirups of Uenus haire thrée or fower daies one after another, with water of Uenus haire or Scabious dronken. When as then the matter is prepared with the foreſaid things, then purge the patient with pils *Cochiæ* and *Aureæ*, of each halfe a drag. Or take one ounce of Caſſie, *Agaricus* one dragme and a halfe, *Turbith* also one drag. *Sal gemmæ* and Ginger, of each thrée greines: giue it him with fower ounces of water, wherein are ſodden Uenus haire, Hyſſope, Scabious, Licorice, and Violets.

After purging, ſome doe giue Mithridate and Treacle for olde coughes, thereby to conſume the matter. Also for old Coughs the Treacle *Diateſſaron* is to be vſed, but take what you pleaſe, giuing him a dragme at one time, according as the perſon is yong or old, with a little Barley water. The Breaſt is also to be kept warme, and the ſame to be annointed, wherto this following ſerueth: Take muſcilage of Fenegréeke, and Lineſéede, of each two ounces, freſh butterone quarter of an ounce, oyle of ſwéete Almonds one ounce and a halfe, Ware as much asis néedefull. For this is ſpeciall good the ſalue *Althæa*, and when you haue rubbed the breſt warme therwith, then couer it with carded ſhéepes woll.

Further, theſe things may be vſed outwardly: to wit, that in the morning there be laid on his head a bag of parched Millets and ſalte, or a bag with Penniroyall, Marierom, and Mints laid vpon the head: Or in the ſtéede therof, Styrax, wilde Mints, Myrrhe, & *Sandaraca*, of each a like much beaten to powder, and caſt vpon the fire, and the vapor or fume thereof receiued into the noſe and mouth. For this is also good *Nigella* ſéede, or *Sandaraca*, each alone. Item take Roſemarie, Penniroyall, Cammomill, white Mints, and Sage, of each a like quantitie: let them ſéethe togither, and receiue the vapor or fume. You may make alſo of theſe things following a cap, and weare the ſame continually on the head: it is very commodious for old folke. Take *Stechas*, *Amaranthus*, Cammomill, Melilot, *Agnus caſtus*, and Rue, of each a handfull and a halfe, Annis ſéede, Fennel, Comin, prepared Coriander, of each halfe an ounce: then lay this Cap vpon a hot ſtone, which is ſprinkled with wine, and ſo ſet it warme on his head.

The patient is alſo to holde Myrrhe a long time in his mouth, and afterwards ſwallowe it downe, for it hath a maruellous operation in all colde Coughes. A bath to waſh the féete is alſo very commodious for this: Take for the ſame Thyme, Roſes, Cammomils, and Salt, of each one handfull: let them ſéethe togither, and put the féete therein euen to the knées. This may be vſe thrée daies long, and then renew the ſame.

A fume.

A Lotion.

## Other things moe that are very requiſite for this purpoſe.

For this is alſo good all that warmeth the breaſt, whereof there are many ſortes, as two kindes of *Diaireos*, the which in the firſt Part, the 14. chapter §. 1. are deſcribed: Likewiſe *Diatragacanthum calidum*, which is alſo there deſcribed in the 2. §. Meade is alſo very good againſt the cold Cough, and all diſeaſes of the Lights, which is taught to be prepared diuerſly in the eighth Part. What pectorall potions the Apothecaries haue in vſe: the ſame is ſhewed in the ſecond Part, the ſecond Chapter, and 2. §. Elecampane wine taketh away all colde diſeaſes of the breſt. The ſame doth alſo oyle of Lillies, of ſwéete Almonds, oyle of Poppy heads, trociſes of *Diapenidion*, *Looch de Pino*, which is a confection of Pine apple kernels, *Looch ſanum*, & chiefly *Looch de Scilla*, toſted Figs, Dates, the decoction of an old Cock, with wild Saffron ſéed, wherin Hyſſope, Ireos, Raiſons or Nettle ſéeds is decocted. Elecampane, Saffron & al that is preſcribed for the cold Rheum. And becauſe that theſe Loſings, *Looch*, or confections are many times reherſed in this our booke of Phiſicke, therefore it cannot be miſaduiſed that we deſcribe them & other ſuch like here, and begin firſt with *Diapenidion*, which is made thus. Take Sugar pennets two ounces, ſwéete and bitter Almonds, and white Poppy ſéede, of each thrée dragmes and one ſcruple, Cinnamom, Cloues, Ginger, iuice of Licorice, Dragagant, Starch, Gum, ſéedes of Melons, of Gourds, and Cucumbers, all pilled, of each one drag. and a halfe, Camfere ſeuen greins, make thereof ſmall powder being all beaten and chopt, and with an ounce of this powder, 12. ounces of Sugar, and ſéethe it away with water of Foleſote vnto loſings, and then let it melt in your mouth. This Sugar is very good for all old coughes, for hoarſenes, for digeſtion, and coughing vp of phlegme.

Diapenidion.

Loſinges for a Coughe.

*Looch*

*Looch de Pino* is thus prepared: Take fresh Pingles fiftéene dragmes, stéepe them all a night in the water of Folefote, swéete Almonds, parched hasell Nuts, Dragagant, Gumme, Licorice, Starch, *Venus* haire, and Ireos, of each one quarter of an ounce, 17. or 18. Dates, one ounce and a halfe of bitter Almonds, Hony of Roses, fresh Butter, and white Sugar, of each one quarter of an ounce, 18. ounces and thrée quarters of clarified Hony, cut and poune all that is to be cut and poumed, and then temper them together with the sayd Hony, this is passing good for all cold Coughs. There is also another *Looch* or confection, the which is called *Sanum & expertum*, which is haill and approued. Take Cinnamome, Hyssop, and Licorice, of each one quarter of an ounce, *Iuiubes* and *Sebestes*, of each fiftéene, Corans, Figs and Dates, of each one ounce, Fenegréeke two ounces and a halfe, *Venus* haire halfe a handfull, Annis séede, Fennell, Ireos, Linséede, and white Mints, of each one quarter of an ounce, séethe them together in 24. ounces of water vnto the halfe part, then straine it out, and put to this decoction twelue ounces of Sugar pennets, séethe this together againe vntill it be thorow thicke, afterwards mingle the other things therein cut and beaten small, prepared Pingles one ounce and a quarter, as is afore sayd, péeled Almonds, iuice of Licorice, Dragagant, Gumme and Starch, of each one quarter of an ounce, rotes of Violets one dragme, stirre them well together vntill it be white. It is very good against the Cough and hoarsenes that commeth of colde: it melloweth and emptieth the breast of all phlegmatick matter.

Looch de Pino.

Looch Sanum & expertum.

*Looch de Scylla* which is of Squils, is very forcible to cleanse the Cough, slime, and phlegme out of the brests, and to separate the same: it swageth all paine and smart of the brest, and it may be thus prepared: Take the very best and purest part of a Squill parted asunder with a wooden knife, stamp it with a wooden pestell, and wring out the iuice: take so much Hony as there is iuice, and séethe it together vntill it be thick ynough.

Looch de Scylla.

## Of an olde Cough. §. 7.

IF the Cough be waxen olde, and so fierce, that it will not let one slépe, then doth *Rasis* ordayne to take Myrrh, Styrax, and *Opium*, of each a like quantitie, and to make pils thereof, and take one or two of them. It is often shewed before how hurtfull the *Opium* is, whereby euery man may know how to deale therewith, this following is safer. Take Syrup of Poppie heads halfe an ounce, or more, or eate alittle Poppie séede with Sugar, both of them make the Rheume thicke, and do stay the same that falleth into the breast. Item, take a handfull of Hyssop, cut Licorice, and Corans, of each thrée ounces, Fenegréeke and Linséede, of each one ounce and a halfe, beate them and séethe them in two pintes of water vntill two parts remaine, couer the pot with a funnell, and receiue the vapour or reke in at the mouth.

A fume.

And for that the Cough is a very common disease, therefore will it not be amisse briefely to comprehend what things are commodious for this Cough. First, if it procéede of heate, then are good for it the Violets and *Sebestes*. Dragagant, Gumme of Arabi, Starch, white Poppie séeds, Iuiubes, Mulberies, Mucilage of Barly, of Fleawort, of Quince séedes, péeled Melon séeds, Gourd séeds, Cucumbers séeds, Purslane, Endiue, Lettice, Melons, Almonds, Sugar pennets, oyle of Violets, of water Lillies, and such like. Conserues of water Lillies do cole and moysten the breasts, the throate and the tongue, and chiefely the sirrupe of swéete Pomegranats.

If the Cough procéedeth of cold (and if it be growne old) then are these things following very profitable, hasell Nuts, with Hony, do ripen the Cough, Smallage, Hyssop, *Venus* haire, Mallowes, Scabious, Betony, wild Thime, white Mints, Marierum, great and small water Mints, & *Chamedrios*: of rotes, Licorice, Ireos, Squils, Lillies, Elecampane, the rotes of blew Floures deluce, Garlicke, boyled *Calmus*, *Seseli*, Peale, Fenegréeke séedes, Nettles séede, Annis séede, and Fennell séede, Linséede, séedes of *Verbascum* péeled, and séeds of Holyhocks, which are both good in heate and cold. Of Fruites, Figs, Dates, Bayberies, Raysons, swéete and bitter Almonds prepared with Starch, are speciall good for all Coughes, swéete oyle, Pingles, swéete Pomegranats, & Iuiubes. Of all Spices is very commodious Pepper, Cinnamome, Saffron, and Cardamome. Further also of Gummes *Bdellion*, *Assa fœtida*, *Myrrha*, *Galbanum*, *Mastix*, *Sagapenum*, *Sarcocolla*: Likewise Sulphur, Hony, Sugar, and all that is swéete, Sugar pennets, Sugar candy, *Agaricus*, Hony combs, swallowed downe or mixed with salues, and fine Bolus.

Of Compositions, are Losings, Barly water, many Confections, Syrups, & *Manus Christi*, whereof one that hath vnderstanding and knowledge, is to make choise of such as he shall see to be requisite for the cause.

In like manner is highly commended for this the Conserues of Rosemary: all *Oxymels* are good for the Cough, specially they that haue *Agaricus* in them: notwithstanding in grieuous Coughs is to be vsed the aduise of a learned Phisition. For the Cough in Children Bathing is hurtfull: The drinke of their Nurses shall be Water and Sugar. Also it is very good for to put alwayes Sugar, or the powder of Licorice in their Pap.

nota. All sowre things are ill, and contrary to the Cough, as Vineger, Verivice, all sowre drinks and meates, and all that is cold of nature, or in any wise sharp, are straightly forbidden.

What ordinance or gouernment of life is to be obserued (be it in cold or hote Agues) you may see aboue in the second part, the second Chapter, and 2. §. where it is at length described. But this is only yet to be therewith annexed, that all moyst phlegmatick Coughes, whether they proceede of heate or colde, reasonable walking, standing, and watching, is most meete, by reason that the matter which causeth the Cough, doth alwayes fall more into the breast sleeping then waking.

## What is good for coughing vp of Phlegme. §. 8.

ALbeit we haue told here before what raiseth the Phlegme, and is commodious for the losing thereof, yet can it not be but expedient, to reherse heere againe certaine of the forementioned things, and to adde other remedies moe thereto, whereby the Phlegme might be furthered and brought vp. The Syrup of Licorice is one of the most precious remedies for the Cough: after that, the Syrup of Horehound, *De Prassio*, and of Hyssop, *De Hysopo*. If there be much tough Phlegme at hand, then is *Oxymel* to be tempered and dronken with Barly water. Waters of Folefote and Elecampane are passing good and forcible to lose Phlegme: likewise *Manna*, and Sugar pennets.

Will you then haue good *Tabulates* for this? then take Starch, peeled Melon seede, Gourd seede, Cucumber seede, and Pompeon seede, of each (being all peeled) halfe an ounce, Dragagant and Gumme, of each three quarters of an ounce, Licorice one quarter of an ounce, Sugar pennets two ounces, Saffron foure greines, Sugar candy two ounces, Violets one quarter of an ounce, seedes of white *Sesamum* halfe an ounce, of the Syrup of Violets twelue ounces, dissolue the Sugar therein vntill that you (with other things therein tempered) may call *Tabulates*. If you will make a confection thereof (like as it will best frame vnto it) then seethe not the Sugar too hard.

An oinement to stay all rewmes. And you are to annoynt the brest with these things following: Take Ducks grease one ounce, fresh Butter halfe an ounce, oyle of *Sesamum* & of Violets, one ounce and a halfe, Saffron one scruple, Graues grease and Ware, of each three quarters of an ounce: melt them togither, and wash it twice with Barly water wherein some Saffron is sodden, then mingle Saffron amongst it, which is then put amongst it, because it is speciall good for the brest for all manner of coughs and heauie breath, therefore is it to be vsed at all times in their meate.

Will you haue the salue more maturating? then temper amongst it the muscilage of *Sesamum*, and Fenegreeke, of each one ounce, with a little molten Ware. And if so be that the belly, the fundament, the priuities, and all parts round about them be annoynted with it, then will all Rheumes be stayed therewith. Item, the breast annoynted with the salue *Altheæ*, ripeneth Phlegme, and riddeth it very much. The like doth also the pectorall vnguent described in the end of the 5. §. In like maner also a stomachicall powder, which is expressed in the first part the 13. Chapter and 1. §. of the Memorie, the which is also good for the Cough, and for the Lights. Item, M. Tristrams water, and many other remedies that are also discouered before in the 6. §.

And for that there is written much of the Rheume or Catarrhe before, whereof the sayd Cough is moued, and there is likewise much hereafter to be sayd also of the shortnes of breath, the which infirmities are to haue one and the selfesame kind of remedies: therefore we will proceede now and speake of other maladies which the Breasts and Lights are subiect vnto, and how they are best to be cured.

Of

## Of a short panting Breath. §. 9.

OF this heauie and panting breath hath beene mentioned before: That the lights are by nature ordained an instrument, dwelling place, and distributors of the breath, therefore (albeit they be subiect to many diseases) yet can there not a more dangerous accident happen vnto any, then that the breath be hindred, or cannot be drawen or yelded forth againe, for that whensoeuer this chanceth, then will the affected partie be quickly choked. Yet doth it come to passe oftentimes, that if any do get a short panting breath, of which if he be not sone rid, that death must needes insue; therefore are all Phisitions full of care and trouble in the cure of the same.

And whereas this maladie procedeth of many kinds of causes, therefore haue the Phisitions giuen it many kinds of names, and specially the Grecians, which difference we are also (as much as is possible) for to imitate and follow.

That we may therefore first speake of the pursiuenes or shortnes of the breath, and whence the same procedeth, we will indede first of all describe three sorts of pursiuenes, as *Dyspnæa Asthmæa*, and *Orthopnæa*.

*Dyspnæa* is, when the breath is drawen painefully and out of course, and therefore all that are so affected be called *Dyspnæici*, who do draw their breath with great labour through the narrownes of the breast and of the lights, and they are more troubled in drawing it in, then in letting the same out againe.

*Asthma*, is an vneasie drawing of breath, where there is more griefe in letting out the breath then in taking of it in, so that this hapneth with a strong wheasing and noise, yea with such narrownes of the breast, that it seemeth that the partie would thereby yeld vp the ghost, and depart this world.

*Orthopnæa* hath both these accidents, that commeth commonly so strong, that the sick person (if he be as feeble as he may) must yet notwithstanding be alwayes vpright for feare of stifling: and these persons do finde indede, that when they are vpright, then they draw their breath in, and let it out the easier: so that *Dyspnæa* is caused only through the feeblenes of the drawing in of the breath; *Asthma*, for lacke of this force that ought to driue out the superfluous vapors out of the light, and *Orthopnæa*, where that there wanteth vigor to draw the breath in, and againe to let it out.

But these three infirmities of the Lights are very nigh of condition the one to the other, yet haue they their seuerall signes from what humors they procede, which are chiefely caused of bloud and phlegme, but lesse of *Cholera*, and very seldome of *Melancholia*. The cause of this pursiuenes may procede as well of outward cold, as of vnnaturall heate, as also of falling, thrusting, and striking, whereby any of the inward parts of the throate be tainted or pained, as Sinewes, Arteries, Muscles, Neck, and such like, iointly or particularly, whereby the breath is hindered, euen as the same may be prouoked by some suddaine strong stirring of the body, pestilent ayre, vapor or damp of Quicksiluer. The inward causes are phlegmatick matter throughout the whole body, or in any part thereof, the which for the most part infecteth the head and the lights, long and continuall vse of any choking and binding things. Item, if there were any impostume in any part about the breast, as in the throate, pipe of the lights, as in the Squinancie, paine of the stomack, suffocation of the mother, and such like. Also when as any Rheume falleth into the lights, which is comprehended vnder the foresaid parts.

The outward causes must be vnderstood by the patient himselfe, to wit, whether he haue led any vnruly life, whether he haue eaten much Fruite, much Swines flesh, much Beefe, or haue beene fed with much Veriuice, Vineger, Medlers, or Chestnuts, all which do breede a short breath: but if this shortnes of breath do come of the Squinancie, loke for the signes of the same, and likewise for other incident sicknesses, as for the signes of the Pleurisie, inflammation of the lights, suffocation of the mother, superfluitie of phlegme, euen as of either of them is sufficiently spoken of in his place.

Concerning the remedies for these sicknesses, we will first of all shew in what manner the patient is to behaue himselfe, for that helpeth much, and chiefely, for that these diseases do many times so moter and plague people (for the space of many yeares) that they can neither liue nor

dye.

dye. Because then this Pursiuenes, Coughs, and shortnes of breath are caused of all humors of a mans bodie, which is blod, *Cholera*, *Phlegma*, and *Melancholia*: therefore we will for breuitie sake, declare no certaine rule of liuing, to the end that euery one of discretion might knowe to rule himselfe according to the nature of euerie patient, and other circumstances, as also by many other instructions that are described here and there in this booke. Notwithstanding to frame an introduction thereto, this is the beginning. If in case that this Pursiuenes proceede of tough flegme that obstructeth the breast, you shall know it by this, to wit, if the patient be plagued with a grieuous and pinching shortnes of breath, and that most at all times when as this tough slime shall be remoued, to wit, two howers after midnight, euen vntill the morning. And if that he through want of sléepe, can scant come to him selfe through weaknes of wit, with a strange pleasant taste of his mouth, and casting out of salte flegme, whereby that the foote and the eies ware bleake, the breast is without heate, or with very little: yet the breast being burthened with a grieuous Cough and short breath; therto commeth also a heauie fraighted head, lithernes of the whole body, a slowe, feeble, and sometimes also a still pulse. And if the matter which is impacted in the breast be stirred, then trembleth the patient: yet with these other signes moe are many alterations, which are incident vnto them, according to the importance of the Ague, as it commeth to passe.

## Of the sixe vnnaturall things which are called *Res non Naturales*, whereto is also added a rule of diet for the Pursiuenes. §.10.

IN the introduction of this booke of Phisicke, in the eleuenth Chapter, is a briefe discourse of these sixe vnnaturall things, the which the learned call *Non naturales*, whereof we then promised to speake more at large. And to the end this may be orderly effected, therfore are we to speake somewhat thereof at large: and to that end, because the same is very commodious for many sicknesses already mentioned, and others that are yet to be described hereafter. But these are not therfore called vnnaturall, because they are contrarie or besides nature: for sléeping, watching, &c. are not contrary vnto nature, but only by reason they haue not receiued their naturall offspring of blod, *Cholera*, *Phlegma*, and *Melancholia*, wherewith the nature of man is vnited and ioined togither: and when they agrée orderly togither nature will be supported by them, especially for that they are but accidentall things, that are not nature her selfe, but be the furtherers and preseruers of the same: and by reason thereof haue gotten these names, as followeth.

Ayre. The Ayre is of the learned decréed for the first, wherein they that haue a short breath, are to obserue this rule; to wit, that men are for the same to chuse a subtile, warme, and drie Ayre. Contrariwise, men are to shun the colde and moist, and chiefly the southwinde, for that oftentimes is an occasion of a narrowe breast or Pursiuenes. But if you cannot get such an ayre, then make fier in your chamber of Juniper wood, and of a Bay trée, Cipers wood, Bœchen wood, Oken wood, and such like. Item make a fume with Myrrhe, *Laudanum*, *Ambra*, Musk, and red Styrax, three ounces; temper them all togither in Sage, wilde Thyme, Pennyroyall, and all maner of odoriferous herbes. Or if one be kept in a Stoue, the same must be made but métely warme. All places next to the earth, & all vaulted chambers must he refraine. The windowes of his chamber must stand towards the East and North, the which in the heate of the morning vntill none are to be kept open, and afterwards shut vp; and when the Sun beginneth to goe downe, then to open the same againe, thereby to refresh the ayre.

All dwellings that stand beside still standing Poles, are to be auoyded. In like maner also all darke, clowdie, thicke and stinking ayre. And when you are to goe abroade, then is the Pomander following to be caried in your hand, and smelt to continually. Take *Spica* of Indy, Galingall, and Mace, of each one dragme, *Laudanum* halfe an ounce, Frankincense, *Sandaraca*, of each halfe a drag. Muske and *Ambra* of each two scruples, make thereof a Pomander with Malmsey. Loke also that the chamber of his dwelling be strowed with herbes of hote natures: but from Rue and Smallage let him beware, for that they hurte the braines. Or sprinkle often the chamber with wine wherein the same herbes are sodden.

Motion. Motion: *Motus* is accounted the second vnnaturall thing; touching this is commanded in the straightnes of the breast, that whensoeuer any such do rise in the morning, that he shall goe forthwith

forthwith and ease himselfe, and beware how he weare any clothes that are narrow about the neck and breast: yet must he weare clothes well lyned, but no lynings of any Beast that frequent the water, or of Wolues. He must also not weare any heauie thing on his head; yet must he see that his head be well couered alway, and defended from the cold, with a light Cap or Hat. He must also giue himselfe to meetely stout walking, or to ride vpon an easie trotting horse, or to shoote in a handbow, or vse such like exercises. In the euening one howre before, and one howre after meate, shall he exercise himselfe, yet not aboue his abilitie, so that the short breath be not moued too much, wherewith Uenery is also comprehended, for that it is a deadly poyson to a full stomack, by reason that the same ought to be done fiue howres after meales. But if these exercises cannot be atchieued by reason of great feeblenes and other occasions, then in stead of them the patient is to be well rubbed with hote clothes ouer all his outward or vtmost parts, euen as the same is sufficiently taught in the second part of the first Chapter and §. 3. and in other places. This rubbing may be also well effected, with oyle of Cammomill, Dill, or with Sallet oyle, and in such manner, that if the shortnes of breath be extreame, then in the beginning is he to be suthed, and rubbed mightily, and afterwards very mildly: and this is all to be done in such sort as the patient may well abide and suffer it.

venere

If there be great weakenes approching, then let his clothes be fumed with Muske, Amber, Cinamome, *Lignum Aloes*, *Gallia Muscata*, and such like: or lay on those parts certaine clothes which haue bẽn wetted in Malmsey, or any other kinde of Wine, wherein Cloues, Galingall, Mace, *Spica*, *&c.* are decocted.

Sléepe and watching are said to be the third vnnaturall thing. And for this sickneſſe is commaunded that men giue themselues to sléepe at any hand, be it at none or euening, but only two howres after meate: but it is better that one vtterly forbeare sléeping a dayes: seuen or eight howres long is the fittest time for sléeping, yet the same may be diminished or augmented, according to the custome of the sicke body, or his diet. First they are to lye high with their heads, and on the right side, vntill the digesture of the stomack be consummated: and afterward awhile on the left side, and then againe on the right side, and to lye vpon the belly is commodious for digesture, but it is not good for the eyes. To lye vpon the backe is most perilous, and a cause of all diseases of the braines, the Sinewes, the Palsey, the Frenzie, and such like, because that thereby all superfluitie of the humors do fall downe backwards: contrarywise, measurable watching strengtheneth much, yet according to the importance and custome of nature, and power of all naturall humidities; for if one take not héede thereto, then commeth none other thereof, then all mishap. How that all excessiue watching shall be withstoode, is to be séene in the first part the 12. Chapter, and 6. §.

Sléepe.

Lyngen on backe. Verbilden

Repletion and inanition are the fourth vnnaturall things, which the Latinists do call *Repletionem*, and *Inanitionem*. You must haue an especiall care that the body be kept frée from all superfluous humors, for thence do grow many and sundry infirmities, wherefore it is necessary that they be expelled in the morning through going to the stoole, through the vrine and sweating, and by all other such like meanes. And if so be that nature cause not all this of it selfe, then ought it to be compassed through the help of stronger meanes: and first to begin with the easiest remedies, that is, with meate and drinke, but if the same cannot be perfected, then must other things be vsed according to the qualitie of the disease: but what serueth best for the griefe in the breast (whereof we héere do treate) shall be shewen hereafter.

Repletion & inanition.

The first part of the forsaid vnnaturall things is called of the learned *Accidentia animi*, which are things that concerne the minde, as anger, rage, wéeping, frightednes, feare, heauines of the minde, sorrow, and such like, whereof also procéede great sicknesses, and thereby this disease of the breast is specially increased, for that thereby are the tough phlegme in the breast drawne, and the bringing of them vp hindred, therefore are all such sick folks to be alwayes merry and of good chéere.

Affections of the minde.

The first and last part and vnnaturall thing is meate and drinke, of which all is to be chosen that is good, and to forbeare all that is hurtfull. For this it is a generall rule, that those so infected are neuer to be ouerladen with meate and drinke. Also it is better that such do moderate themselues, taking at three times but a little, then at one time or at two times to ouercharge themselues with meate and drinke. Secondly, that they swallow not downe the meate vnchewed. Thirdly, they that haue a griefe in their breast, are to forbeare eating of all that is cold, moyst,

Meate and drinke.

slimie,

slimie, and astringent of nature, as vnleauened bread, sodden fish, beefe, inwards, and fate of all beasts: also Milke, Cheese, & all that is dreft with Milke, Lettice, Purslane, Beetes, Spinage, &c. may he not eate. Meates that be good for him, are well raised white bread which is not aboue three dayes old, and bread wherein Annis seede, Licorice, Saffron, Cinamome, and Fennell are baked. Of flesh is to be chosen good Mutton, Veale, Lambe, Kids, Hares, Conies, Robucks, and the lungs of a Fore. Of Foules these are very commodious, Hens, Pullets, Capons, yong Pigeons, Phesants, Partriches, Blackbirds, wild Ducks rather boyled then rosted. Also there be good for him Broths, Coleworts, Parsly, Fennell, Mints, Sage, and Hyssop, which are to be vsed often, but Turneps and Spinage very seldome: dry Figs, Reisons, and Corans eaten before dinner and supper are much commended. And his meate is to be dreft with Fennell seeds, Annis seede, Comin, Caruwayes, Pepper, and such like things moe. Pease porredge & Beane broth is also good for him to vse: likewise Reisons decocted in Almond milke, or Goates milke. To haue his meate dreft with Sugar and Hony is very good, Vineger or Verjuice tempered with any kinde of Spice, as Saffron, Ginger, Nutmegs, Cloues, Cinamome, or Cardamom In stead of Sallet oyle, is fresh Butter, Barrow grease, and Gose grease good for him. Further, all that be grieued in the breast, shall occupie much these hearbs in their drinks and otherwise, as *Venus* haire, Hyssop, Horehound, Elecampane, and Saffron.

For his drinke, Wine is not vtterly forbidden, but he may drinke some small draughts, and that the oftner. Sweete and pleasant Wine is most wholesome for him, tempered in the Sommer with well water, in Winter with decocted water, notwithstanding that good sweete redde Wine were as good. But if the patient will not gladly drinke Wine, then is this meade following to be prepared for him: Take three quarts of the water of Cinamome and Saffron, of each one dragme and a halfe, Hyssop one dragme, seethe it so long vntill the fourth part be sodden away; then put thereto twelue ounces of Hony, and seethe it againe till the third part be sodden away: skomme it, and then let it runne thorow a cloth. Of all Wines the Renish wine is most commended, brued alittle with water, for it fumeth not into the head, but hasteneth towards the bladder, and caryeth the matter with it. Sweete Limons, Pomgranats, & Quince Peares, being well sugred, are also permitted for the appetite: but Marmalad strengtheneth much the breast and lights.

Rhenish wine. marmalad

This is then the order to be obserued in this sicknesse, chiefely when as it proceedeth of phlegme, and not for any short time, but the same is still to be continued: for as we haue already shewed, this sickness is of long continuance, and perilous, so that if one do his very best therein, yet it is in yong persons very hard, and in old folks almost vnpossible to be cured. And although there be many sicknesses of the breasts (like as is alreadie rehearsed, and shall be yet againe spoken of hereafter) yet is there no euidenter meanes for to know whether the Lightes be infected or fraighted, then through the Cough, and by that which is cast vp in coughing. It is also to be noted, whether the breathing be vneasie, slow, & wheasing, &c. For the troublesomnes of the paine, and of the fetching vp of the phlegme, do bewray the matter which causeth the disease and vlceration of the lights, therefore must all Phisitions loke diligently vnto it: for when the matter is knowen, then is it easily to be discerned, whereof this griefe in the breast is caused. This may suffice for this present.

iii. f.

## Of the breast oppressed with Phlegme. §. 11.

When any such sicknesses do light vpon men, then must they be knowne and discerned (as is alreadie recited) therefore we will write first of *Phlegma*, as of the most common infection of the breast. In this sickness is first the *Basilica* to be opened in the right arme, letting out foure or fiue ounces of bloud, and afterwards this drinke following to be vsed.

Take tenne or twelue Figs, Dates, Smallage seedes, Fennell seedes, *Venus* haire, Hyssop, and Horehound, of each fiue dragmes, seethe them together vnto about the halfe, take about three ounces thereof, and temper therewith this Confection following, and take such once in euery three dayes, or once in euery foure, fiue or sixe dayes, for it exceedingly expelleth the superfluous matter from the breast.

Take

Take the iuice of Licorice, Hyssop, and *Venus* haire, of each tenne dragmes, Pepper, bitter Almonds, Aristology, Cresses sedes, and Nettle sede, of each three dragmes, Hony as much as is nedefull for to make a confection; the Hony must be boyled and clarified. But aboue all it is to be aduised, that after letting blod he take one dragme, or fower scruples of *Pillulæ de Agarico*, which are much commended for this sicknes. Or vse these pils following *Pillulæ de Hiera composita*, *Aurearum*, of each two scruples, make thereof seuen or nine pils with sirup of Roses, and take therof twaine early in the morning: And 5. houres after that take a draught of leane Hen broth; and then one hower afterwards breake your fast. The next day, take in the morning this preparatiue *Syrup. de Bizantijs, de Calamintha, de glycyrrhiza* of each halfe an ounce, water of Cicorie, of Violets and Balme, of each one ounce, temper them altogether, and drinke thereof eight daies long fasting. When this is done, then take this purgation following: Take *Electuarij Indi* two dragmes, *De Psyllio* halfe an ounce, temper them altogither in a little warme wine, and drinke it in the morning early. Some doe counsell also, that after purging hede be taken that one vomite with beaten Mustard sede and honie: for that doth vehemently expell the matter of the stomacke. And if that you perceiue the matter be to be cast vp, then take the water of blew Flower deluce, Hyssope & Marierom, of each one ounce, water of Folesote two ounces, Sugar halfe an ounce; temper and vse them euery morning for the space of one whole weeke: afterwards take three ounces of new Cassie, and water of Folesote wherein two scruples of *Rhapontica*, and *Spica* halfe a scruple were steeped, drinke it warme, and fast sixe howers after it.

This vnguent following may also be vsed euery day, annointing the belly warme therwith, couering it with a peece of warme fur: Take oyle of Saffron, oyle of Cammomill, of each three quarters of an ounce, Ducks and Badgers grease, of each one quarter of an ounce, Saffron half a scrup. white Pepper, Ireos, and Rue, of each one quarter of an ounce, white Waxe as much as is nedefull, thereof to make an vnguent or salue.

Here is also to be noted, that all sower and egar things, and all that is drest therewith, as sower Pomegranates, Orenges, Limons, and such like are very hurtfull: In like maner is also grosse sower wine and Sallet oyle very hurtfull. These Pils following are to be prepared. Take good potte Aloe three dragmes, *Agaricus*, and the rote of Polypodie, of each one quarter of an ounce, Coloquint one drag. *Spica*, Ginger, and Indie salt, of each halfe a scruple; beat them all togither, and steepe them in the iuice of Roses and of Endiue, of each two ounces, keepe it in a warme place, stirre it often about til it ware drie, then afterwards powre thereon againe two ounces of the iuice of Marierom gentle, and let it drie also. Thirdly, temper therwith two ounces of the iuice of small Endiue, and halfe a scruple of Saffron: when it is drie, then take the waight of a drag. thereof, make pils of it; of which take alwaies one euery fift day before supper, and one more two howers after. This may euery such patient vse all his life long in all countries. The like also when he vseth the preparatiue Potions, if he be bound in his body, he may freely take one of them in the euening before meate.

These pils haue great force to preserue health; for they clense the breast, the stomacke, and the Liuer. He must eate euery weeke a peece of greene Ginger, and fast at least fower howers after it.

In winter time must he strowe vpon his head twice a weeke, this powder following: Take *Lignum* Aloes one dragme, Mace one quarter of an ounce, *Stechas*, Marierom gentle, and grosse Marierom, of each one scruple, Roses, Iuorie, and *Sandaraca*, of each one drag. and a halfe; beate all small and temper them togither. For a confection: Take *Spec. Aromatici Rosati, Trociscos de Rosis & de Spica*, of each halfe a drag. sixe ounces of white Sugar, make thereof Tabulates, and eate thereof after meate. If you vse not greene Ginger, then is also good for you, the Tabulates of *Diaireos Salomonis*, and moe confections that serue for this end, euen as it is described in the discouerie of *Asthma*. There is a fume also to be made for this patient, with Mirrhe, Costus rotes, Saffron, Cassia wood, Aristologie, or *Galbanum*, which liketh him best, each alone, or mixt togither. Also he is euery euening to wash his feete, euen to beneath the knees in warme fresh water, wherein Roses and Violets of each two handfuls, Pints, Marierom and *Stechas* of each one handfull haue been sodden.

Of

## Of the right pursiuenesse with a sore ould Cough through tough *Phlegma* in the Breast, which is called with one word *Astma*. §. 12.

By this name *Astma* some later Phisitions comprehend the three foresaid species of pursiuenes, to wit *Dyspnœa*, *Astma*, and *Orthopnœa*, for that the breath in these three sorts is hardly drawne, which is peraduenture because all the diseases of the breast and the Lights haue a naturall participation together, that they are very hardly to be discerned, euen as may be well obserued out of these descriptions following, where the lights and breast commonly are comprehended together: neuertheles they haue partly their difference, whereof we (as farre as is possible) shall giue good instructions.

It happeth also oftentimes, that these phlegmatick humors do fall out of the head into the lights and breast, that they fill them full, and if then that nature be not so strong that she cannot auoide or consume the tough slime, then will it corrupt there, and conuert into that, whereof then (if it be not loked to) the *Hectica* or *Phthisis*, which is the consumption, is wont to follow, as hereafter shall appeare. Therefore is this *Astma* to be allwayes preuented: for when it beginneth to be confirmed, then is there no more help to be done, nor cure to be wrought.

As much as then concerneth the order of liuing in this sicknes, he must (as much as is possible) rule himselfe according to these foresaid ordinances; for which, all they that are vexed with *Astma*, are to haue twice a weeke cups fastned on their buttocks without picking: what is further fit, as to open the breast, and to bring vp phlegme, you haue good remedies in the second Chapter of the Cough, and yet moe not long before in the 8. §. that may stand also in some stede for this purpose.

Now follow diuers confections and other medicines that are good for *Astma*, Take Sage, *Venus* haire, Folefote leaues, Lungwort, Violet leaues, and Hyssop, of each a handfull, Pennyroyall and Thime, of each halfe a handfull, floures of Bugloss, Violets, Burrage, and Cicorie, of each halfe so much, Annis seede, and Fennell seede, and seedes of Mallowes, of each halfe an ounce, Elecampane and Licorice, of each three quarters of an ounce, Parsly & Polypody rootes of each halfe an ounce, tenne or twelue Figs, Corans, foure ounces, prepared Agaricke three dragmes, *Spica*, Squinant, Galingall, and Cinnamome, of each halfe a dragme, Ginger and greynes: seethe this altogether with a milde fire in sufficient water, vntill there do remaine about a pinte, wring and straine it well out, then put as much Sugar vnto it as you thinke good, and let it seethe to the thicknes of Hony, vse this Lambatiue, and lick thereof as much and as often as you please.

Confection of Corans, good.

The Confection of Corans, which are vsed of all Apothecaries, is thus prepared: Take Piony rootes halfe an ounce, dryed Hyssop, Baulme, and Harts tong, of each halfe a handfull, Licorice cut small halfe an ounce: seethe these altogether in sufficient rayne water, wring it hard out, and straine it through a cloth: Put into this decoction washt Corans that be well pouned: seethe it once againe with the decoction, and straine it thorow a cloth or a hairne Searce, put thereto a pound of Sugar, and let it seethe into a confection: it is speciall good to open the breast to swage the Cough, and to maturate the phlegme.

Another. Take washt Corans or Raysons fiue ounces, seethe them softly vntill that they swell, powre them into a Sieue and presse them thorow, put thereto twelue ounces of Sugar, and then seethe them together into a confection.

This Confection following is good for the common people, take Colewort leaues with the red stalks, cut the stalks and ribs, stamp them in a wodden morter, and straine out the iuice: let it seethe, and take as much Hony as there is iuice; seethe it all together vnto the thicknes of Hony, stirring it alway about. If you will haue it stronger, then temper some Saffron amongst it. Another. Take Hollyhock rootes one ounce, Elecampane halfe an ounce, let them seethe together in water of Violets, stamp them to pap, temper therewith one dragme of Cheruill seede, and make thereof a confection with sodden Sugar, let them seethe together in water of Violets, stamp them to pap, temper then therewith one dragme of Cheruill seede, and make thereof a a confection with sodden Sugar, let them seethe together vntill they be thicke.

Or take one dragme of Rubarb, oyle of fresh Almonds three ounces, and two ounces of the

creame

creame of Milke, temper them together boyled on warme ashes, and vse thereof often, for it is very good. Some put thereto one dragme of Rubarb more, which is not to be discommended.

Young children may haue this kinde of powder prepared: Take Mastick, Frankincense, and Citron pils, of each alike much, beate it small together, wherewith rub the childe softly in the seame of his scull. Afterwards giue him hereof to licke; take fresh oyle of sweete Almonds, temper therein white Sugar beaten; but if the obstruction of the breast be much, then temper amongst it *Trociscos de Agarico*, or giue him the powder thereof to drinke; in like manner also Rubarb with *Spica* of Indie, with Cinamome, or Squinant, according to the importance of the cause. Old folks may vse this as well as young children.

How commodious the *Cassia* is for all sore Coughs, is sufficiently declared in our introduction. But for this paine in the breast, it is needefull that it be tempered with Agarick, or some other thing, according to the qualitie of the sicknes. But for this is especiall heede to be taken for women with Childe, that it be not giuen them without great cause, because it maketh paine or ache in the belly.

Item, take Sulphur viue two greines, temper it with a little Hony, and so take it in, for it is maruellous good.

There is also to be had readie at some Apothecaries a costly compound *Trociscos de Sulphure*, or called *Adulphi*, and are thus prepared: take losings of Cole, Dragagant, & Sugar pennets, of each halfe an ounce, Ginger two scruples, Licorice three dragmes, Ireos one scruple, Hyssop, Nettle seede, Rosemary floures, Saffron and Sulphur viue, of each seuen greines, mixe it with *Looch sanum*, and fourme trocisces thereof, take a little of it, letting it melt alone in the mouth, and vse it often. Trociſci de ſulphure Adulphi.

They make also a Confection of Brimstone: take Sulphur viue one scruple, mixe it with fresh Butter, and Muscilage of Linseede, or Elecampane one ounce, take thereof often, and a little at once.

The Confection of Fore lights, that is *Looch de pulmone Vulpis*, is aboue all other remedies, for the *Asthma* (which is a shortnes of breath) very much commended; for it is not only good for a sore Cough and shorte breath, but it healeth and clenseth all vlcers of the breast and Lights. And for the consumption it excelleth all other remedies, and is made thus: Take prepared Fore lights, the iuice of Licorice, Annis seede, Fennell seede, and Venus haire, of each halfe an ounce, clarified Sugar seuen ounces and a halfe; beate these together, and decocted with Sugar in the water of Folefote leaues, temper it into a confection. excelleth Looch de pulmone Vulpis. highlie commended.

Hereafter followe some good Potions for this shortnes of breath. Take Sebestes, Figs and Dates, of each fower, Venus haire, Violets, Currans and Licorice, of each one quarter of an ounce, white Poppy seede one ounce, Cinnamom one quarter of an ounce, Annis seede, Fennell, Agrymonie, Hyssop, of each one ounce, 20. Iuiubes, Sugar or Honie fiue ounces, three or fower pintes of water: let this seethe together vntill the third part be sodden away, straine the liquor throwe a cloth, and put the Sugar thereto or honie, and let it seethe againe vntill it be cleere.

Item take three quarters of an ounce of Figs, Dates, horehound, smallage seed, Fennel, Roses, Venus haire, Hyssope and Licorice, of each fiue dragmes; seethe them as before, or to the halfe.

The common people may seethe water with honie and Hyssop: and as the shortnes of breth beginneth to lessen, he must lay one dragme of *Agaricus* in the water of Betonie and Hyssope to steepe, and temper amongst it some honie of Roses, and so drinke it together. Also the common Meade, and Sugar water, is good to drinke.

Another Potion. Take a pinte and halfe of white wine, steepe therein one handfull of horehound; let it seethe together vntill the third part, straine it and put thereto fiue ounces of clarified Honie; let it seethe a little together, and scum it diligently, whereof the patient is to drinke euery day two or three ounces. Some doe take three ounces of Honie, and do melt therein halfe an ounce of Turpentine washt, or as much *Oxymel*: Both are good and sure.

A marueilous good medicine which is highly esteemed in Turkie. Take the liuer of a Wolfe, the Milt, Lights and braines: salt well the braines, and take of these fower of each a like much, let them be dried well that they may be pouned: Giue the patient thereof one quarter of an ounce with a little fresh broth three daies one after another in the morning fasting, and let him fast afterwards fiue or sixe howers. The sicke partie must take his drinke through the Wolfes throate; and when this is so done, they report that they (which vse the same) be from thence forth

freed

frēd of it all the yēre following: but if it returne not within one twelue moneth, that then it will neuer come againe. And if he had this sickneſſe any more afterwardes, they aduiſe that one ſhoulde make a lace of the Wolfes mawe, and weare the ſame all his life time on his naked bodie; for thereby ſhould he be certainely frēd of this ſickneſſe. But to trie theſe things is the beſt waie.

Water diſtelled of Elecampane or broth wherein it is decocted is verie good, and chiefly if it be mingled therewith.

Hereafter are ſome things deſcribed, which the diſeaſed may hold vnder his tong without chewing as big as a beane, and ſwallow it downe by little and little.

Take *Looch de Pino* one ounce and a halfe, Sugar pennets halfe an ounce, poune them togither. Item, take *Looch de Farfaria* (called *ad Aſtma*) as much as you thinke mete, and as much pouned Hollyhocke rotes, make a hard confection thereof with prepared honie or Sugar. And if any do reſiſt theſe weake things, then ſhall he in the ſtēde thereof vſe *Diapenidion* deſcribed in this Chapter and 6. §. And if it happen (as it wonteth often) that the ſicke perſon by reaſon of this cough cannot ſlēpe: then is he once or twice a wēke to take this potion when he goeth to bed.

Take placents of Ireos one dragme, the confection of *Philonium Romanum* halfe a ſcruple, temper it with one ounce & a half of Hyſſop water, and at the ſame time ſtrow on the top of the patients hed this pouder following: Take *Sandaraca* one quarter of an ounce, Cloues one drag. Mace two ſcruples, Roſes, water Lillies, Violets, and Poppie heds of eache halfe a dragme, *Lignum Aloes* one ſcruple, ſtampe each a part and temper them togither.

## Plaiſters or Vnguents for this *Aſtma*.

TAke fatte Dates and Figs of eache one ounce, Mallowes, Hollyhocke leaues, of each three handfuls, rotes of Mallowes and of Hollyhockes, of eache halfe an ounce, cut them to peces and boile them togither into a Pap, mixe Pigeon dung amongſt it, Turpentine, and Roſin of eache one ounce, the Muſcilage of Linſēd, and of Fenegrēk as much as is nēedfull for to make a milde plaiſter, laye it warme vpon the breaſt; the ſame doth alſo the fat ſhēpes woll.

Item, take Comfrey rotes, broade and narrow Plantaine, Purſlaine, and Henbane, choppe them ſmall and ſethe them togither in the waters of Plantaine and Purſlaine vntill it be thick, beaten well and mixt with Pomegranates pils, Acorne cups, Galles, and Mirtle ſēde (which haue bēne ſtēped eight howers in warme water:) Then ſtrained out hard and powred to the reſt and boiled vnto a little; afterwardes mingle it with fine Bolus, the meale of Lupins, and Barly meale of each halfe an ounce, *Gummi Heleny* one quarter of an ounce, Waxe, and Turpentine as much as is nēdefull for to make a mētely thicke plaiſter, then ſpread it on a leather and laye it vpon the breaſt. The vnguent *Althea* is verie good to annoint the breaſt withall, as the ſame is often here before commaunded to be vſed.

Item, annoint the breaſts with the oile of Wall flowers, of Bayes and Dill tempered togither or eache a part. Or take oile of Violets and of ſwēte Almonds of each one ounce, Duckes greaſe and butter of each fower ounces, Saffron two ſcruples, white Waxe as much as nēdeth for to make a ſoft Vnguent.

## Certaine excellent things in generall. §. 13.

THeſe things following are much commended for all diſeaſes of the breaſt, and for all coughes in generall. Firſt, the gum *Ammoniacum* diſſolued in Barly water and honie, and taken: Ariſtologie, bitter Almonds, & oile of ſwēte Almonds dreſt with all meates. Boiled Sothernwood, Balſam wood, & the fruits of the ſame: prepared Coloquint is wonderfull good for this, being vſed in pils: Cipers decocted in wine, confected Elecampane rots, *Galbanū*, the rotes of blew Flower deluce, Myrrhe put into pils of *Agaricus*, Coriander, and Spikenard ſēde, rere egs ſupt vp, or Cawdles made thereof, Lēkes with Barley water and Honie, Nettles and their ſēde with Barley water and Honie, Woodbind, *Sandaraca*, grēne Rue boyled in Vineger, Squils are ſpeciall good, roſted, or howſoeuer you will vſe them; for that they be commended

mended and esteemed aboue all other medicines. Saffron tempered in the broth of a Cocke, wilde Saffron seede, the gum *Sagapenum* giuen in with Rue water, Seselv seedes, Fore lungs prepared one drag. onely, Hyssope and all that is prepared with this herbe, is good for the lights and the whole breast, confected roots of the Star thistle *Eryngion*, conserue of Rosemary, & all that is made of Rosemary, Betony, Gilloflowers, and all that is made thereof: Nutmegs that are confected, doe consume all superfluous humors, not only of the Lights, but also of all the inward parts, albeit that some suppose, that they are hurtfull for the Lights: Walnuts that are confected in Sugar or Honie, doe warme the Lights and all inward parts, for which this thing following is very good. Take a sweete Pomegranate, cut it in fower parts, Strowe the peeces with Sugar candy, and binde them togither againe, binding or wrapping them in a moyst cloth, and let them roste leasurably, then take out the coare, & eate it for a medicine. Conserues of Eibright openeth all inward members, and al obstructions of the Lights, like as doth also the wine which is described in the first Part against the diminishing of the sight.

Calmus which is confected, hath a speciall power for the oppilation of the Lights, and to open all inward obstructions.

Comin doth also the same, Caroway and Fennell confected, or eaten rawe: likewise Fennell is good for all Coughes, roughnes of the throate, and hoarsenes. Treacle and Mithridate are also very good for this. All Losings of *Diapenidion*, of Dragagant, iuice and sirup of Licorice, and all kindes of *Oxymel* (as is already sayd) are altogither maruellous good for this disease. *Siliquæ* rosted in ashes are also good against all shortnes of breath, and all kindes of Coughes: M. Tristrams water: In like manner both the sirups of Vineger, *Simplex* and *Compositus* are also speciall good for this purpose. Also all the forementioned Potions for the Cough and the brest, euen as they are set downe in the second Chapter §. 2. In like maner also a costly stomachicall powder, which is described in the first Part, the 12. Chapter §. 1. that may be also vsed for *Asthma*.

## Of shortnes of breath through *Cholera*. §. 14.

IN the beginning of the description of this shortnes of breath we haue shewed, that the same is caused very seldome of *Cholera*; and if the same should be caused thereby, then is the same yet to be cured through the same meanes, as in all places are expressed hereafter and before.

Therefore is here no speciall matter to treate of, but onely the signes that are of this sicknes through *Cholera*, and afterwards to see wherewith to delay the heate.

As concerning the signes thereof, it commeth with great drought, heate, and gnawing about the breast, and the same rather in the right then in the left side, with a yellow colour all ouer the the breast, wherewith commeth also a roughnes of the tong and of the throate, and especially about the time when the *Cholera* accustometh to moue and stirre, which is from three a clocke vntill nine in the day time, whereby the patient will also cast vp small store of flegme, and that is yellowish: In his sleepe appeareth yellow things, and fiery fantasies, as lightening, and such like: The pulse is hard, quicke, and continuall, except the patient had lost most part of his naturall strength: the Vrine is thicke, yellow, and ruddie, but in the bottome cleere and subtile: yet doe these signes alter with euery mutation of an accident, according to the which euery expert person may know to direct himselfe. These things following doe cole the heate of the breast in generall, and the inflamation of the Lights; as Cassia, new Conserues of Roses, Julep of Roses, sirup of Roses, and such like; conserues of Burrage, Bugloss, and their wine, if they be not expressly forbidden for some reason.

In like maner the Cherrie wine, which is of a temperate nature. Item, Conserue of Violets & Julep, Conserues of Citrie do clense all inward members of *Cholera*, driueth it out through the stole, and doth withstand all Agues of *Cholera*: Peaches confected in Sugar are also a speciall comfortatiue for all hot diseases, for that they cole all inward members, like as doth also the Conserues of water Lillies.

Take the iuice of Chickweede, and Veruaine, or the water wherein they are decocted (if you please) it is very good for all Coughes. Sirup of the right Endiue is speciall good for hot Lights, and for all inward hot parts. Likewise also Manna of himselfe and his confection, *Electuarium de Manna*, which is ready to be had at all Apothecaries.

## Of the shortnes of breath through *Melancholia*. §.15.

EVen so it is also with *Asthma* through *Melancholia*, which is through the heauie blod, that happeneth very seldome, whereof these are the signes: a right leaden colour of the face, and the brest, running eies, with great heauines of the spirits, wherwith is also a fearefulnes, faintnes of hart, desire to be solitarie, especially from nine of the clocke in the day time, vntill two or three in the night: he complaineth also of more abatement or lacke of breath in the left than in the right side, and of little slepe: he is also vexed with many heauie fantasies, he cougheth vp much thin spettle, and that with much a doe: his water is thin, white and clere, his going to stole is lead coloured and hard. There is heard much rumbling & winde in his breast & in all the body. Yet doe these signes alter through diuers occasions, so that you must note the meate and drinke that the patient hath accustomed himselfe to vse before time.

How this disease is to be remedied and cured, you shall finde in the first Part, the twelfth Chapter, §.8. of Madnes, of *Melancholia*: and all that is said in the third Part of the fowle melancholicke blod.

## Of the shortnes of breathing or Pursiuenes through winde. §.16.

WHereas there is any short breath, or heauines in the brest through winde, the same will be alwaies augmented through meates and medicines that engender winde, as may well be noted through the rumbling and course of the winde in the breast and other places more.

For this must be vsed, Rue, and Penniroyall, of each one ounce and a halfe, *Serapinum*, *Opopanacum*, of each one dragme, Comin one ounce and a halfe: all this being beaten togither, make thereof a salue with molten Waxe, and annoint the breast therwith very warme. This salue is also very good for all heauy breathing that proceedeth of grosse tough matter and that is impacted into the Lights: for it separateth and consumeth the same. What further might be done for this, that may you sufficiently perceiue by all the forementioned Treatise, wherein hath bin spoken of this sicknes. For this short and sore breath through winde cannot be alone by it selfe: but there must be with it either *Cholera* or *Phlegma*, or *Melancholia*, or blod: of all which there is sufficiently written.

## Of the spetting blood through some disease of the Lights. §.17.

THe spetting of blod may come of many occasions of the braines, which are wont to be eased through bleeding at the nose, whereof is written in the first part the eight Chapter and 7.§.

Secondly, through any hurting or brusing of the throte or the mouth; for which you are to looke in the first part the 13. Chapter.

Thirdly, through hurting of the gums, whereof we haue sufficiently mentioned in the first part; also the same is sometimes caused of the Lights, brest and stomacke, also of the Liuer and of the mother, &c. This spetting of blod do the Greekes call *Hemoptoin*, whereof we will write at this present.

The cause of this bleeding may happen through falling, thrusting, and such like outwarde occasions of the breast, or of any horsleach drunken, through great heate or great colde, strong coughes, to crie lowd, to vomit much and vehemently, through long vse of hot peppered meats, or through vse of oinions and garlick, through much subtile blod, through neglect of accustomed letting of blod, and through some disease of the Lights: or when a paine chaunceth to breake, whereof hereafter we shall discourse in particular.

The signes of this spetting of blod that commeth out of the breast, or out of the Lights are, that when the same proceedeth out of the breast, then will there be felt great paine in the same: and contrariwise, when it proceedeth out of the lungs, there will be felt very little paine, the spetting

spetting blod out of the breast is not so perilous as that from the Lights. But when there is a vaine broken open, then runneth it most abundantly. If it be caused of any other inconuenience, as of impostumations, bruses, or hurts, then commeth vp but little blod, & that full of scum.

When as then a sicke man through haking without coughing fetcheth vp blod, it commeth from some little vaines about the throte, where you may easily come by it with any kinde of remedies: but the patient for this disease must forbeare to eate excessiue meate and drinke, by reason that thereby much blod is engendred, whereby through the superabounding in the vaines the throte openeth: but if he be prouoked to such bleeding through vomiting, then it is a signe that it commeth from the stomacke: the which is not much to be feared, for that the same is to be easily preuented through letting blod, setting boring cups, opening the mother vaine, or opening their termes or flowers: in like sort by taking some astringent things, as the seedes of Shumach, sower grapes, and such like. Item, through this potion following: Take fine Bolus, Gum, Dragon blod, Pomegranate blossoms, and Frankincense, of each a like much, poune them togither to powder, and take thereof three dragmes, and temper it with sodden iuice of Quince peares. For meate is very good, Starch, pæled Beanes, Lentils, Pease, vnleauened bread, Turtle doues, and common Pigeons: Of fruites, all that binde, as Medlars, Seruices, Quince peares, Prunes, Peares, and such like: For drink, milke wherin are quenched glowing pibble stones, stæled water, thicke red wine a little now and then, sirupe of Poppie heads tempered with water, wherein Quince kernels and Myrtle seedes are decocted. It happeneth oftentimes that such spetting of blod commeth of it selfe, without any cause at all, whereof the patient is neither hindred nor harmed at all, and is to haue his course: but if the same do chaunce through coughing, which is a signe that the same ascendeth from the lights and the breast, then is it to be feared, that it will be *Phthisis*, that is, the consumption which then ensueth, bicause one cannot come to this place with necessarie remedies. Then for this sickneſſe it is best to let blod immediately at the first, and that in the Liuer vaine, whereby the blod may be deriued from the Lights. Others do first of all open the *Saphæa* on the fæte, that the blod might be drawen downwards, and alwaies on the same side that it is adiudged the disease to be. The third sort counsell for this disease, to set boring cups on their buttockes. This being all done, the patient is to be laide in a cole chamber, where he may be as quiet as may be without much stirring of himselfe, and must kæpe from him all that might inflame his blod, as anger, crying, copulation, laughing, hot couerings, hot and salt meates and drinke, bathing and such like. There are also no red colours to be brought in his sight. Aboue all this, binding is one of the principallest remedies against abundant bleeding, therefore is that also here to be vsed, as in other places is sufficiently taught.

There are ordained many mo remedies against this spetting of blod, euen as hereafter followeth, whereof you may chose that which liketh you best.

Take Frankincense and Dragon blod, of each three drag. and one scruple, of yellow Amber one drag. prepared Bloodstone and sealed earth, of each ten drag. Allume two drag. and a halfe, flowers of Pomgranats three dragmes, *Opium* two dragmes, Rubarb one quarter of an ounce, make thereof 18. trocisces with sirrupe of Poppie heds, then temper euery day one in Purslane water, and so drinke it. And if this spetting of bloud be too violent, then may the patient take one more at night.

These things following are more certaine, becaule of the *Opium*: Take Mumia, Mastick, fine Bolus, and Dragon blod, of each alike much, being all beaten small together, make trocisces thereof with Purslane water: for this is also good *Trocisci de Carabe*, and of *Terra Sigillata*.

Now follow certaine confections and such like, wherewith the cause of this spetting of bloud will be taken away, for the which this following is a certaine remedie. Take a dragme of Eglhels beaten small, and temper it with halfe an ounce of the Syrrup of Poppie heads, or sirrup of Iuiubes: temper also with it the confection of *Philonium Romanum*, halfe a scruple, and so take it: if you had rather drinke it, then mixe it with some Purslane water. Item, take conserues of Roses and Violets of each one ounce, the confection of *Triasandalon* three ounces, prepared red Corall, Purslain seede, and broad Plantain seede, of each one quarter of an ounce, temper them together with Rose water. Or take the spices of cold Dragagant cakes halfe an ounce, yellow Amber, prepared red Corall, Bloudstone, fine Bolus, Plantaine seedes, and Houseleeke, of each one dragme and a halfe, Gumme, broad Plantan seede, of each halfe a dragme, Mastick,

Frankincense, of each thrée greynes, Raisons one ounce, white Sugar as much as is nédefull, Purslain water and Rose water, of each two ounces, sœthe therewith the Sugar, vntill it be as thicke as Hony, and temper the rest being beaten small amongst it. Item, táke Pingles one ounce, Cozans one ounce and a halfe, beaten Licorice halfe an ounce, Ginger, one dragme, Cinnamome two dragms, as much Sugar as the rest: sœthe them with the water of Plantain, and temper the rest, being chopt and beaten amongst it.

Take Henbane sœdes tenne greynes, prepared Cozall one scruple, two oz thrée ounces of Plantain water, temper them together, and giue it him to drinke: put also therto the tabulates of *Diatragacanthum*, the confection *Diacodion*, *Looch de Portulaca*, each alone, oz tempered to a confection, with the sirrup of Mirtles, the red losings are also to be holden in the mouth that stand described with other. Treacle oz Mithridate do maruellously withstand the spetting of bloud, if there be taken of them one dragme and a half, tempered with Vineger and Purslane water. The confection of Fore lights described heére before in the 12. §. are also highly commended aboue all other remedies.

Against all clodded bloud in the breast, be it of any wounds oz otherwise, you are to drinke this: take field Cypers, stamp it small, and lay it 24. howres to stœpe in Scabious water, wring it well out, and drinke oftentimes thereof warme.

Item, take the herbe Horsetaile, beate it to powder, and drinke thereof euery time one drag. with Plantain water twice a day. This powder may you also cast vpon the meate, and a little Bloudstone mired amongst it. Item, take prepared Bloudstone, mire it with water oz iuice of Purslane, and swallow it downe; for this stone hath a speciall force to staunch bloud like as experience bringeth with it. Oz take two scruples of prepared bloudstones, and temper it with the renning of a young Déere, and make pils thereof, and hold them awhile in your mouth.

Item, take Iuiubes, Sebestes, Dragagant, Gumme, of each one quarter of an ounce, Annis sœde, and sœdes of Hollihocks, of each one drag. one quart of stœled water: sœthe these together to the third part, whereof the patient is to drinke foure times aday. Item, take sirrup of Poppie sœdes, of Iuiubes and Mirtle sœde, temper them together, oz take each alone; make a drinke thereof with water wherein Quince oz Mirtle sœde is boyled.

Another. Take Mirtle sœde, broade Plantain sœde, both beaten small, of each one dragme, temper them with Purslane water, and drinke it treatably. Oz vse this following in this manner also: take beaten Lupins one quarter of an ounce, prepared bloudstone one dragme, tempered with Purslane water, and drinke it as is sayd. Betonie layd in Wine is also many times approued in the spetting of bloud.

There may also Salues be vsed outwardly vpon the brest; yet héere is to be noted, that it is very commodious for the spetting of bloud, but for the Cough very hurtfull, therefore this following is rather to be vsed: take oyle of Roses, of Mirtles, of swéete Almonds, & iuice of Prunes, of each alike much, and make thereof a salue with molten waxe. Item, take beaten Frankincense, temper it with the white of an Egge, and lay it on the breast. Oz take the iuice of Sloes, *Hippocistis*, Dragon bloud, blossoms of Pomegranats, Gals, Mastick, and Roses, of each foure scruples, Turbith, fine Bolus, of each one dragme, oyle of Roses, of Mirtles, of Mastick, of each halfe an ounce, the white of an Egge, well beaten, and Waxe as much as is nédefull for a salue. The black Tabulates described in the second part the second Chapter and 2. §. shall the patient hold vnder his tong. And if this be desired to be more forcible, then is it to be prepared as hereafter followeth: take Dragagant, Plantain sœds, a little parched, and Gumme, of each halfe an ounce, bloud stone, the yellow sœdes of Roses, fine Bolus, sealed earth, Amber, and red Cozall, of each one dragme, Mucilage of Fleawort sœd, tempered with Purslane water, as much as is nédefull for to forme therewith these trocises, vse them as is said.

It is also nédefull that the body be purged. For which this sirupe following may be vsed: Take Myrtle sœde and the sœde of Butchers brome, Roses, blossomes of Pomegranates, the yellow sœdes of Roses, Acorne cups, Gals, iuice of Sloes, and *Hippocistis*, of each halfe an ounce, white Saunders, Quinces and burnt Iuorie, of each one quarter of an ounce, Dragagant, Gum, fine Bolus, and Dragons blod, of each one drag. and a halfe, Sealed earth and Mastick, of each thrée drag. Frankincense, white Poppie sœde, of each two drag. and a halfe, prepared Bloodstone halfe a drag. the iuice of Plantaine, and iuice of Quinces, of each fire ounces. You must straine and scum the iuice, then powre thereto as much raine water as will serue to sœthe

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it togither, and make thereof a sirupe with sugar, whereof giue one ounce and a halfe tempered with three ounces of Purslaine water during certaine daies early in the morning.

This sirupe doth not lose, but stoppeth much rather, and stancheth blod. For the purging, vse these pils *De Agarico*, two scrup. *Cochiæ* one scrup. make thereof seuen pils. Or make the sirupe of Roses laxatiue with Rubarbe in an astringent decoction, and Purslaine water, wherin the shels of yellow Mirabolanes be decocted, and this is a soluble and god purgation, it clenseth well the blod. But if the cough be with it, then against night giue him a pill of *Cynoglosso*, and let him hold one in his mouth by day.

## For a broken vaine in the Lights or breast. §.18.

THe signes of a broken vaine in the Lights are (as is already said) if the blod be suddenly spet out or powred out by heapes, and that clere, cleane blod, and not clodded, then is present remedie to be loked for before it turne to an impostume, or that the blod be congealed and turned into matter. For if so be that there be neglect therof, then is there dãger of neuer more to be holpẽ. And if so be that such forcible blod wil not be staied, then are you to open out of hand the Liuer vaine, in the same arme of the same side, where you thinke that the vaine of the Lights is broken, and then to let no more but two or three ounces of blod. And if you perceiue that there is any *Cholera* run out with it, then is the bleding of the nose not bad for the same. But if this will not helpe, then is the head vaine to be opened betweene the thumbe and the first finger, and let out about two ounces of blod. There is god for this to purge choler with Cassia, sower Dates, Manna, and such like.

To drawe the blod downward, the patient is to be rubbed softly with warme clothes in the outward members, also to set great boring cups vnpickt on the top of the buttockes: and if the piles could be made bleede, that will do it much god.

## Salues.

TAke beaten Gals, Acornes, Butchers brome sedes, and the iuice of Sloes, of each halfe an ounce, Nettle sede, sedes of Plantaine and of Purslaine, of each three drag. Dragagant, Gum, Isinglas, Glew, of each fiue dragmes, Barly meale one ounce and a halfe, Starch, Mill dust, of each one ounce, Saffron one drag. sethe it in red wine, which is somewhat milde, and make pap thereof, and lay it vpon the breast, and renew it once euery fower and twenty howers. And in case that the pap cleaue hard on the breast, then must you lay a fresh thereon.

Item, take Sorrell water, water of Balme, Cicorie and Rose water, of each sixe ounces, *Trociscos de Spodio, de Rosis*, of each two scrup. red and white Behen, *Doronicum*, Harts bones and Pearles, of each one scrup. Malmsey halfe an ounce, temper it togither and sethe it a little, then dip a fower square woollen cloth in it, and lay it lukewarme ouer the left breast, in like manner one more on the same side of the backe bone, and refresh it euery day once.

For stanching of blod there are many sundrie remedies described in the first part, the eight Chapter, in the 7. §. where we haue spoken of the bleding of the nose, yet is there here commanded to be vsed (if neede require) these things following.

Take Henbane sede and white Poppie sedes, of each fiue drag. sealed earth and red Corall, of each two drag. and a halfe, prepared Blodstone one drag. and conserue of Roses fower ounces, temper them all togither and make a confection thereof. Vse a little thereof, and that with great heede: for this also may be taken the oyle of Rosine distilled with Ireos and prepared Sulphur two ounces, Ireos one drag. beate it togither very small, and vse thereof euery day three or fower greines. Yet it is to be vnderstood, that this is not to be done, but after all the foresaid things, as letting of blod, and such like be done.

Afterwards it is very god once in eight daies to take one quarter of an ounce of Turpentine, with a little Ireos rowled with powder of Licorice.

This following is to be laid vnder the tong: Take cold Dragagant Tabulates two ounces, prepared Blodstone, Amber, Glew, red Corall, and Pearles, of each one dragme, temper them

all togither with *Looch de Papauere*, as much as all the rest, and hold at all times thereof in the mouth the bignes of a Beane.

## Order for meate and drinke.

IT is very needefull in this disease to obserue a certaine order in eating and drinking: therefore he is to fede with that which coleth measurably, which thickneth the matter, and draweth it togither. From the first day to the fourth, the sicke body is to be kept soberly: afterwards is his meate to be drest and sod with one of these things following, as Dragagant, Gum, or a little cleane Glew, or a pap of Starch, of Mill dust, or at the leastwise other meate strewed therewith. Pap of Goats milke that is prepared with pebble stones or steele is good for him. Sodden Calues feete, or Lambes feete, Pullets broth, or Capon broth drest with Isinglas are very commodious for him. There may also somtimes a peece of a Tench or an Eele, with other intrailes of fish be sodden in other meates: for it is certaine that those things for this sicknes are very commodious. In like manner are the Lentils sodden with Wheate, and drest for this sicknes very meete: for this is also fit Iuiubes, Dates, Barly, thicke milke, fresh Cheese, all kinde of flesh wherein is little blod, as wood Pigeons, Turtle Doues, and Partridges prepared with binding things, as with Quinces, Barberies, Raspes, and such like, &c.

If this spetting of blod be causeb through heate, then dresse his meate most with Lettice, Purslaine, Gourds, Melons, Daisies, Shepherds purse, and such like.

For his drinke this following is very good: Take twelue ounces of very good honie, fower pintes of water, that is twice steeled with steele, being well sodden togither, temper amongst it Dragagant and Gum, of each one drag. and a halfe, Saffron one scrup. let it sethe againe vntill the third part be sodden away. But if one will not drinke thereof alone, then is good red wine to be tempered amongst it. But let him drinke what he wil, if Isinglas be sodden in all his drinks, or the powder thereof be mingled amongst his drinke, it is the better. He may also otherwhiles take a draught of Rose water, or Purslaine water. Raine water is commended aboue all other sorts of drinks, if a vaine be broken in the breast, and chiefly if there be a little fine Bolus, or burnt Iuorie tempered amongst it.

This following is praised for a precious and an approued powder: Take the seeds of Plantaine, Butchers broome seedes, and the iuice of Sloes, of each one drag. prepared Pearles, red Corall, Amber, Bloodstone, and Dragon blod, of each one quarter of an ounce, fine Bolus three quarters of an ounce, Dragagant, Gum, and Frankincense, of each three drag. temper, and beat it togither.

You are to take one scruple of this powder with Purslaine water fower times a day, one hower before breakfast, one hower before supper, and likewise two howers after.

## For congealed blood. §. 19.

WHen it is thought that (after the vaine is stop in the breast) then is yet still a little clotted blod behinde, then are these things to be vsed thereto. For which is fine Treacle highly commended, if thereof be taken one dragme, or a dragme and a halfe, with three ounces of water, wherein Licorice and Venus haire haue sodden. Or take olde Treacle one dragme, one ounce of vineger, two ounces of Rose water, temper it togither and giue it him. For this is also good the water of Larks spurs, billet coles one quarter of an ounce beaten small, and giuen to drinke in vineger is a generall medicine for all clotted or bruised blod. So is likewise the renning of all yong beasts especiall good for all clotted or bruised blod. If then any body hath caught a great fall, or is hard stroken or thrust, and afraid of any clotted blod, then giue him euery morning and euening (each time) two or three ounces of the iuice of Cheruill. Item, take Cheruill water and Louage water, of each one ounce and a halfe, or two ounces, & drinke it at a draught. Or take of Rubarbe halfe an ounce, Lacca one quarter of an ounce, fine Bolus, and sealed earth, of each one dragme, Rubarbe halfe a dragme, if you put thereto some burnt Sponges, it will be so much the better, make a powder thereof, and vse it as is afore said. Another: Take fine Bolus

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halfe an ounce, sealed earth one drag. Dragon blod and Spermaceti, of each halfe a drag. make a powder thereof, and giue him a dragme of it with white wine. This plaister following may also be made: Take Goates milke and honie, let them be well warmed togither, then temper amongst it as much fine Bolus, vntill it be as thicke as a plaister, and so lay it vpon the breast: it wasteth the clotted blod.

If any be afraid that through falling or thrusting he haue broken any thing in his body, or feare to haue any clotted blod within him, then is he to drinke one dragme of this following with warme wine or beere. Take fower ounces of the rootes of red Bugloss, cut them in peeces, and let them seeth in a pot of red wine vntill they be soft, then take them out and beate it to pap, put thereto two ounces of Spermaceti, and one pound of fresh Butter, let them melt togither with a small fire, and therewith annoint the place, where the paine is greatest, and chiefly about the breast.

Lastly, in the middle of the spetting of blod, take one ounce of the iuice of Plantaine, temper therein two or three greines of *Opium*, and giue it to the patient. Or make these conserues following: Take white Pepper and Henbane seede, of each fiue drag. sealed earth and *Opium*, of each one quarter of an ounce, pæled Hempe seede and Saffron, of each fower scruples, Beuerrod, *Spica*, *Euphorbium*, *Pieretrum*, Pearles, Amber, Zeduary and *Doronicum*, of each one scruple, Campher fiue greines, sodden hony as much as is needefull, giue of this halfe or a whole dragm. with one ounce and a halfe of Plantaine water, tempered with halfe an ounce of wine.

## Comfortable things in and after the spetting of blood. §.20.

FOr to keepe nature by hir might and power, these confections following are to be vsed. Take the flesh of Capons that are sodden with Dragagant in steeled water fiue ounces, white and red Corall, Dragagant, Gum (both a little toasted) of each one dragme and a halfe, fine Bolus, Amber, sealed earth, *Mumia*, and Blodstone, of each one dragme, Purslaine seede and Plantaine seede, of each three dragmes, Almonds steeped in the iuice of Quinces, three dragmes, Iuiubes, Sebestes (so dresse also) of each one ounce, *Specierum Electuarij Regum*, one quarter of an ounce, *Species* of the colde Dragagant Tabulates fower ounces, white Sugar and Sugarcandie, of each one pound and a halfe, or so much as you please, seethe the Sugar with Pullet broth, & mixe all the rest amongst it, and make of them morsels.

## Another.

TAke *Species de Gemmis*, which are set forth in the description of the hart, one dragme, and giue it with sirupes of Apples, this strengtheneth the hart and the Lights, it is very good for those that after spetting much blod, be so faint harted, that they seeme to haue no more pulse.

For conclusion: for this spetting of blod we will here present some particular things to be vsed for the same, where there is neither phisition, nor Apothecarie neare hand, bitter Almonds with Starch are passing good for this, and also for all colde coughes: *Agaricus* one quarter of an ounce, steeped in fiue ounces of Purslaine water, and wring it well out, and so in one day at two times taken. Flowers of Pomegranates, *Hippocistis*, and prepared Corall, of each one dragme, with the white of an egge and Gum tempered togither to Trocisces, and so holden vnder the tong.

The iuice of Quinces, Centorie, burnt and washed Hartes horne, prepared Amber, *Lycium*, sealed earth, fine Bolus, Myrtle seede, Myrrhe, or a little of al of thē three or fower greins at one time taken with wine is passing good. Likewise the iuice of Mints, or of Purslaine is highly commended for this disease. For this is also good the white Henbane seede, but not aboue three greines at once to be taken. The yellow seede of Roses, white Brier, and many other things moe that are aboue rehearsed, amongst other compounds (which are to be vsed alone) are very good.

## Of the infection of the Lights which is called *Peripneumonia*. §. 21.

THis name is as much to say in Greeke as *Phlegma*, which is phlegme, slime, or corruption of the Lights, which matter infecteth the lights, maketh them swell, and bringeth an hote Ague with it. This is caused chiefely of *Cholera*, or of *Phlegma*, the which falleth through the vaines, or out of the head into the lights, and may be caused of the matter that prouoketh the Pleurisie, or Squinancie, and falleth into the lights. And although the *Peripneumonia*, as an impostume of the lights happeth to breake out, whereby the lights are wounded; yet is it notwithstanding therein severed from the *Phthisi*, that this infection of the lights is rather placed betweene the small skinne which couereth the lights, then in the substance of them where it can procure an exulceration: where contrarywise the *Phthisis* which is the right consumption that harmeth, impostumeth, and rotteth the very substance of the lights.

The signes of this *Peripneumonia*, or maladie of the lights are these, namely, a troublesome breath, as if one would choke, whereby the sicke bodie is compelled to lift vp himselfe, his breath is alway hote, so that he doth alwayes call for cold ayre. This phlegme is sometimes somewhat browne, and otherwhiles pure red, and sometimes greene and blacke and skommy. They do feele a wringing and paine in the breast, that reacheth from the ribs to the backbone. There is also a stronge Ague commonly therewith, the tongue is red, and will be in time slimie and black, so that when one toucheth it with the finger, it cleaueth thereto. They cannot lye neither on the backe nor side, but must sit alway vpright: the cheekes are alwayes so red, as if they were painted. If then these signes all or in part do appeare, then is it most certaine that there is an impostume in the lights, the which otherwhiles causeth such a strangling, and *Apnæa*, that the patient can get no more breath, and that it cannot be thought otherwise, but that the patient must stifle, and all this without any great stitch or feeling of great heate, which neuertheleſse is very great ouer the whole body.

The remedies for this sicknes are that the head vaine be opened, & afterwards the meanes be vsed which heere before in the fift Chapter in the 5. §. are prescribed.

The remedies for this sicknes are, that the head vaine be opened, and afterwards the meanes be vsed, that heere before in the 5. §. is ordayned for the Pleurisie, be it of what cause soeuer that they procéede, but good heede must be taken, for that this impostume sticketh deepelier in the body then the Pleurisie: so that whatsoeuer one layeth outwardly vpon the bodie, must be stronger & alwayes tempered with such things, that may conuey the medicine to the lights, and make the phlegme to be losed the sooner, that which is to be layd on the out side, must be layd on the side, but aboue ouer the breast; and if that the patient be not let bloud, then is he to be let bloud in the liuer vaine in the arme.

## Of the anguish of the Lights which is called *Empyema*. §. 22.

THis disease of the lights is all together like the foresayd *Peripneumonia*, and procéedeth commonly of these causes following, to wit, when one is thrust hard vpon the breast, or hath fallen, whereby that afterwards there flow bad humors to it, that at length alter into matter. Also, this sicknes can be caused of a continuall vse of some certaine vaporish meates and drinks, or through a Rheume that falleth out of the head vpon the lights, and cannot be coughed vp by any meanes, so that there it doth putrifie, and must néedes turne to matter: Or that inwardly within the breast some impostume happen to breake, whereby the matter runneth into the hollownes of the breast, like as of the Squinancie, of the Pleurisie, and *Peripneumonia* commonly chaunceth.

In fine *Empyema*, which is an anguish or impostume, wherein much matter gathereth together, the which is burthened with all the foresaid matter with it.

When as then any such anguish commeth into the Lights, then is it very hard or vnpossible to be holpen, for that there be no other meanes for to cleanse the same then through the Cough, the which still exulcerateth more, and consumeth the lights.

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The signes of the impostume in the Lights, are oppression of the breast, a painefull breath, to cough vp corruption with a dry and salt Cough, to speake snappishly, a disordred pulse, with a small Ague, which is rather perceiued by night then by day, whereby there is but little sleepe.

And to know in what place of the Brest that this impostume is, these are therfore the signes, namely, if it be in the right side, and the patient [illegible]ie vpon the left side, then hath he much more paine and griefe.

Item, make a cloth wet in water wherein fine Bolus is dissolued, binde the same rounde about the brest, and vpon the place; where the same cloth is first of all drie, there is the griefe: if it drie on both sides, then are both sides therewith infected.

This sicknes, be it as perillous and incurable as it will, notwithstanding are there no other remedies to helpe it, then they that are ordained for the paine in the Brest, for the Pleurisie, and chiefly for the cough: So that there must be vsed for the same now and then sirups, and otherwhiles Plaisters, Confections, Pils, Tabulates, Gargarismes, and such like, nowe one, and then another.

Forasmuch as then we haue notified in all the foresaid places, and in the insuing *Phthisi* or Consumption, many remedies, therefore it is needeles to reckon them here againe, but onely to remember, if the amendment come slowly, that then it should not be discontinued and left off. For that this disease accustometh commonly to tarrie fortie daies and longer. And if so be that the sicknes be not cured in fortie daies, then commeth thereof the consumption, and whereas it often happeneth that neither inward nor outward remedies doe helpe for this sicknes, then doth the last refuge and necessitie constraine, that other remedies are to be sought for: to wit, that lastly the Brest must be opened, be it with a hot iron, corsie, or incision, that thereby the filth and matter be let run out, whereby the breast is to be clensed, the patient cured, and olde age atchieued. Therefore that we will not pretermit to make knowen, what the auncient Phsitions haue taught thereof:

First all such Plaisters are to be laid therein, that doe discusse matter and maturate it. As these following: take Fenegréeke, and Linesæde meale, of each three ounces, eight or ten fat Figs, sire or seuen Dates, two ounces of Pease meale, Cammomill one ounce and a halfe, poune them all togither and sæthe them in wine, and temper therewith two ounces of Turpentine, and Linesæde meale one ounce and a half, oyle of Cammomill one ounce, then make a plaister thereof, and lay it on the brest where the paine is.

And if you suppose that this swelling proceede out of a cold cause, then put thereto two ounces of Pigeon dung, Saltpeter one ounce, and oyle of Lillies as much as is nædfull, Treacle or Mithridate (if there be no Ague) taken inwardly or layd thereon outwardly are very good: and that this impostume might the sooner breake out, the patient must prouoke himselfe as much as is possible, to lie on his side where it is, not to forbeare coughing, but to prouoke himselfe much rather to cough vp the same, as much as he can, thereby to breake the same the sooner.

But if the anguish will of it selfe not incline to any breaking, then must the place where the same is, be opened on the outside, with an hot iron, Corsie or incision; when as the matter is all run out, and the impostume mundified, then it is like other impostumes to be cured. And if so be that through riddance of much filth be it through coughing it vp, or any other issue, that nature doth begin to be weake, and requireth strengthening; then is the patient to be well prouided for, with good light bread, and swæte white wine, and broths of Hens, and vse all fowles that haunt the high countries: Goates milke is very good for him to vse: also rere egs, sodden Barley, Coleworts broth, dresse with Hyssope, Parsley, and with oyle of swæte Almonds. Lastly, all his meates are to be tempered with Hyssope and Saffron, by reason that they haue both a speciall congruitie or affinitie with the Lights and the Brest.

Also there may be vsed the confection of the flesh of Capons described of late in the 19. §. for a strengthening.

With these foresaid things we will ad some other things, that are not onely commodious for the impostume of the Lights, but also for the *Asthma*, and all other diseases of the Lights: but chiefly some Potions, as wine of Marierom and *Asarabacca*, like as both of them in the ende of this booke are described. Item, take Fenegréeke, Linesæde, Hollihock rotes, Mallowes, and wilde Saffron, of each one handfull, dried Hyssope, and Venus haire, of each one handfull, eight or ten fat Figs, Currans two ounces, Sugar pennets, Licorice, of each one ounce, Fennell seed

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one dragme, *Turbith* halfe an ounce, Ginger one scruple, *Sal gemmæ* halfe a dragme; seethe these all together in three quartes of water, vnto two quartes, and euery day giue the patient thereof fiue ounces.

He may also vse this Cocke water following, the which is thus to be prepared, when as the greatest extremitie is past: and when the patient beginneth to recouer, then giue him a good Cruse full of this broth following, for certaine daies continually. Take a Cock of three or foure yeres olde, course him so long vntill he lie still; afterwards kill him, and stuffe him with Currans, Figs, Licorice, wilde Saffron, Venus haire, white Mints, Penniroyall, Fenegreeke; if you cannot get all of them, take the most parte of them, of each a like much: let them seethe in a great kettle that you neede to powre no more water vpon it, drinke of this as is said. But the third day, take fiue ounces of this Potion, and seethe therein two cut Figs, vnto three ounces: then put thereto a dragme of Treacle or Mithridate, *Philonium Romanum* halfe a scrup. washt Turpentine one drag. and a halfe, and then take it all at one time.

This order must he obserue certaine dayes together, albeit that it should last one whole yeere, which would be the better. Likewise there is good for this sickness, Turpentine taken with Honie, and prepared Fore Lights, for it openeth the Breast, clenseth the same, and healeth the Lights.

Another Cocke water. Dresse the Cocke as he ought to be, and stuffe him with Hyssope, Licorice, and Venus haire, of each halfe a handfull, Currans halfe an ounce: let them seethe well togither, and lastly put a dragme of *Thymus* vnto it, vse this broth, as is aforesaid. Item, melt a drop of *Ammoniacum* in a spoonefull of the water of life, and drinke it fasting.

## Of the consumption *Phthisis*, a disease of the Lights. §. 23.

THis *Phthisis*, (the which by reason of her nature, is called the Consumption and of the Latinists, *Tabes*) is an vlcer of the Lights, of the Breast, of the throate, or of the mouth of the stomacke, wherewith is alwaies a Cough or a small ague, wherby that the whole body consumeth away, and wareth impotent. Or *Phthisis* is an exsiccation and weakning of the body, whereby the whole body will be consumed, euen as the Greeke name sheweth.

Item, *Phthisis* is a sickenes of the Lights, that dryeth away and consumeth the flesh, marrowe, and all other powers of the bodie. In fine, *Phthisis* is all that harmeth the Lights, or deuoureth them: This disease is also of such nature and qualitie, that it seldome infecteth the very young, the very old and aged persons, but most of all, as *Hippocrates* testifieth, those that are betweene eightene and 35. yeres of age: and this is the cause that the eager and sharpe matter in this age, be it through naturall or accidentall causes, doth as then raigne most of all in these kinde of bodies.

First, this Consumption can procede of many causes, as of a sore Cough, whereby any vaine doth breake in the Lights, or of any eager brackish rheume that falleth vpon the Lights, and there through his eagernes doth arrode some vaine of the Lights, as a drop of water thorough continuall falling pearceth a hole into a hard stone.

Secondly, this can also be caused through an impostume of the throte; the which breaking, falleth into the breast and there annoyeth the same.

Thirdly, if any impostume in the breast which after the Pleurisie, inflamation of the Lights, or spetting of blod is not well clensed and taken away. Like as of *Empyema* (which is the infection of the Lights) hath been said.

Fourthly, such can also be caused through some obstruction of any accustomed course of womens Flowers, or course of the Hemorrhoides, which being closed vp, by their vapors do endamage the Lights.

Fiftly, it commeth through extreame outward heate, or colde rawe windes, and especially in the falling of the leafe. Also straines, wounds, pestilent ayre, through long vse of many hot spices, Onions, Garlicke, and other things moe, which doe ingender much and subtile blod, whereby a vaine quickly commeth to breake, wherby afterwards the blod putrifieth there, and turneth to an impostume.

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These sicknesses can also be well prouoked through long conuersing in quicksiluer, the vapor whereof harmeth and putrifieth the Lights.

These also are the commonest signes of this sicknes, to wit, when the sicke mans nose waxeth small and sharpe, when the temples of the head fall downe, their arme pits doe stretch out like wings, whereto commeth afterwards a small hot Ague, Cough after meate, oppression of the brest, grieuous breathing, matterie spettle, the which is alwaies a little dyed with blod, which if it be cast ouer hot coles, yelde a stench; or if one cast them in a kettle of water, do sinke to the bottome. The chekes of the patient are alwaies ruddie, the nailes on the hands and fete will be croked, he is sometimes hot, and otherwhiles cold. In fine, they that are oppressed with this wretched sicknes, they are alwaies very raging and vnpatient, so that no body can doe enough for them, &c. When as then besides all these signes, the blod beginneth to consume, to drie away, and the haire to fall off, then is he very far spent.

Now for to come to the meanes whereby all such sicknesses are to be holpen, then is there first an olde saying, that the old and ripe consumption is not to be cured: The cause is, that all such vlcers of the breast doe corrode too deepe. Secondly, because the Lights must be in continuall motion, where notwithstanding all cures haue nede of quietnes. Thirdly, through continuall motion doth race and eate in the deeper. Fourthly, for that the disease lyeth so deepe in the bodie, that Phisicke can hardly or slowely come to it. Fiftly, if hot remedies be to be vsed for it, then increaseth the Ague: if colde remedies, then haue they but small force to pearce to the place infected: Or if there be drying medicines vsed thereto, then doe the same oppresse and putrifie there.

These sicknesses may be setled a long time in children and old folks, in corpulent and fat folks, and specially in women: but if the sicknes do draw to an end, and that besides all the sayd signes the stomacke faileth, and the laske approcheth with it, then is there small hope more at hand, notwithstanding, although this sicknes (as it is sayd) is very dangerous, and long continuing, yet are the due remedies that serue for the same not to be despised nor abiected. And before all, as much as concerneth this disease, the eies are to be fixed on seuen kind of things, First, to see that the Rheume be stayed, for the which you may here before finde diuers remedies in the Squinancie in the twelfth Chapter and 2. §. Also in the fifth Chapter 2. §. Secondly, hede must be taken to the vlceration of the lights, for which in this present description of the lights very many remedies are prescribed, moe shall be hereafter specified.

Thirdly, to driue away the Ague, and for that to this sicknes many kinds of Agues are incident, as may appeare in the first part of this booke. Fourthly, care must be taken to diminish this Cough, neuertheles to beware not to hinder altogither the coughing vp of the phlegme, for the which here before the 4. and 5. §. and also afterwards. Fiftly, the patient must obserue a good rule of liuing, whereof hereafter followeth a good instruction.

Sixtly, meanes must be made to take away the spetting of bloud, whereof is at large discoursed in the 17. §. Seuenthly and lastly, care is to be had to lengthen the sicke bodies short breath; for this, loke into the 12. §. of *Asthma*: what is further nedefull for this sicknes shall follow hereafter.

First there are here expressed foure principall things, as well fitting the patient for fode, as for remedie, to wit, Hony, conserue of Roses, Crabs that are taken in fresh waters, Figs, and certaine other fruits.

As much as concerneth the Hony of Roses, it is alway more forcible then the common Hony, because that it expelleth phlegme and matter, pierceth and cleanseth, therefore is Hony accompted a safeconductor of all other medicines which are commodious for this sicknes. But if so be that there be with it a vehement heate, and putrifying Ague; then in the stead of the same Hony is Hony water to be vsed: For which cause some say that the Hony is not to be vsed in this sicknes alone without scumming, for if the same be not scummed, and do not sethe it is hurtfull, and causeth the Laske.

The second is the conserue of Roses, through which only some preserue themselues, and prolong their life: and if through vse of this the bodie chaunceth to be stopt, then is sirrup of Hyssop to be vsed, and if the same be too hote, then are *Trociscos de Camphora* and cold Tabulats of Dragagant to be vsed.

Thirdly are the Crabs, which must thus be prepared: take fresh water Creuets as many

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as you will, sæthe them so long in well water vntill they may be plucht in péces, then cut off the fæte and skins, take off all the shels, and wash them well in Lye that is made of Vine ashes, afterwards sæthe them very mellow in Barly water, the patient must eate the Crabs, and drinke the water.

Fourthly, there are good for this disease in stead of Philicke, Raysons, Figs, Pingles, Pistacia, Corans, Sebestes, and Iuiubes.

But for this we will discouer moe other remedies, amongst which is chiefely commended Asses milke, and if the same cannot be gotten, Goats milke is to be taken in the stead thereof; also bread sopped therein is to be eaten, and if that may be, he is to vse no other drinke sugred; but if that cannot be, then is he to vse therewith some sugred Bære, yet is it no counsell to vse the Milke, if therewith be any putred Ague. Here is also to be noted, that womens milke surpasseth all other milke: but be it what milke that it may be, yet must the same be dronken new milked, for all milke very quickly taketh an alteration and corruption. But if all manner of milke is lothsome to the partie, then prepare him this potion: Take Ireos one quarter of an ounce, of Hyssop and græne Venus haire (if it may be gotten) of each one handfull, pæled Barly three ounces, Melon sæde, Cucumber sæde, Gourd sæde, Pompeon sæde, sædes of *Verbascum*, Fenegræke, Iuiubes, and Sebestes, of each halfe an ounce, Licorice and Raysons, of each one ounce, white Sugar nine ounces, Hony three ounces, sæthe it all together except the Sugar and the Hony in a sufficient quantitie of rayne water, according as you will haue it strong, let it sæthe to the second part: when it is strayned, then put the Sugar and Hony vnto it, let it sæthe awhile, and clarifie it.

And if so be that after the vse of Milke, there follow a small Ague, then shall he in stead of Milke, vse Barly water, or a thin Barly pap, for that clenseth the brest, and coleth the same, and expelleth phlegme, but as sone as the Ague goeth away, then may you returne to the vse of the Milke.

## The rule of liuing.

First, they that haue the consumptiõ are to chuse al such dwelling places, where it is always cold and moist, and chiefly where he is troubled with the Ague, situated to the North East and on the water. But if he cannot get the same, then must his chamber be often sprinkled with faire water; and if he be of ability, then is the chamber to be sprinkled in the place of common water, with stilled water of Violets, water Lillies, Cucumbers, Gourdes, Pompions, mingled, or each by themselues: or strow the chamber with Violet leaues, water Lillies, Vine leaues, and with other colde herbes. The chamber may also be fumed with these fumigations following, which are made of water Lillie flowers, Lettice sædes, and Purslaine sædes beaten together. He must not couer his head too warme.

Secondly, almost all exercise and trauaile is hurtfull, principally when as yet his head is full of humors; therefore shall he refraine all labour, and to be still and take his rest.

Thirdly, he must beware that he doe not ouer eate himselfe, and it is more commodious to eate oftentimes, and to eate a little at once, then for to eate once or twice a day very much: And so it is also with his drinke. He must also beware and refraine to eate without hunger, and that which he eateth must he chew very well, whereon manie doe thinke but little, that doe either hate or finally estæme their owne liues. In like sorte must he eate to expell all the superfluitie of the stomacke or bowels. If there be any such thing in the stomacke, then must it be taken away by stooles, for vomiting is very hurtfull for this disease, but Manna or Cassia are to bee vsed herein. But if the going to the stoole be hardened in the bowels, then must this Clister be ministred: Take Mallowes, Bætes, Violet leaues, and small Woodbind, of each a handfull; sæthe them together in sufficient water, take thereof twelue or sixtæne ounces, oyle of Violets, and of white Sesamum, of each one ounce and a halfe, fresh Butter three quarters of an ounce, *Salgemmæ* fower scruples, or one quarter of an ounce of common Salt, minister it onely in the morning.

Fourthly, his sleepe must be seuen or eight howers long, and not at all, but at the least one howre after supper, he must shunne sleepe a day times, and is to sleepe halfe sitting, and not to lye vpon his backe nor on his face.

Fiftly,

Fiftly, he must beware of anger, of calling alowd, and of all that will impacte the phlegme in the breast, as of sorrow, feare, fright, and aboue all things of Venerie, for there is nothing that more abateth the nourishment of the body, then the same, but he must by all meanes possible indeuour himselfe to be mery and of good cheere.

As much as concerneth the first, to wit, meate, and drinke, for that you haue this common rule, as, that his bread be of good white Wheate, and baked well, rising: also if the same be dressed with the water of Folefote, it were very commodious. Of flesches are good for him, fat Pullets, Hens, Capons, & all field fowles, as Phesants, Partriches, &c. Also yong Kids, Calues, Hares, rosted Pigs, Fore lights, and the fewet of all these Beasts. All water Fowles, wilde Pigeons, and Geese are forbidden him. But this meate is specially commended, take Almond milke when he hath a strong Ague, and where there is no Ague take Goates milke, and sethe crums of white bread therein to a thin pap, and let him eate therof, & such like paps made with wheate meale, Barly meale, or Millet meale, swetned with Sugar or Sugar pennets; amongst which one may temper some white Poppie seedes.

All fish are permitted for this sicknes, and chiefely all riuer fish: Crabs haue also a speciall propertie, vertue, and secret operation against this maladie. And if one cannot get Crabs, then take in the stead of them garden Snailes, and let them with their houses boyle with Hyssop and Fennell, then take them out, and bestrow them with Sugar, or fry them with Butter, as it liketh the patient best, for they cause the phlegme to arise, and moisten the bodie: all herbs that moysten and cole are good for this disease; yea it behoueth that all the pacients meate be dressed with the same, as namely with Beetes, Lettice, Spinage, Burrage, Purslaine, Melons, and Shepherds purse, which haue a speciall operation for this sicknes in coling and moystening. But Coleworts and Turneps must he forbeare: Rise sod in water, wherein 24. howres before wheaten Bran hath beene steeped, may he well fede vpon, for through the Bran doth the water get a coling and moystening operation. So is there also good for this sicknes, red and white Pease, notwithstanding that they be warme and dry in the first degree, which warmth and drouth is taken away by dressing. For amongst all kinde of pottage, there is nothing more requisite then this for the Lights. But the auncient Phisitions do much commend stued Barly, *Ptisanam*, of all other pottages, for it is light of digestion, slipperie, and loseth the phlegme very well; it altereth also the bad, dry, and Aguish complexion. And albeit that Barly is hote and dry in the first degree, yet all such drouth is taken away through the moysture wherewith it is boyled, whether it be sodden and dressed in water, Almond milke, or some fresh broth; for it is familiar to the stomacke, cleanseth the same, quencheth thirst, putrifieth not in the stomacke: for these vertues is Barly commended of all auncient and later Phisitions that are expert in Physicke. So do they also commend Otemeale, which hath almost the same vertue, and is like to the Barly, but is not so common in vse, yet are the right Otemeale paps very good, so are paps also of Beane meale, of Lentils, of rough bearded Wheate, of Starch dressed with Almond milke, or the broath of Hens, as occasion shall serue.

Aboue the foresayd fruits the hasell Nuts are tollerated and allowed of, yet but few, least they spoyle the stomacke: vnsalted Cheese is very good for him, but old Cheese is highly forbidden, and albeit (euen as is sayd) milke is for meate tollerated, yet is not Butter, nor Hogs grease, neither Sallet oyle commendable for this disease; neither yet any meates which are dressed with much fat. Oyle of swete Almonds, and oyle of Walnuts are accompted for the best, because that the other stuffe the head: all salted fish and flesh are hurtfull, like as be vineger, veriuice, and such like, and specially if there be salt in it: but if any of these be vsed, then delay the sharpnes with Sugar; but swete Pomgranats and Citrons well Sugred may he vse well ynough. Hony is not good in his meate, although the same vsed after another manner be good and profitable, euen as is here before expressed.

He must beware of all Spice, vnlesse they be dressed with some other coling herbs, as with Violet leaues, Purslaine, Spinage, Lettice, Endiue, and such like. But Saffron is much commended for this disease, for it strengtheneth the hart, the breast, and clenseth the Lungs. White Wine is good for his drinke, if it be cleare and somewhat swete: but the sowre and hard Wine harmeth him, if so be that the Wine do not fume into the head, then let him drinke it by it selfe, but if it be heady, then temper it with sodden water, or the water wherein Licorice, Bugloss, Elecampane, Folefote leaues, and such like are decocted, this must be his drinke at meales, but

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if he drinke betweene meales, then is he to drinke sugred Barly water. Heere haue you now the second time a description of the fiue vnnaturall things, the which the Phisitions do call *Res non naturales*, like as the same are before set downe in the description of *Asthma*.

## Heere do follow many remedies for this disease.

Looch de Cancris.

TAke the tailes of fresh water Crabs fiue ounces, prepare and dresse them as is before instructed, the seedes of Endiue, of Sorrell, of small Endiue, and of Lettice one dragme and a halfe, Pingles that haue bin steeped one night in Foleswte water two ounces, stamp and chop them altogether, and sethe them with foure ounces of Sugar & Hony to a Confection. There is also another Confection made of Crabs, called *Looch de Cancris*, as followeth: Take the tayles of god fat fresh water Crabs foure ounces, Raysons the stones taken out two ounces, 30. Iuiubes, Licorice two ounces, Venus haire, Teasell leaues, Hounds tong, and Dill, of each one quarter of an ounce, Sethe this altogither in sufficient water to the halfe part, then wring it out, and put thereto sirrup of Poppie heads, and white Sugar, of each foure ounces, and when it is well clarified, and decocted to the thicknes of Hony, then put vnto it sirrup of Licorice, Almonds chopt small, and Gourd sede, of each halfe an ounce, seedes of Mallowes and Quinces, of each one quarter of an ounce, Purslaine and white Poppie sede, Dragagant, Gumme and Starch, of each one drag. poune all these small together, *Species Diamoschu*, and *Diambra*, of each one dragme, temper them all well together. Item, this *Looch* ensuing may also be prepared for this, the which is very god for the consumption, the drouth and heate of the throate: Take Licorice sliced, Raysons without stones, of each one ounce, Iuiubes and Sebestes ten or twelue, sethe them altogether in two quarts of water, that there remaine not aboue the eight part, then strayne it through a cloth, and put thereto fiue ounces of sodden Wine, Sugar pennets two ounces, and so let it sethe thicke together, whereof the pacient is to take twice or thrice a day, and likewise in the night treatably, a small spoonefull at once, for this are also god *Looch de Pino*, *De Farfaria*, and *Looch de Papauere*.

Another Looch.

To these foresayd confections is this following highly commended: Take the iuice of Pimpernell, of *Bistorta*, or powders of the same, of each halfe an ounce, conserues of Roses one ounce and a halfe, temper them well together, and let them sethe ouer a small fire; or if it be hote weather, set it in the Sunne vntill it be thicke. About the *Bistorta* is a great debate amongst the learned, euery one may therefore looke vnto it that will.

Bistorta.

Item, the confection of Fore lungs described before in the twelfth §. is speciall god for all such as haue the consumption, taking dayly the quantitie of a Nutmeg. The operations that Treacle and Mithridate haue in this disease, are declared in many other places of the booke. The warme and cold Dragagant tabulats are also speciall god for the consumption, and that according to the importance of the same.

Item, take eight ounces of Hens flesh which is sodden in Barly water, and as much Almonds, beate them all small together, and temper therewith one ounce and a halfe of Starch, and the whites of fiue Egs well beaten, with foure ounces of beaten Sugar, temper them all together with Rose water, and let them sethe well without the Almonds and the Hens flesh: when it then beginneth to be thick, then stirre the Almonds and the Hens flesh amongst it, and make morsels or small cakes thereof, and let them dry in an ouen. The confected Almonds are speciall god for all such as consume away, for they giue god nourishment; in like sort the confected Pingles, if they be steeped first 24. howres in Rose water.

This following is a costly powder: Take white Poppie sede one ounce and a quarter, Starch and Dragagant of each three dragmes, pæled Melon sede, Pompeon sede, Cucumber sede, and pæled Gourd sedes, of each seauen dragmes, sedes of Purslaine and Mallowes, of each fiue dragmes, burnt Iuorie, and the iuice of Licorice, of each three dragmes, Sugar pennets as much as of all the rest, make a powder thereof, and giue euery morning thereof one quarter of an ounce, with the sirrup of Poppie heads, or sirrup of Iuiubes; this is god against all vlcerations of the Lights, and against all Coughes, for that it is of wonderfull operation, yea also in them that do cough vp peeces of their lights. If you will haue a powder of it for to strowe vpon your meate, then put as much more Sugar vnto it.

Item, take Lungwort, and prepared Fore lights of each halfe an ounce, and two ounces of Sugar,

Sugar, and make thereof a powder. And you may make these pils following for to lay vnder the tongue, which are very good against the Cough, and against the Ague: Take pæled Melon sæde, Gourd sæde, Cucumber sæde, and pæled Pompeon sæde, of each fiue dragmes, white Poppie sæde, Purslaine sæde, of each seauen dragmes, Sugar pennets as much as all the rest waigh, muscilage of Quinces as much as nædeth for to make pils therewith.

Item, conserues of Betonie, and conserues of Gilloflowres (being both of one operation) are passing good against the consumption: The conserue of water Lillies coleth marueilous well, and the wine thereof. In like manner Rosemary wine, and of Clary, are also good for this, euen as in the last of this booke their operations are discouered.

Here followeth also a precious Capon water which much strengthneth the heart, and restoreth all weakenes: Take an old Capon, chop him small, and put vnto him Bugloss water, the water of Burrage and Dandelion, of Endiue, and *Carduus Benedictus*, of each eight or ten ounces, grosse beaten Cinamome and Pionie sæde, of each halfe an ounce, Saffron and Nutmegs, of each one scrup. Roses, Mints, Sage, and flowres of Burrage cut small, of each one handfull, Bugloss the roote and herbe one ounce, Harts tong, Violets and Rosemary flowres, of each halfe a handfull, Pisselden of the Oke halfe an ounce, let all this digest in a Stiller, and afterwards distill it like other water, this is speciall good for childzen.

These cold remedies following are very meete for a consuming bodie, which is hote and dry, to wit, conserues of Roses, sirrup of Poppie heds, Roses and Violets, Purslaine, cold Dragagant tabulats, and the confection of *Diarrhodon* which is very temperate. Of warming remedies if the patient be not too hote, like as in *Astma*: these following are good, *Diaciminum*, *Diaireos Solomonis*, *Dia Hyssopo*, *Dia Calamintha*, *Dia prassium*. In like manner, the sirrup of all these aforesaid, also the sirrup of Licorice, Iuiubes, and Venus haire, but chiefely the last of them, which is not too hote. This patient ought alwayes as well before as after meate to sit in a warme bathe of water, and to sit therein so long vntill that the vaines begin to swell and growe big.

Plaisters and Unguents haue also good operation in this disease, to wit, such as hereafter insue: Take prepared Crabs tayles (as is taught before) twelue ounces, sædes of Endiue and of small Endiue, of Sorrell, of Lettice, of each one dragme and a halfe, Mace one quarter of an ounce, pæled Melon sæde, Gourd sæde, Cucumber sæde, and pæled Pompeon sæde, of each three dragmes, Pingles two ounces, beaten Sugar foure ounces, and Hony of Violets as much as nædeth for to make a plaister, and so lay it warme vpon the breast.

## A good Oyntment.

TAke the fat of a white Cat, Harts suet, Barrowes grease, the marrowe of Harts bones, Dogs grease, and Badgers grease, of each one ounce, Honie two ounces; melt all these togither on a milde fire: afterwards put thereto Beuercod and *Euphorbium*, of each halfe an ounce, long Pepper fower scruples; beate that small which is to be beaten small, and make thereof with sufficient Ware and oile of Cammomill an oyntment. Some haue not without cause dryed Betony and fielde Cipers, stamping of each halfe an ounce, with three dragmes of Turpentine put vnto it: and as this vnguent is somewhat hot, so is this following temperate. Take one ounce and a halfe of the oyle of Violets, fresh butter three quarters of an ounce; melt them and powre them into a mortar, and put thereto one ounce and a halfe of womans milke that hath a daughter sucking on her, stir it togither vntill it be well tempered, and annoynt the brest therewith; it is good against heate, it swageth and loseth flegme: Therefore it is also good in *Astma & Hectica*. Item, take the whole Purtenance with hart, lights & liuer as it hangeth togither of a black Calfe, chop it togither very small, and distill it in a glasse helme in seething water, you may take thereof as much as you will, and temper amongst it as much Nettle water as of the former, and rub therewith the withered members.

If so be then the marrow in the bones doe also wither away (as is admonished at the first) then take a Fole of a yere olde, let it be killed, fleyed, and all the bones cut in peces: take the marrowe out: then take washt Turpentine, Hounds grease, and Harts suet, of each halfe an ounce, cut and melt the marrow, but the skin that sticketh to the bottome preserue that alone: for being powdered it is good for all sores, the molten marrow keepe still in the pan, and temper

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one with another as long as an eg may be sod, and let it cole: you may take thereof the bignes of a Walnut, and annoynt your selfe twice a day therewith, on the handes and side, and elsewhere if it be nedefull.

It is also to be noted, that there is another sorte of Consumption called *Febris Hectica*, which proceedeth also of this contagion of the Lights, but we will speake further thereof in the first Part, where we doe treate of all other sortes of Agues, as also of other witherings of the members, of lamenes, and the Pore, in the fourth Chapter of this boke.

## Of the stinking breath in *Phthisis*, or the Consumption. §.24.

OF all the former diseases and putrifactions of the Lights, it is easily to be vnderstode, from whence the breath hath his beginning and whence it stinketh, and that it cannot be amended if the disease whereby it is corrupted be not taken away and cured; whereof is spoken more at large in the first part, the 13. Chapter, and §.3. therefore wee will speake more briefly of it: for which Master Tristrams water is very good. Likewise the iuice of Wormewood tempered with Vineger, and the mouth washt therewith. Confected Calmus, Elecampane and Citron pils, are also very good with their sirups. In the first Part the twelfth Chapter, and 1.§. is a powder set downe which beginneth thus, Take Sene &c. Annis and Fennell sedes confected, and such like, doe also take away the stinking breath: the which also doe swete and bitter Almonds, be they confected or no.

But hede must be taken for the consumption, that no laske or flure happen with it: and if such doe happen, then is this powder following to be vsed. Take Gum of Araby, burnt Ivory, fine Bolus, and Myrtle sede, of each a like much, make thereof a powder, and minister thereof euery day as long as is very nedefull, three dragmes at a time, with sirup of Poppie heads and Myrtles.

For to conclude this Chapter of the Lights, we will ad hereunto certaine nedfull and necessary things: to wit, the medicines which by nature voluntarily ease the Lights, as Ireos, Hyssope, Licorice, Raisons, Venus haire, Squils, Saunders, Pingles, Forelights, Horehound, Honie, Sugar, Dragagant, Fenegreke, Barley, Saffron, Ameos, Colewort broth, the broth of an old slued Cocke, Cherries, *Lignum* Aloes, Hasell nuts, *Opopanacum*, *Serapinum*, *Mirrha*, Radilhes, Daffodill rotes, Lilly rotes, Frankincense.

These thinges following doe clense the Lights and the Breast; as *Agaricus*, Hyssope, Woodbind, *Sarcocolla*, Cassia, Ireos Coloquint, the confection of *Diasena*, and the pils *Cochiæ*.

These things following doe strengthen and warme the breast and the Lights, as Hyssope, Horehound, Ireos, Elecampane rotes, Cammomill, Hollihocke rotes, Currans, Squils, Balsam wood, *Mirrha*, *Serapinum*, Lilly rotes, Venus haire, Licorice, Indie *Spica*: and amongst the cõpounded things are *Diacalaminthum*, *Diaprassium*, *Diahyssopum*, Ireos Tabulates, the confection of Pingles and *Looch de Pino*. For the coling of the Breast these things, Iuiubes, Sebestes, Dragagant, Gum of Araby, Starch, and white Poppie sede, swete Almonds, Violets, Sugar candy, Mulberies, Saunders, Sugar &c. Of the compounded things, the confection *Diapapauere*, cold Dragagant, Sallets, Sugar pennets, and other things more: that with many more are described before.

We must note further, that although the disease of Childzen, which is called the infection of the hart be a malady of the Lights, and a kinde of Consumption, yet for some causes it is described in this Chapter following.

### *The sixt Chapter.*

## Of the Hart, the most precious part of mans body.

ALl they that are expert in naturall things, or in Philosophie, do write, that the Hart is the first member that is found in all liuing bodies; and in like maner the last that dyeth of all other parts of a liuing body: the which is very well to be beleeued, for that it is a perfect fountain and offspring of life, & of all natural heat; and is also it selfe hotter then any other member: therfore in all beastes it is set in the middest of their bodies, that it might warme the blod, spread the same abroad

abroad ouer all the whole body, and therby preserue life right in the middle of the breast, (which is contained in this second Part of this booke.) The Hart hath his place in mens bodies, but with his picked end tendeth towards the left side, and left nipple: therefore doth the common people suppose that the hart lyeth in the left side.

Out of this springeth first the vitall spirits, *Spiritus vitales*, which with a continuall stirring and mouing preserue it, and that with such force, that the same being out of the body, yet it forcibly stirreth and goeth vp and downe, euen as one may specially see by the harts of the Salmon and Sturgeon. Through which continuall stirring from this place, it doth communicate his motion through all the Arteries, and also the life it selfe vnto the whole body, the which is to be knowen by this, that when the same is infected with any impostume, or with any weapon neuer so little pearced, that forthwith the vitall spirites, yea life it selfe must depart out of the body; like as is dailie seene by the like experience of the harts of all beasts which are killed, whereas the hart being found sound, so sone as the same is neuer so little touched or stirred, that then all warmth and helpe is taken from all other members, whereupon immediately death ensueth, and is none otherwise but as if ones hart be not before harmed.

Item, this hart is also the dwelling place of all inclinations of the mind, as mirth, veration, sorrowe, feare, care, hope, loue, hate, anger, malice, mercie, sufferance, or forbearance, and such like.

Fourthly, appeare in the Hart such diuersities of affections, with such a force and vertue, that if the one doe raigne aboue the other, the same draweth such an humor vnto it, as is most acceptable for it: As anger draweth vnto it *Cholera*, mirth discusseth the blod ouer the whole body, and through feare and fright hasteneth it towards the hart: in great sorrowe and veration it draweth the melancholicke blod vnto it, &c. How were it then possible to expresse all the causes of these and of other more wonderfull passions of the hart? yet haue many renowmed and learned men written very amply thereof, whose bookes may be read and perused.

Also it is certaine, that all bodies, which haue great harts, are fearefull, and faint harted, for that they haue not so much heate as is needfull for them. Contrariwise, all small harts, which drawe the heate the better togither are stout & valiant: This may well be vnderstode of great and spungeous harts, wich are not so wide, nor filled with so many vitall spirits: like as are other great and compacted harts, that be hot, and filled with vitall spirits, then can they not otherwise but shewe themselues manly and couragious, like as the common prouerbe saith, he hath a great Hart.

The Hart hath some fatnesse on the top, yet in leane bodies very little, but in fat bodies somwhat more, the which is ordained by nature therewith to moisten the Hart, that through his continuall stirring it should not be so sore dried. Likewise it hath otherwhiles a thicke fleshie skin which lieth round about the hart, and sometimes wareth almost as hard as a bone, the which the Grecians call *Pericardion*, and we the closet of the hart, and hath such moisture in it, like as it were vrine, yea otherwhiles like as it were with a sweete deaw. And when as this moysture commeth to drie vp, like as it happeneth in them that consume or liue in great sorrow, then must death follow after it. Like as to the contrarie doth come to passe, when there is to much of this foresaid moisture, that thereby is caused the panting of the Hart, and distemperature of the vitall spirits. It were here to long to rehearse all the signes of a hot, colde, drie and moyst Hart, or of a colde and drie, hot and moyst, colde and moist, or hot and drie: all the which are intemperatures or *Intemperies*: Of which is spoken of in the first part and 1. §. We will also touching this, recommend the Reader to *Galen*, who hath at large discoursed of these *Intemperies*.

But I must adioyne thereto three things which concerne the hart, whereof the hart of them that dyed of *Cardiaca* or swouning, or their harts that dyed through poyson cannot be burnt. note.

Secondly, the foolish fantasie of the Egyptians that were of opinion, that mens harts do euery yeare augment one quarter of an ounce, and that during fiftie yeares, and that afterwards from yeare to yeare it did abate as much againe, which was the cause that men could not liue aboue one hundreth yeares.

Thirdly, that the heathen of their offred beasts (and also *Iulianus* the Emperour that fell from Christ) do maruellously seduce people and perswade, that all things to come may thereby be knowne, whereof we will speake no more at this present. We will now proceede with our

intent, and treate of all the diseases and accidents of the hart, and do teach thereby how the same are to be holpen and cured. And albeit touching this there be many maladies and accidents described by the learned, yet we will neuertheles briefely reherse only of the faintnes of the heart, of whatsoeuer cause that it may procede, as swouning, quaking and panting, be it through heate or colde; amongst which may be contayned all accidents and maladies which are incident vnto the hart, and lastly adde thereto of the maladie which is commonly called, the griping of the hart.

## Of the fainting of the Hart in generall. §. 1.

EVen as the Hart is the most principall and pretious part of the bodie, so doth the same declare that there is the more care and prouidence to be had, for to auoyd and take away his maladies, for to cure all that which hurteth it, and to preserre all that helpeth; and to obtaine the same, thus do the learned write these common rules hereafter following.

First, that with expedition some good meanes and counsell be vsed and had against all that might happen vnto the hart, for to expell the matter which is cause thereof, for that there is no part of the body which may tollerate lesse delay of helpe.

Secondly, for other members which haue any disease, there one thing is commaunded, another forbidden, so that thereby no hurt might happen, which neuertheles is not so duly obserued, as whensoeuer is giuen to one that hath the Ague, Wine or Flesh, which notwithstanding is clerely forbidden: but this must be more strictly obserued in the infirmities of the hart, by reason that it is much more needefull for to strengthen the same as can be best, and to comfort it.

Thirdly, if any member be by nature hote, and yet there striketh more heate vnto it, then must a great coling be vsed: but one may not do so to the hart, whereto lesse or smaller things be vsed, neither yet to delay it so long, before you seeke remedie to cure it, as shall be hereafter declared in the eight and ninth instructions.

Fourthly, the parts that are helpers of the motions and actions of the whole bodie, must not at any hand be touched with any strong purgation, so that thereby the same parts, and consequently the whole body be not ouerweakened, the which must so be obserued in the hart, by reason that the same doth procure all actions of the whole bodie.

Fiftly, for that the diseases of the hart are caused for the most part of blond and winde, therefore is Phlebotomy much better for it then purging: but if the maladie procede of blond, then must the Liuer vaine be opened on the right side; if of winde, then is the Liuer vaine on the left side to be opened.

Sixtly, if that purging medicines must needes be vsed, then is there alwayes to be put thereto that which may comfort the hart, as hereafter shall be taught, thereby to strengthen the same, and to preserue it, by reason that all purging medicines are not alittle contrary to the hart.

Seuenthly, it must be narrowly loked vnto what part of mans bodie doth send these humors towards the hart and causeth this maladie, for to make readie the purgation accordingly, and to adde the cordiall things vnto it, as hath beene sayd.

Eightly, if that the Hart haue gotten a bad hot cõplexion, that the same must be coled, then is to be tempered amongst the coling medicines some warming things: for if nothing but onely colde things were vsed, then might perchaunce the naturall heate be quenched, and the patient killed.

Ninthly, the cause of this mixture of colde and warme things is; for that colde things are commonly of no force or power without the helpe of warme things, to penetrate to the Hart. As for example, the Saffron is therefore added to the *Trociscos de Camphora*.

For that all, which shall here afterwards be written of the maladie of the Hart, is no other thing but a faintnes, whereof the one is greater and the other lesser than another, like as *Lipothymia* and *Syncope*. Then it is needefull to write of their differences.

*Lipothymia* is a swouning or defect of minde, which sometimes is but small and sometimes great, and is soone ended: contrarywise *Syncope* commeth suddenly vpon one, and that with such vehemencie, that he can neither feele, see, nor heare, so that betweene death and him there is no other difference, then that as yet he hath some breath.

Notwith-

Notwithstanding is the *Lipothymia* not so little to be regarded, but that spædily helpe must be had for it, for that it may quickly turne into *Syncope*.

But before all things, shall euery one know, that both these tremblings of the heart, haue so great acquaintance with the panting of the hart, that many Phisitions haue comprehended them vnder one title, as the remedies described euery where do testifie the same: but that they haue made many necessarie differences betweene hote and cold swounings, and first to write of the foresaid small swouning, or defect of minde, which taketh one vnawares, therefore are these things following to be vsed which do strengthen and warme the hart, as Balme, Burrage, Rosemary, Basill, Pennyroyall, Marierum, Wormewood, and specially marish Mints. Of rootes, Cipers rootes, Zeduary, *Costus*, Ginger, Elecampane rootes, both the Bætes rootes, and *Doronicum*. Of sædes, *Ameos*. Smallage sæde, Annis sæde. Of Spices, Cardamome, Nutmegs, *Lignum Aloe*, Saffron, Cucubes, Cloues.

Item, take *Muscus*, *Ambra*, Harts bones, Citron pils, Mastick, Myrrh, *Blatta Byzantia*, good and pleasant tasting Wine.

Item, take these warming confections following, as *Diamargariton Calidum*, *Diacinamomum*, *Diaphinis*, *Lætificans*, *Dia Moschu*, *Diambra*, *Aromaticum Rosatum*, which is of a temperate nature, Treacle, Mithridate, confected Citron pils, confected Elecampane rootes, and other things moe that do follow afterwards.

These things are of a temperate nature, as Iacinct, Smaragdes, Saphirs, Rubies, Perles, Corrall, Gold, Siluer, Amber, Mirabolanes, Bellerici, Bugloss, silke wormes nests, burnt Iuorie, Barberies, Tormentill, Harts bones, and Saffron. To cole the hart, take Melon sæde, Pompeon sæde, Cucumber sæde, Gourd sæde, the sædes of Fleawort, Sorrell sæde, prepared Coriander, Pomgranats, Lemons, Citrons, and their iuice, Quinces, sowre Apples, Peares, Raspes, new and dry Prunes, and all pleasant sauouring fruites, water Lilly floures, the iuice of the Vyne, Vineger, Roses, Violets, shauen and burnt Iuorie, all kinde of Saunders, Amber, and sealed earth. Of compounds, is the confection of *Diarrhodon Abbatis*, *Triasantalon*, *Manus Christi* with Perles, *Diamargariton frigidum*, *Trociſci de Camfora*, conserue of Roses, of Violets, Sirrupe of Raspes, Lemons, Violets, Roses, water Lillyes, Vineger, and *Oxysacchara*, and all that you shall finde written hereafter. Moreouer, there are hereafter set downe diuers confections, that comfort the hart in heate and colde.

## The order of life or diet for this faintnes of the Hart.

A Bad stomacke is otherwhiles no small cause of this swouning, for it procureth before the swouning come a heate ouer the whole bodie. As sone as this shall be perceiued, it is not amisse to vse for it confected Balsam wood, but in the stead thereof take Tabulates of *Xyloaloe*, which are very requisite for this. Secondly, he is to take euery morning one dragme of fine Treacle, which must be twelue yeres old, with Rose water, of the confection of *Muscus*, *Diamoschu dulcis*, he is to drinke of it oftentimes with Basill water one quarter of an ounce at a time, but that which concerneth the stomack shall follow hereafter. Fourthly, this patient is to haue hanging about his neck a good Smaragde stone, or at the least selected Corrall. Fiftly, take one dragme and a halfe of Rose buds which are not fully blowen, Vyne leaues, red and white Behen, floures and sædes of Basill, barke of Frankincense, Marierum gentle, of each one dragme, Balme one dragme and a halfe, Camfer one scruple, Amber halfe a scruple, Muske two greynes, each beaten by it selfe, and being bounden in a pece of silke, are to be smelt vnto oftentimes: but if the faintnes be not holpen thereby, and that it be feared that he will be more fainter, then must these things be vsed against the swouning that are described hereafter.

But for the first, you are to vse these cordall waters and plaisters following: Take Balme water twelue ounces, Rose water, Violet water, the water of Willow leaues, and of wilde Vine leaues, of each fiue ounces, burnt Iuorie, Roses, red and white Saunders, Harts bones, sædes and leaues of Basill, of each two scruples, Muske two greines, Amber fiue greines, Muscadell two ounces, let all these sæthe togither about one quarter of an howre (except the Muske and Amber) make then a pece of red Scarlet cloth wet therein, one quarter of a yarde square: wring it warme out, and lay it fower or fiue times in an howre vpon the hart. A sponge may

also be laid in this water, and smelt vnto oftentimes: for both of them do maruellously comfort the Hart.

If so be that the swouning doth not yet cease, then take two ounces of this foresaid powder, and temper amongst it as much Barly meale, one scruple of Saffron, and seethe it with good old wine vntill it be reasonable thicke, temper it well in a morter with flower leaues of beaten gold, and one dragme of prepared Pearles, spread these vpon a pece of red Scarlet cloth, and then lay it on the left breast. This is approued to be maruellous good, and to haue sometimes holpen such a griefe within one quarter of an hower, and sustained the sicke person by his strength.

## Of *Syncope* the great Swouning. § 2.

THe second and sorest swouning of the Hart is called *Syncope*, and is thus described: *Syncope* is a distraction of all feeling and stirring of the whole body, with extreme faintnes. Amongst many other inward causes whereof, are these: receiuing of any pestilent or other stinking aire, whether it be in time of the plague, or of the stench of any hollow caues, or of the byting of any venemous beasts, as of Scorpions, mad dogs, and venemous fumes of mettals, like as in the melting often happeneth: of great feare and frighting, of former diseases, as of the dead palsie, the pleurisie, inflammation of the lights, suffocation of the mother, of wormes, of ouerwatchings, of many laskes, of much bleeding, of great hunger, of much smarting, of great paine, yea also of great ioy, and other strong motions of the minde. So that this great swouning hath great familiaritie with the dead palsie: albeit there be a difference, whereof we are to speake. If any get the palsie, then remaineth his face by good semblance: but in this swouning it is like to a dead bodie. For in this swouning, all the blood runneth towards the Hart, so that the patient remaineth without any feeling, and in such an estate, that no man can tell whether he be dead or liuing. So that there is a common prouerbe of it, That such dead men ought not to be buried in three daies.

Secondly, they are like one to the other, in that neither breth nor pulse is perceiued.

Thirdly, in the palsie the patient feeleth before a heauinesse in the head, but not in the *Syncope*: neuertheless they accord in this, that the affected partie lieth as though he were dead.

But in this swouning it is certaine, if it come after a long panting of the hart, and continueth long, then it is a messenger of death, and chiefly if there be Ellebor blowen into the patients nose, and it doth not stir and moue him at all.

The signes of the swouning to come, of what cause soeuer it be prouoked, are sweating and panting of the Hart, a slowe and feeble pulse, bleaknes of the lips and face, chilnesse of the outward members, numnesse of the sense of feeling and mouing: where these signes appere, there a strong swouning draweth nere, and there is nede of good counsell.

First, and with spede, when the swouning approcheth or is extant, then is the patient to be spouted in the face with Rose water, or (if that be not ready to be had) with colde Well water, and it will be the better if there be a little Muske tempered amongst it: for thereby will the naturall heate be driuen inwardly, and the vital spirits reuiued. Stop also his nose and his mouth a little while: for if the breth finde no vent, then turneth it backe, and thereby quickeneth the naturall heate.

Secondly, his armes are to be bound hard, and then made lose, and bound hard againe. The palmes of the hands and plants of the feete are well to be rubbed with rawe clothes, salt and vineger, to the end that the matter may be drawen from the hart.

Thirdly, his stomacke and about the mouth of the stomacke is also to be well rubbed, whereby the naturall heate may be quickened. All fragrant herbes, which are hot of nature, are to be holden before his nose, as all kinds of Spice, Muske and Amber, if so be that the cause of this matter be colde.

But for women that do fall into swouning through the suffocation of the Mother, it is another case, as shall be shewed elsewhere, for that all odoriferous things are hurtfull to be holden before their noses. A greyne of Muske dissolued in Wine and then giuen, is passing good. And if the patient haue vehemently closed his mouth, then is the same to be broken open with a wooden sticke, and his tong, teeth, and rouse of the mouth to be annoynted with Treacle or Mithridate.

date. But if the cause be through heate, then must the patient haue cold things giuen him to smell vnto, as Camfer, Saunders, Roses, and such like, here before expressed. And of what cause soeuer this swouning doth come, yet is it alway good that there be made a great noyse about the patient, and that he be called vpon by his name, and blow Campher in his nose, or Saunders in stead thereof: these are now the commonest meanes, if the swouning be procured through heate or colde, that are to be vsed at a sodaine.

Secondly, all the windowes are to be set open, that then the patient may be refreshed with the fresh ayre, and they are to speake very friendly vnto him. Also you are to annoynt his pulse, nose, and temples, with the foresaid things, and giue him all comfortable things, as is before sayd, that nature may thereby be strengthened and quickned.

## An order of life for Swouning.

FIrst, all men that are subiect to this swouning, must beware of all cloudie, moyst, and cold ayre, and shun such like dwellings, must suffer no sweate vpon the head, must cast off all sweatie shirts, and put on cleane: he must forbeare all moyst and cold meates, as Spinage, Beetes, Lettice, Purslaine, Endiue, Cherries, hasell Nuts, Abricocks, Cucumbers, and such like, but new Figs are good for him. Further, he must be kept from all grosse binding meates, from all that is made of dough, from all Fish, as Eeles, Tenches, and all great corpulent Fish. But Crabs and small Fishes which are taken in fresh waters he may eate, being alittle broyled. He must also eschue all old and fat flesh, Cheese and such like. He must vse for his drinke all cleere white Wine that is not sweete, or a good old mild sort of Beere: he must wholly forbeare drinking of water: he must not ouercharge his stomacke with eating and drinking, but chew his meate well, and leaue off eating with appetite. He must not sleepe after meate, or at least not to long. He must walke well two howres before meate, yea runne vp hils, for that consumeth well the moysture whereof the swouning is prouoked. He must specially flye all anger, sorrow, veration, and other troubles of the minde, as is sufficiently declared before.

But what medicines are to be vsed for the swouning, shall be heere taught, the patient must as sone as is possible, take these pils following in the morning betimes.

Take pils of Rubarb one dragme, *Hiera composita* one scruple, make nine pils thereof with Rose water, afterwards giue him this drinke following 6. daies one after another: Take halfe a drag. of Agaricke, *Hermodactili*, and Rubarb, of each one scruple, *Diagridij*, and *Sal Gemmæ*, of each two greynes, Ginger, Squinant, Spica, and Annis seede, of each three greynes, Hony of Roses halfe an ounce, let it steepe one whole night in three ounces of water wherein Woodbinde is sodden, afterwards let it seethe a wale, and strayne it out. For to make pils, take good Aloes two ounces, Mastick, Saffron, Violets, and floures of Bugloss, of each halfe a scruple, burnt Iuorie and Roses, of each three greynes, *Diagridion* seuen graynes, Agaricke, Turbith, and prepared Asure stone, of each halfe a dragme, Steepe it all together with Cicorie water three dayes long, and (being well stopt) let it dry in the Sunne, or in another warme place, yet stirring it often about vntill it be meetely thicke: take then a dragme thereof, and make thereof seuen pils, whereof euery euening you are to take one pill a certaine time long, afterwards a whole yeere thorow take one pill about the fift day: but if the patient be full of bloud, and of sufficient strength, then are you after purging to open the Liuer vaine in the elbow on the left side, and to let him bleede about fiue ounces.

For to keepe open the body, you are to vse this powder: Take *Epithymum*, rootes of Polipody, *Thymus*, Harts tong, and *Cuscuta*, of each one dragme, Argall and Seny, of each halfe a dragme, Mace foure scruples, stamp and mingle it all together, take one dragme thereof at the least twice a weeke at one time, tempered with a little wine, or some fresh broth: it purifieth, breaketh winde, and clenseth the hart and stomacke. Item, take at the least (once a weeke) as much *Pieretrum* as the bignes of a Pease, chue the same, and spet the moysture out of the mouth.

## Another.

TAke a good peece of white bread, mollifie it in good Muscadell, or Malmsey, if so be that the cause of this swouning be of cold: but if it procede of heate, then mollifie the same white bread in Rose water, in iuice of Pomgranats, in iuice of Quinces, in the iuice of Citrons,

or any flesh broth, and so eate it. Also this patient may vse conserue of Roses, Burrage, Bugloss, and Rosemary, and other things moe, which shall be expressed hereafter in the trembling of the hart, after that heate or cold hath the vpper hand.

There are yet many moe confections and cordiall things prepared, which are very profitable for this purpose, and do remaine described before in the discourse of the cold paine of the head, where it beginneth, Take conserues of Betony &c. Item take *Pistacia* three ounces, white Sugar fiue ounces, sirup of Roses fower ounces, seedes of Basill, red and white Coral, Roses, burnt Iuory, red and white Behen, of each one dragg. Zeduary, Amber, and Saffron, of each two scruples, Iacint, Smaradge, and Saphire, of each halfe a scruple, Mace, Cinnamom, and Cloues, of each one drag. fiue leaues of beaten golde, Pearles fower scruples: the *Pistacia* steepe (being cut small) three dayes long in Malmesey: afterwards seethe the sirup & the Sugar thicke enough, and first temper therein the moist *Pistacia*, and afterwards the rest beaten small, whereof is to be taken the space of fiue weekes euery morning the bignes of a Walnut. This powder following is to be strowed vpon the meate: Take Cinnamom halfe an ounce, Saffron one dragme, Zeduary three quarters of an ounce: beate and mixe them all togither. The Zduary hath a speciall power for to strengthen the Hart. And there is to be drest alwaies in his meate Bugloss and Baulme.

Cordiall waters.

To this end are prepared diuers cordiall waters, as hereafter followeth: Take Cinnamom and Cloues, of each one ounce and a halfe, Nutmegs one ounce, red and white Roses of each ten handfuls, Lauander flowers seuen handfuls, hyssope two handfuls; powre then therupon a quart of Malmesey: temper them all together, cut them small, and let it so stand nine daies together, and afterwards distill it. Item, take good wine fiue quartes, two rases of Ginger, fortie Cloues, Cinnamom three quarters of an ounce, Mace one quarter of an ounce, Spike two handfuls: If you will haue it more forcible, then put two Nutmegs cut vnto it, let it steepe all togither fiue or seuen weekes long, and afterwards distill it. Thus haue the auncient Phisitions done. Or, take fower quartes of good wine, Spike three handfuls, greene Marierom gentle two handfuls, Mace, Cloues, Cinnamom, and Nutmegs, as much as you thinke good: temper them togither, and set them a whole moneth long in the Sun in a glasse: This may you keepe so, or distill it.

Another. Take Lauander three handfuls, steepe it in a pinte of wine, or Malmesey, stop it tight; then set it for the space of thirty dayes in the Sun, and afterwards distill it. Of all these foresaid waters may a little be giuen him when he beginneth to get the swouning, or hath the same already. This iuice following is iustly praised: Take a Capon or a Partridge, rosse it leisurely, baste it with Rose water and Muscadell, or any other good wine wherein Cloues haue beene steeped; then presse the iuice out of the said bird, and giue him some thereof, and the rest let him eate nowe and then some. And that this iuice may continue good the longer, then temper it with as much hard Sugar as you think good. But will you haue another? then wring likewise as much iuice out of a Pullet, or out of yong kids flesh, take 2. ounces therof, new pressed iuice of Quinces one ounce and a halfe, and one ounce of good milde wine; temper them all togither, and giue the patient to eate thereof. For this is also commodious all *Aquæ Compositæ*, which are described in the eighth Part. For this swouning may be vsed outward remedies after many maners: first, through shield: Take Burrage flowers, and Violets, of each one handfull, red and white Saunders, red and white Coral, red and white Behen, and Roses, of each one dragme, Saffron halfe a dragme, burnt red Silke 15. greines, Camfere, *Muscus*, *Ambra*, of each two greines, poune them all together, and mixe them in a red silken bag, and so lay it on your left breast.

Cordiall shields.

Another. Take Ireos halfe an ounce, tame or wild Baulme, Citron pils, Bugloss flowers of each one dragme, Mace one quarter of an ounce, yellowe, white and red Saunders, and *Lignum* Aloes, of each halfe a dragme; temper them with the powder of the capitall bags, which are described in the first Part, the twelfth Chapter, in the beginning, where is mention made of the Braines: take thereof as much as is needefull for a bag to lay on the Hart. The same is also wonderfull good in time of the plague, being layd vpon the Hart. Item, take Ireos three ounces and a halfe, Damaske Roses fiue ounces, Marierom, Cipers rootes, and red Storax, of each halfe an ounce, Cloues one quarter of an ounce, Calmus halfe a dragme, *Muscus* two greines, vsed as aboue.

This

This following is a very precious cordial shield: Take Burrage flowers, Bugloss flowers, red and white Saunders, red and white Behen, Nutmegs, and Couchenell, *Lignum* Aloes, Saffron, Sednary, white Diptamus, Cucubes, Basill seede, Baulme, and Citron pils of each halfe a dragme, *Gallia muscata* one scruple, *Muscus* and *Ambra* of each fire greines, beate them all together grosse, and put it into a red Crimson bag, and lay it ouer the breast.

Here followe diuers moe. Take Juniper berries, powre thereto water of Sage, poune them to pap, & then bind it luke warme vpon the Pulse. Item take Cinnamom, Mace, Saffron, Cloues, as many as you will, put Malmesey vnto them, and lay it all vpon the Pulse. Take vnpouned Saffron, fasten it in the left hand one hower at the least; it strengtheneth much the Hart. Take cleane burnt Baulme, Peniroyall, Cloues, water of Sage, and Roses; temper them, and annoynt therewith the patient, especially on the Pulses, vnder the nose, and vpon the temples of his head. The auncient Phisitions doe rub the hart with fresh Burrage flowers; it is very good, but it is very weake. All odoriferous things which are hot by nature, are to be vsed against the swouning through heate. But Hyssope is chiefly to be commended for it, and all those who are subiect to this swouning are counselled to smell oft vnto it.

A precious Baime to comfort the Hart, first ordained for the Emperor Ferdinandus.

This Baulme following was ordayned for the Emperor *Ferdinandus*: Take a pound of Turpentine, fire ounces of Virgin honie, twelue ounces of water of life, euen as hereafter be diuers described in the eight Part, *Lignum Aloes*, *Turbith*, yellow Saunders, Sage, rootes of blew Flower deluce, and *Chamedrys*, of each one dragme, Nutmegs, Galingall, Cucubes, Cinnamom, Mastick, Frankincense, Cloues, *Spica*, white Mustard seede, Saffron, Ginger, Rue seedes, and Costemary rootes, of each three dragmes, Muske one dragme, Amber one quarter of an ounce; beate them all grosse togither, and let it steepe all togither one day and a night in the water of life. But the Muske and the Amber are to be broken alone in some Muscadell wine. Lastly, temper the Turpentine therewith, and distill it in seething water.

## A good Salue.

TAke Amber, Zeduarie, red and white Coral, *Blatta Byfantia*, Basill seede, red and white Behen, and Rosemary flowers, of each one dragme and a halfe, Mace one quarter of an ounce, Sorrell, small Endiue and Cicorie, of each halfe an ounce, Roses and water Lilies, of each three quarters of an ounce, Rosin one ounce and a halfe, *Laudanum* halfe an ounce, white Ware three dragms; melt the three last things togither, and as they begin to be cold, then mingle the rest amongst it: afterwards let it be spread on a round cloth, and layd vpon the left breast. If it be too hard, then make it softer with oyle of Roses; both which are good (as is said) against the swouning and faintnes of the Hart. Yet is the Balsam much hotter then the salue, for it is temperate, and therefore you may knowe howe to vse it accordingly. When you haue made it softer, then annoynt the whole breast therewith.

This capitall powder following may also be vsed for this: Take Indie *Spica*, *Ameos*, Bay berries, Mariorom gentle, of each one dragme, *Lignum Aloes* one dragme and a halfe; beate all apart, and mixe them togither with fiue greines of this powder: You must euery euening when you goe to bed strowe it on your head.

## Of the beating or panting of the Hart. §. 3.

THe Grecians doe call this disease *Palmos*, the Latinists *Palpitatio*, *Tremor*, or *Saltus Cordis*, which is a trembling or panting of the Hart, contrarie to the common custome. It is caused (euen as we haue taught in the beginning of this Chapter) of the abundant moysture which is in the closet of the Hart.

With these there may be yet moe other inward causes, as the paine of he stomack, veration and offence of the Hart, of the Liuer, the Lights, the Milt, or Mother: Also of winde, ill damps, corrupted blod, & such like. The outward causes are commonly great heate, sodaine and great colde, great emptines, great sorrowe, fright, great feare, and other motions of the mind: Further, of venime taken, biting of venimous beastes, pestilent Agues, corrupted ayre, stinking dwellings; like as in prison, Mines, or other such like, which are vnder the earth: of belly wormes, and all other things that vexe the Hart, the which

are well to be vnderstood of the patient himselfe.

The inward signes are these: If the panting of the hart procéede of wormes, then is the beating of the hart bigger before meate then after: but if the same come of a bad stomacke, then may it easily be marked through paine in the same place, if the same be wrong: Also by the wambling and vomiting: If it come by fulnes of the same, then is the disease most grieuous after meate; but if through emptines, then it is most sore before meate. If it procéede of fright, sorrow, and such like, you must vnderstand and learne that by the patient: If it come of winds, then it is very suddenly vpon one, and sone gone away againe. If it be prouoked of heate, then is the pulse swift, and the breath is strong, and disordred. If it procéede of bloud, then is the vrin grosse, and the pulse beateth spéedily and strong, his face will be red, and about the hart is alwayes great heate, the patient is alwayes light harted, the which is much augmented through meates that make and ingender much bloud. Or if this disease be caused of *Cholera*, then is his vrin yellow and thin, the pulse beateth continually, swiftly, with great thirst, possibly through daily meate, whereby the *Cholera* is increased, or of former paines taken. If this be caused of *Phlegma*, that appeareth by the white and thick vrin, of small, slow, and disordred pulse, the patient is slœpie and faintharted: This is also wont to be caused of meates that procure *Phlegma*. Likewise in winter time, when this panting of the hart is caused of Melancholy, then is the sick bodie fearefull, the bodie decreaseth, and falleth away, and that most of all in Haruest, with many moe melancholick signes that are elsewhere described. This panting of the hart doth often haunt both yong and aged people, whereby the occasion is hardly to be adiudged: and in all such it is found, that the letting of bloud hath not only eased them well, but also thoroughly holpen them, and chiefely if therewith they haue obserued a good order in eating and drinking, and vse all such medicines as haue abated the bloud and other humors: howbeit the same happeneth very seldome that aged people be cured thereof, for that they most of all chaunce to dye of a hote Ague, or of swouning, and that commonly betwéene fortie and fiftie yéeres. Thus much for the beating or trembling of the hart.

## Of the panting of the Hart through heate. §. 4.

If by the panting of the hart there be discerned a swift pulse, and an Ague, then is it a signe that it commeth of bloud or *Cholera*, the which is not without danger: for it often happeneth, that then they do fall into a swoune, and thereby immediatly remaine dead. Now for to remedie this, must the sick persons face, hands, féete, and pulse vaines be forthwith sprinckled, and rubbed with these compounded waters: take Rose water foure ounces, Mints water two ounces, Roses, burnt Iuorie, red & white Saunders, of each two scruples, *Muscus* and Ambra, of each two greynes, Vineger two ounces, Malmesey two scruples, mixe them all together, and when you will vse thereof, then stirre it well about. Secondly, take pleasant Wine, and water of Bugloss, of each one ounce, *Specierum Diamoschu dulci* one scruple, temper it, and giue it to the patient warme to drinke. Thirdly, he shall continually smell to odoriferous bags, that shall hereafter be described. Afterward, as sone as is possible, ought the Liuer vaine be opened in the right arme, and foure or fiue ounces of bloud be letten out, but not before that the sick person hath gone to stole. The next day following, he shall take this potion: take sirrup of Citron pils one ounce, small beaten Rubarb, and prepared Agarick, of each two scruples, sirrupe of Roses halfe an ounce, Ginger and Spica, of each fiue greynes, *Sal Gemmæ* two greynes, temper them all together with three ounces of the water of Burrage, and so drinke it luke warme, and fast thereupon foure howres.

You may also cause him to be purged with Cassia, Tamarines, yellow Mirabolanes, Manna, and Rubarb, putting to either of them some Agarick. As for example, you may take this Purgation following: Take water of Bugloss one ounce and a halfe, Cicorie water two ounces, Rubarb one dragme and a halfe, prepared Agarick one dragme, the iuice of Roses halfe a dragme, Spica one scruple, Ginger fiue greynes: let this steepe 24. howres in a warme place, and making it hote in the morning you must straine it thorow a cloth, and so drinke it warme, and then fast foure howres after. This being done, he must eight dayes one after another, take euery morning this drinke following: Take sirrup of Apples, sirrup of Citron pils, and *Oxysaccharo*, of each halfe an ounce, water of Balme and of Bugloss, of each one ounce, Cicorie water

one

one ounce and a halfe, temper them all together to a potion. And it were not ill that he take euery fourth day one of these pils following: Take Aloe one quarter of an ounce, Rubarb one dragme, Agarick foure scruples, red and white Behen, Saffron, Mace, and Indy Salt, of each three greynes, make pils thereof with the iuice of Bugloss, fire to a dragme. If there be greater heate approching, then is it aduised, that at the first euery day be take half a dragme of *Trociscos de Camphora*, with sirrup of Pomgranats dissolued, and so continue foure dayes together. And if this will not help, then must the patient drinke new Buttermilke, with all these purgations and letting blod. It is also highly commended, to carie a sober life in eating and drinking, yet to take hæde that the patient remayne by his strength.

We will hære mention some moe things that are very commodious for the panting of the hart, like as fragrant things which are of a cold nature, as Violets, water Lillies, Roses, all Saunders, Corrall, Perle, Campher, Harts bones, Jacints, Smaragdes, shauen Iuorie, Amber, Coriander, the iuice of Limons, Rose water, odoriferous fruites, Quinces, Perles, Apples, and their like. Amongst compounds are the confection of Drange pils and their sirrup, the confection of Citrons, and their sirrups, conserue of Bugloss, Roses, Violets, Burrage, confected Cherries, and their confection, the flowres and rotes of Cicorie, confected sirrup of Sorrell, Burrage wine, and Cherie wine, the Tabulats of *Diamargariton*, *Diarrhodon Abbatis*, Dragagant, and *Manus Christi* with perles, but the Phisitions do ordaine many compounded medicines, as hereafter do follow.

The laxatiue sirrup of Roses is specially commended, if there be any stopping of the belly, for it coleth and diuerteth all ill vapors from the hart, whereby the hart is much pained.

There are also made for this many confections, according to the importance of the patient, whereof there follow some hereafter: Take conserue of Roses halfe an ounce, conserue of Bugloss two ounces, conserue of water Lillies one quarter of an ounce, Perles, Jacints, Smaragdes, Citron sæde, Sorrell sæde, and red Corrall, of each one dragme, red, white, and yellow Saunders, prepared Coriander, burnt Iuorie, red and white Behen, Harts bones steeped in Rose water, of each halfe a dragme, filed Gold and Siluer, of each two scruples, Gold & Siluer leaues, of each xv. Sugar one ounce and a halfe: beate them all small together, and temper it with Rose water, but not on the fire.

Item, take the iuice of sweete Apples, and of Bugloss which is cleare and setled, of each two ounces, *Doronicum*, Citron pils, Burrage floures, Roses, shauen Iuorie, of each halfe an ounce, Basill sædes halfe an ounce, Mirtle leaues, Balme, Coriander, Cinnamome, Galingall, Seduary, Spike, *Lignum Aloes*, burnt silke, and Saffron, of each one quarter of an ounce, small filed Gold and Siluer, of each two dragmes and a halfe, red and white Behen, burnt Harts horne, Mace, *Gallia Muscata*, Amber, Harts bones, red Saunders, of each three dragmes, of all Mirabolans, of each halfe an ounce, Smaragdes, Berill, Jacints, Saphires, Granates, which be prepared of each one dragme, Perles three dragmes, Amber and Campher, of each halfe a scruple, Muske one dragme, make a powder thereof, and to euery ounce of powder put twelue ounces of Sugar: dissolue the Sugar in Rose water, and sæthe it for to make Tabulates thereof, or a confection.

This confection is of a temperate nature, very forcible for all swouning, and maladies of the hart. These two next following are coling.

Take conserue of Roses, Bugloss, Burrage, of each one ounce, *Species de Gemmis*, and Rubies, of each one scruple, Harts bones, & pæled Citron sæde, of each 10. greines, sirrup of Apples as much as you desire to make it soft, vse thereof in the morning two howres before meate. The other: Take conserues of Roses two ounces, conserues of Bugloss one ounce, *Species Triasandalon*, burnt Iuorie, Sorrell sædes, pæled Melon sæde, Gourd sæde, and pæled Cucumber sæde, Limon sæde, and *Oxysacchara*, of each three quarters of an ounce, Sugar halfe an ounce, Perles two scruples, three leaues of beaten Gold, mixe it with the sirrupe of Apples vnto a confection. And if this panting of the hart come too often, then giue of this powder following halfe a drag. tempered with Rose water, and water of Bugloss.

Take red Corrall, Jacint, Smaragdes, and Saphir, of each fiue greynes, small filed Golde three greynes, Perles halfe a drag. temper them together, and put thereto a spoonefull of white Vineger, & make a potion thereof. Item, take red Corrall, Perles, Jacints, and Smaragdes, all together prepared, of each one scrup. & giue thereof half a drag. with some kind of distilled water,

Restorative

Restorative waters of Capons are very requisite for this, which must be thus prepared: Boyle the Capon in water, wherein hath diuers times golde beene quenched, chop it afterwards in peeces, and put thereto flowers of Borage, Bugloss, Violets, Roses, Citron peeles, Cinnamome, Cloues, Balme and Saffron, of each one dragme. If you cannot get all these, then take as many of them as you can get, and distill them all togither with flesh and broth in hot water: and then when any body is very feeble, giue him a meetely draught thereof; it strengtheneth not onely the Hart, but the stomacke also maruellous much.

There is also another made with spices, as followeth: When the Capon is made cleane, then stampe him with bones and flesh in a mortar, afterwards powre it into a glasse helme, Borage, Balme, Endiue, Fennell, and Rose water, of each two ounces; then put thereto the stampt Capon. Item, put more thereto the water of Wormwood and of Comfery, of each one ounce, *Spec. de gemmis*, *Diarrhodon Abbatis*, *Diamargariton* the cold, Cinnamome, *Lignum Aloes*, of each one scrup. distill them all togither as before.

Moreouer, there is another Capon water to be distilled, as followeth: Take an olde Capon that is made cleane, put thereto fower quarts of water, let them seethe well togither, then pull off the skin, and the fatnes, and then breake him all to peeces, and distill water thereof as before. You are to salt this water, so that it may last the better without stinking. You haue also here before in the fift Chapter in the 22. §. a precious water, which strengtheneth the Hart wonderfull much, the which may be also vsed for the same.

Sirupe of Apples. We haue often here before admonished of the sirupe of Apples, which is thus made: Take the iuice of sweete and sower Apples, of each fiue ounces, seethe it to the halfe, scumming it, then let it stand two daies to settle; put thereto three ounces of Sugar, and then seethe them togither vnto a sirupe. Another: Take the iuice of the best tasting sweete and sower Apples, of each twelue ounces, seethe it vntill it be well scummed, then put thereto fiue ounces of Sugar, and let it seethe togither to a sirupe. These sirupes strengthen the weake panting Hart, preserue one from swouning, and strengthen the stomacke.

Item, take Rose water, the iuice of sower Apples, and water of Bugloss, of each three ounces, seethe these togither to a sirup, or to a Julep.

For this is also good many kindes of accustomed sirupes, as the sirupe of vineger, and of Limons, of Raspes, Violets, water Lillies, veriuice, Sorrell, Borage and Bugloss, also Julep of Violets and Roses: the which are to be found in the first Register by their names.

## Confections and Powders for to vse inwardly.

TAke Species *Diarrhodon Abbatis*, *Aromatici rosati*, *de gemmis*, and prepared Coriander, of each three dragmes, prepared Bloodstone one drag. and a halfe, *Trociſci de Spodio cum ſemine*, *acetoſæ*, two scruples, shauen Iuorie halfe a drag. Harts bones halfe a scruple, prepared Pearles fower scruples, Granadoes, Iacints, Smaragdes, Rubies, Saphires, Corall, and Roses, of each one scruple, Cinnamome one quarter of an ounce, Sugar fiue ounces, temper them all togither to powder. If you will make Sugar plates thereof, then seethe it with Rose water, as hath beene taught.

The like confection or powder may be made also of the *Species De gemmis*, or any other that like you best. And alwaies for one ounce of Species, you must take 12. ounces of Sugar.

## Of such things as are to be applied outwardly for it.

FOr this are highly commended the cordiall waters, and to that ende we will expresse many: Take water of Bugloss fiue ounces, water of Cicorie twelue ounces, water of Balme fower ounces, *Species de gemmis* the colde, *Lætificantes Almanſoris*, of each one scrup. *Species Triaſantali* one drag. and a halfe, white vineger halfe an ounce, and Malmsey two ounces; let it seethe a little, and then make a scarlet cloth wet in it a quarter of a yard square, wring it out, and lay the same on his left breast fower or fiue times, before and after meate, and twice againe before he go to bed.

Take Rose water, and Sorrell water, of each three ounces, of Bugloss two ounces, red Corall, red Saunders and Roses, of each one drag. Pulse, Amber, of each three greines, Saffron one

one scruple, Vineger one ounce and a halfe: temper them together, and then lay it diuers times luke warme vpon the left breast.

Item, take *Species Diamoschu, Lætificantes, de gemmis* the cold, of each two drag. Malmesey foure ounces, water of Bugloss, Sorrell, water of Cicorie and Violets, of each one ounce, temper them together, and lay it thereon, as before.

The chiefest Phisitions of *Augusta Vindelicorum*, haue these things following in vse: Take water of Burrage, Sorrell, Bugloss, Balme, and Rose water, of each eight ounces, two kindes of *Species De gemmis*, of each halfe a dragme, Harts bones, and burnt Harts horne, of each halfe a dragme, Saffron seuen greynes, Rose vineger one ounce and a halfe, temper them all together. Another: Take Burrage water, the waters of Bugloss, Sorrell, Roses, Balme and Violets, of each two ounces, Vineger of Roses one ounce and a halfe, red and white Behen, of each halfe a dragme, floures of Burrage, Bugloss, and Violets, of each one scruple, Cinnamome one dragme, three Harts bones, *Lignum Aloes*, yellow Saunders, and burnt Harts horne, of each one scruple, prepared Perles one dragme, burnt Iuorie, and Saffron, of each ten greynes, *Spec. Diamargariton* one drag. temper them and vse them as aforesaid. Another: Take two kindes of *Spec. de gemmis*, of each one dragme, *Diamoschu dulcis* halfe a dragme, *Cordialium* one dragme, Saffron, Indie Spica, red and white Behen, and *Spec. de Canna*, of each one scruple, prepared Perles halfe a drag. yellow Saunders two scrup. *Muscus* two greynes, two Harts bones, one ounce and a halfe of Vineger of Roses, water of Balme, Sorrell, Burrage, Bugloss, Rose water, of each three ounces, water of Melilotes foure ounces, temper them together, and vse them as aboue.

Take red Saunders halfe an ounce, Citron pils, white Saunders, Roses, red and white Corrall, Amber, and burnt Iuorie, of each one quarter of an ounce, Harts bones, and Saffron, of each halfe a dragme, *Spec. Lætitiæ Galeni, Diamargaritonis*, of each two scruples, Camfer ten Greynes: powder these all together, and temper them well, and when you will vse them, then take the foresaid water, which beginneth: Take Burrage water as much as you please &c.

Item, take Rose water, and the water of water Lillies, of each fiue ounces, the iuice of sower Apples three ounces, water of Balme and Bugloss of each one ounce and a halfe, Vineger halfe an ounce, red Saunders, Citron seede, and Sorrell seede, of each halfe a dragme, Camfer fiue greynes, Cinnamome foure scruples, temper them all together. This following is of a temperate nature: take water of Balme, Bugloss, and Sorrell, of each foure ounces, water of Cicorie, Roses, and Willow leaues, of each one ounce and a halfe, Saffron fiue greynes, Vineger one ounce, Malmsey three dragmes: temper it well, and vse it as before.

These following are more cooling: Take water of Bugloss, small Endiue, Burrage, and of Violets, of each fiue ounces, of Rose water eight ounces, *Spec. de gemmis* the cold, one ounce and a halfe, Camfer halfe a scruple, white Corrall foure scruples, prepared Perles one drag. and a halfe, beaten Gold leaues eight, Malmsey two ounces.

For shields to lay vpon the out side, you may take all the foresaid things, except the Sugar and Rose water. For shields.

Item, take Roses, floures of Bugloss, and of Burrage, of each two dragmes and a halfe, Citron seede, burnt Iuorie, Mirtle leaues, white Corrall, and Coriander, of each one dragme and a halfe, Campher one quarter of an ounce, red and white Saunders, of each foure scruples, make a shield thereof, to lay vpon the left side of the breast. Or take red and white Saunders, red and white Corrall, of each one ounce, Balme, Bugloss, Citron pils, Hart bones, and burnt silke, of each one drag. *Spec. de gemmis* the cold, and Saffron, of each halfe a drag. Campher one scruple, mixe them together.

The same vertue that these shields haue is also in the Plaisters, for which these following are highly commended, as well to cole the panting of the hart, as the pulse, and therewith for to strengthen the breth, hart, and all naturall powers. Take *Doronicum*, Harts bones, red and white Behen, of each one dragme and a halfe, red and white Saunders, burnt Iuorie, leaues of wild Grapes, red and white Corrall, of each one quarter of an ounce, Roses three dragmes, water of Bugloss and Barly meale, one ounce and a halfe, Saffron two scruples and fiue greynes, foure ounces of Malmsey, oyle of Saffron halfe an ounce, molten Rosin halfe an ounce, and make a plaister thereof.

Another.

Another.

TAke red and white Behen, Harts bones, *Doronicum*, Jacints, Smaragdes, Saphires, of each two scruples, Perles one quarter of an ounce, fower leaues of beaten golde, Rosin one ounce and a halfe, boyle the Rosin in thicke red Vineger, make a plaister, and spread it on a red woollen cloute, and then lay it on the left breast.

For these sicke persons it is also very commodious (like as is already expressed) to holde at their noses continually odoriferous things that are colde of nature. For which be vsed the Pomanders which are described in the first Part, or these following: Take Basill, Roses, Violets, burnt Iuorie, and Harts bones, of each two dragmes, Camfere two scruples, Muske and Amber of each fower greines, red and white Saunders, red and white Corall, of each one drag. beate each alone, and being tempered, binde them all together in a red pece of silke, and smell thereon cõtinually. These simples also are very commodious, especially if there be an Ague with it, as Violets, Roses, Saunders, water Lillies, Rose water, Vineger, and such like, as hath before bene shewed.

Clisters to comfort the Hart.

It is very profitable also for the patient euery morning to vse these Clisters following: for it doth not onely lose the body, but also strengthen the Hart.

Take Mallowes, Violet leaues, Linsede, and Fenegreeke, of each one handfull and a halfe, sethe them in broth wherein hath ben sodden a Lambes head, then take twelue ounces of this decoction, oile of Violets and sweete Almonds of each one ounce, the marrowe of Calues bones, Duckes grease, Hens grease and sweete Butter of each three dragmes, Tho. Sugar one ounce: all this being made, then set it warme. In like maner may this salue be continually vsed: Take oyle of sweete Almonds, Ducks grease and sweete butter, of each one ounce, the iuice of Mercury fower ounces; sethe these togither till the iuice be throughly sodden away: with this oyntment annoynt from the Nauell downewards vnto the Hips, in the euening when you goe to bed. This Clister may be vsed both in cold and hot causes of the panting of the Hart.

Now as concerning the order of life, especiall care must be taken that he be not overcharged with eating and drinking. In the beginning of this sickenes, Barly paps are very commodious: Also Hens or Pullets drest with Vineger or Verivice. In fine, he ought not to order himselfe in this sicknes, then according to the custome of other hot diseases. It is very good to sethe or steepe in his drinke Burrage or Bugloss with the flowers. He must refraine from all clowdie colde and moyst ayre, his bed and his chamber shall he hang and strowe with Willow leaues, Roses, water Lillies, and Vine leaues, and that principally when it is hot weather. Also he must beware of all windy and flatulent meates; as Milke, Pottage, Honie, fruit, and especially grosse slimy meates, as those made of dough, grosse fish, vnleauened bread, old Cheese and Chestnuts, and such like. In like manner also from all sharpe and heady things, as Onions, Garlicke, Radishes, Leekes, and such like. All grosse wines are naught for him, and water also decocted with Licorice.

## Of the panting of the Hart through colde. §.5.

WHen as there is no Ague with the panting of the hart, then is it a signe that the same procedeth of colde which is caused for the most part of a watery *Phlegma*, whereby the breath is hindered, yea sometimes is stuffed with such force in the breast, that it seemeth that they will stifle. This hath also a slowe inconstant Pulse, with an heauy breath, and sluggishnes of the whole body and minde, and with an ill fauoured colour of the face. This is to be remedied as hereafter followeth: Take water of Baulme, water of blew Flower deluce, and Agrymony, of each one ounce and a halfe, and a little Sugar; and then drinke it fower or eight mornings togither very warme. But if the patient cannot goe to stole, then is this Purgation following to be giuen him: Take *Electuarij Indi* one ounce, *De Succo Rosarum* halfe a dragme, temper this with three ounces of good wine, and giue it him in the morning betimes. And if the body be bound at the time when the foresaid drinke is to be vsed, then must the patient take alwaies one hower or twaine before supper, one or two of these pils following: Take *Pillulæ de Sarcocolla* one dragme,

*Ale-*

*Alephangine* one quarter of an ounce, make thereof fower and twenty pils with the iuice of Roses.

Also he must drinke this euery morning: Take Treacle or Mithridate one drag. or one and a halfe, according as you thinke best, and temper this with good wine.

Some doe aduise, that at the first, yea forthwith you doe giue with wine one dragme, or a dragme and a halfe of these Tabulates following: Take Mastick, Indy Spike, *Lignum Aloes*, Cinnamome, Cloues, Cardamome, and Citron pils, of each one drag. and a halfe, Muske halfe a scruple: make a powder thereof, and giue it him as aforesaid.

But the principall things seruing to this panting of the hart, we will briefly expresse, to wit, all that is warme of nature and smelleth sweete; as Amber, Muske, Saffron, *Lignum Aloes*, red Styrax, Cloues, Citron pils, Nuts, Cinnamom, Marierom gentle, Basill, Spike of Indie, Baulme, Burrage, red and white Behen, *Doronicum*, Zeduary, Cardamome, Rosemary, and Basill seede. Of all these things are made confections, powders, and other compositions, as shall appeare hereafter. Of compounds these are commonly made at the Apothecaries, as *Diambra*, *Dianthon*, *Diathamaron*, *Letificans de Gemmis calidis*, *Aromaticum Rosatum*, *de Xylo Aloes*, *Diapliris*, and confected Citron pils.

Here followe certaine Electuaries for to vse inwardly. Take Mastick, Cinnamom, both kindes of Basill, Mints, Marierom gentle, and long Pepper, of each a like much: when you haue ten dragmes of this powder, then mixe therewith prepared Pearles, red Corall, Amber, burnt siluer, red and white Behen, and Indy Spike, of each halfe a dragme: afterwards mingle it with Honie vnto an Electuary wherein Mirabolans *Chebuli* be put. This is not good onely for the panting of the hart, swouning, and for faintnes of the hart; but also for a colde and feeble stomacke; for it strengtheneth the same exceedingly.

This must also be noted, when any confection is to be made wherin there is no certain quantitie of Honie, then are you to take alwaies for one ounce of powder three ounces of Honie, and then mingle them well togither. Nota.

Item, take the flowers of Burrage, Bugloss, Rosemarie, red and white Behen, Saffron, *Doronicum*, *Lignum Aloes*, Licorice and Basill seede, of each one quarter of an ounce, Iacint, Smaragde, and Saphire, of each half a scruple, Sugar thrice as much as the other; make a powder thereof: whereof the patient is to take a scruple at the least at meale tides.

Conserues of yellowe Violets are very much vsed, and also highly commended for this panting of the hart. You haue also before in the first Part the twelfth Chapter a good stomachicall powder, in the first §. which serueth for this purpose. Item, there is in the 5. §. a water of Lillies of Conuallies. Also in the eight part many sundry waters of life, hot of nature, which are for this very commodious. Confected Nutmegs doe strengthen all inward members, and consume all superfluous humors.

Conserue of Bugloss, Burrage, Marierom gentle, Rosemarie, Cowslips, & Cicorie mingled with other, or each of it selfe, doe much strengthen the hart. In like manner are good for this all Pomanders which are hot of nature, and are to be sought for in the Register, and these are speciall good, wherein Muske and Amber are put.

Item, steepe the space of certaine howres Baulme in Malmesey, and besprinkle therewith a hot brickebat, and then receiue the vapor into the nose.

There may also be laid outwardly cordiall waters vpon the left breast, which are thus to be prepared: Take Baulme water, and Bugloss water, of each fiue ounces, Vineger one ounce, Cloues one dragme, Saffron halfe a dragme, Muske halfe a scruple; lay it with a cloth vpon the left breast. Some doe vse the iuice of the herbes (when they be setled) in steede of their waters, which are also very forcible. Item, take Bugloss water, and the water of Sorrell, of each three ounces, water of Willowe leaues, Rose water, and Wormewood water, the water of Grasse and of Baulme, of each two ounces, *Spec. cordiales temperatas* one dragme and a halfe, Saffron eight greines, Myrrhe, Diptamus, Gentian, *Lignum Aloes*, yellow Saunders, Basill seedes, red and white Behen, Iacint and Smaragde of each halfe a scruple, the iuice of Limons three ounces, Vineger one ounce, and Malmesey three ounces, temper them all togither; it is wholly temperate: so that it may be vsed for the comforting of the Hart in colde and heate.

Another.

Another.

TAke fresh Rosemary floures three ounces, Sage floures, Bugloss floures, Burrage floures, of each one ounce and a halfe, Saffron one scruple, sæthe the floures in sufficient Muscadell, and then stamp them well together, and lay it warme vpon the left brest, this doth not only strengthen, but maketh also a light breathing.

There may also shields be made for this, euen as here do follow two sorts: Take floures of Burrage and Bugloss, of each one handfull, red and white Behen, and Saffron, of each one dragme, burnt red silke one scruple, Cloues, Cinnamome, red Corrall, and Roses, of each halfe a dragme, Harts bones, Muske and Amber, of each three greines: put all these in a red silke bag, then must you besprinckle them with warme Bugloss water, and so lay them to the left breast. Item, take Zeduary, red and white Behen, Rosemary, Indy Spica, Roses, red and white Saunders, Burrage floures, burnt Iuorie, Mirtle leaues, Bugloss floures, and Camfer, of each two scruples, Saffron and *Gallia Muscata*, of each one dragme, Ambra halfe a scruple, Muske foure greines, and make a bag thereof. This is very temperate.

There are also these plaisters and salues, that hereafter follow to be vsed: Take *Laudanum* three ounces, Cloues and Citron pils, of each one dragme, Muske one scruple, Turpentine halfe a dragme, melt then the *Laudanum* with the Turpentine in a warme morter, temper the rest amongst it, and so make a plaister thereof, spread it on a red clout, and so lay it on the left brest.

For to make a salue or oyntment, take vnripe oyle of Oliues, and oyle of Roses, of each two ounces, Sandaraca one dragme and a halfe, parched Salt three dragmes, Roses and Cypers rootes, of each halfe a dragme: beate them all small together, and keepe and preserue it vntill occasion serue to vse it. For it happeth oftentimes, that such humors do draw downewards, and fall in some place of the hip, the knee, or ancle, the which must be kept warme.

Lastly, you ought not to rest, vntill the patient be free of this panting of the hart, without vsing any medicine vnto it, or that the disease may with all diligence be diminished, if the same could be perfectly cured. Therefore must alwayes a little Saffron be mixt amongst all his meates, and if that cannot be gotten, then is the dry powder to be drest amongst his meate.

All these confections may be made thus: Take the *Spec. Lætificantes Almansoris, Dia Moschu dulcis, De gemmis temperatis*, of each three quarters of an ounce, red and white Saunders, red and white Corrall, of each one dragme, Sirrup of Citrons, sirrup of Roses, and of Vineger, of each fiue ounces, white Sugar three ounces, sæthe the sirrupe and the Sugar vntill it be thicker then Hony, and when it doth begin to be cold, then mixe the powder amongst it, and vse thereof in the morning, and two howres before supper, about the bignes of a Walnut.

Thirdly, make two bags in this manner: Take Basill seedes, floures of Bugloss, of Burrage, Marierum, red and white Corrall, red and white Saunders, of each halfe a dragme, Iacinct, Smaragdes and Saphir, of each fiue greynes, Campher one scruple, wilde Vine leaues one quarter of an ounce, Mace one dragme and a halfe, stamp them all small, and fill herewith (as is sayd) a little bag, and lay it on the hart.

The rule of life for this sicknes consisteth in light meates, as in all field Foules, in meates that be drest with odoriferous spices, yolks of new layd egs are very meete for him: further, behold what is taught in the discourse of the cold braines, and cold head. For his drinke, white Wine soberly drunken is good. For Wine, be it as strong as may be, if one drink too much thereof, then doth it cause cold diseases: and if one desire to delay it, then is it to be done with water, wherein glowing Gold hath been extinguished.

This Wine following doth strengthen the hart and the stomacke also: Take Ginger two ounces, Galingall one ounce, Cinnamome two ounces, Zeduary one quarter of an ounce, Roses one ounce, Burrage floures one ounce and a halfe, and rootes of Bugloss, beate them togither grosly, and keepe them in eight quarts of Must or new Wine.

These spiced Wines are also good for the hart, if the disease do come through cold: in like manner Wine of Burrage, of Harts tong, of Rosemary, of Bugloss, and of Hyssop, of Marierum, and of *Asarabacca*, all which haue power to warme the panting of the hart, and also to strengthen it.

Item, take Balme water, and Bugloss water, of each fiue ounces, Sugar nine ounces, sæthe

sæthe them to twelue ounces, and then vse it as a Julep. Or take water of Bugloss alone, wherein Cloues were sodden, and drinke sometimes thereof, for it comforteth maruellously.

Item, take Parsly with the rote, boyle them in Wine, according to that you will haue it strong: temper therewith a little Vineger, and drinke the same. It taketh away the panting of the hart, and all paine of the same.

Besides all this, the patient is to forbeare all milkie, doughy, moyst, and windie meates, to arise from meales with hunger, and halfe a thirst: he must after meate not moue nor stirre much, nor yet sodainly giue himselfe to sleepe: he must also (according to his old wont) not sleepe too much, whereby he might consume and diminish the humidities of the bodie: he must also for the most part lye on his right side, and flie all anger, sorrow, and all other vexations.

## Of the panting of the Hart through a bad stomacke or Appetite. §. 6.

6: §.

HEre before amongst the signes of this sicknes, we haue taught also that the panting of the hart, and the swouning, are caused oftentimes through a bad stomack. But if this disease come of a full stomack, then must the cure begin with restrayning from meate and drinke, and first with opening the Liuer vaine, afterwards the Median. But if this be not very needfull, then are you to minister to the patient a milde Clister, for that all strong purgations are enemyes to this disease. Further, he must obserue for his meate and drinke, euen as is shewed hereafter, in the description of the stomacke. Now for to strengthen the stomacke through outward things, chose for it out of the foresayd remedies that which best liketh you.

## Of the panting of the Hart through frighting. §. 7.

7: §.

IT is also admonished in the beginning, that the Hart may come to much distemperature through fright and feare, and that through the concourse of bloud, for which, this water of Elderne floures is maruellous good. Lay then into a glased helme chopt Elderne floures: afterwards lay thereon whole Egs with the piked end vpwards, and the same opened alittle: then againe Elderne floures, and so Egs, vntill that the helme be so full as the water is high, wherein the helme standeth, and is to be distilled. When it is thus distilled, then are you to lay of this Elderne water with a cloth vpon the hart, thus do the auncient Phisitions accustome to make it. But marke that not only feare and fright do disease the hart, but also all other motions of the minde, which are herebefore for the most part alreadie expressed: but what power they haue in furthering the sicknes and health, is sufficiently before discouered in both the descriptions of vnnaturall things, which the learned do call *Res non naturales*, in the first Chapter and 10. §.

## Of Heauines, a disease of the Hart. §. 8.

8: §.

THe cause of this infirmitie is *Melancholia*, where are sorrow, feare, and many wonderfull fantasies without any cause at all, which are thus to be purged: Take *Mirabolani*, *Chebuli*, and *Indi*, of each one dragme, *Epithimi* one dragme and a halfe, fine *Bolus* fiue greines, *Muscus* three greines, make pils thereof, or mingle them with Wine: but this following is more common: Take Senie leaues one ounce, beate them, and cast them in the iuice of Burrage and of Bugloss, of each fiue ounces, the iuice of Apples three ounces: let it sæthe alittle, and wring it out, and then mingle therewith fiue ounces of fine Sugar: then let it sæthe againe, and when it is cold, temper amongst it one dragme of Saffron, and vse thereof as often as you please, at each time one ounce, in Wine, or tempered in one of the foresayd waters.

You haue also in the 5. §. before a very good confection, which beginneth thus: Take Mastick, Cinnamome, &c. which may also be vsed for this passion.

This following is also very expert: Take rotes of Bugloss halfe an ounce, Zeduary, and *Doronicum*, of each one quarter of an ounce, beate them to powder, and giue euery day thereof one dragme with Wine.

Behold also what hath been sayd before in the first part, the twelfth Chapter, and 8. §. of the madnes, *Melancholia*, and also in like manner in the third part, which are commodious for this.

Of

## Of the griping of the Hart. §. 9.

HEre before in the end of the fift Chapter we haue reherſed, that this ſickneſs which we do call the griping of the hart, is rather a diſeaſe of the Lights, or a kind of conſumption, then a maladie of the hart: but be it taken as it will, yet neuertheles is this ſickneſs very grieuous for young children, and almoſt incurable for old folks. And in fine, this engliſh name doth ſignifie none other, then the Feuer *Hectica*, whereof we ſhall further diſcourſe in the firſt part (where we do write of all Agues) for we haue alwayes thought good to adde thereto this that followeth: Take Walnuts with the ſhels, burne them wholie to aſhes in a pot, and thereof giue a child one ſcruple, or more, according vnto the ſtrength of the child.

Item, take dry browne Betonie, and therewith fill a ſmall bag, and lay it on the childs breſt. Women are of opinion, that if the child may liue till the ninth day, then will it recouer health.

For this you haue alſo a ſpeciall Capon water for children that haue the conſumption, in the fift Chapter, the 22. §.

It is alſo ſufficiently knowen to all the world, how that the hart by peſtilent ayre, will not only be feebled and infected, but alſo inflamed with a full deſtruction, againſt which you ſhall find ſundry fit remedies in the firſt part, in the treatiſe of the Plague.

For concluſion of this Chapter of the Hart, and of the ſecond part of this booke, we will not omit the deſcription of the *Species De gemmis*, whereof is ſo often mention made, which are to be found at euery good Apothecaries after two kindes of preparations, to wit, the cold, and the hote *Species*, which may be vſed to Confections, Powders, Cordiall waters, and ſuch like, but by reaſon that the preparation of the ſame is very diuers, therefore we will here ſet forth and deſcribe only foure ſorts of the moſt common preparations.

Species de gemmis frig.

*Spec. De gemmis frigidæ* which are cold of nature, are thus prepared: Take Perles 3. drag. Rubies, Jacincts, Granadoes, Smaragdes, and Saphirs, of each one drag. Harts bones halfe a drag. burnt Iuorie, red and white Corrall, of each one drag. Roſes one drag. and a halfe, white and yellow Saunders, floures of Bugloſſe, Burrage, Sorrell ſeede, and Baſill ſeede, red & white Behen, of each one dragme, beaten Gold and Siluer, of each fiue leaues.

Species de gemmis calidæ.

*Species De Gemmis calidæ or Meſuæ:* Take prepared Perles three drag. Saphirs, Jacincts, Hardonir, Correils, Granadoes and Smaragdes, of each one drag. and a halfe, Zeduary, *Doronicum*, Citron pils, Mace, and Baſilliſeede, of each one quarter of an ounce, red Corrall, Amber, and filed Iuorie, of each halfe a ſcruple, red and white Behen, Cloues, Ginger, long Pepper, Spica, Cally wood, Saffron, and Cardamome, of each one drag. Cinnamome, Galingall, & Zeduary, of each one drag. and a half, ſmall filed Gold and Siluer, of each two ſcruples, Amber one quarter of an ounce, Muſke halfe a drag. each beaten by it ſelfe, and then tempered together.

Species de gemmis temperatæ.

*Species De gemmis temperatæ* Theſe ſpecies are of a temperate nature, not too hote, alſo not too cold, the which may be prepared as is thought good.

*Species Cordiales*, Cordiall ſpecies: For this, take Perles, burnt Iuorie, Granadoes, Cinnamome, Tormentill, and fine *Bolus*, of each three drag. red, white, and yellow Saunders, ſhauen Iuorie, & Vnicornes horne, of each one quarter of an ounce, Jacincts, Saphirs, white & red Corrall, Valerian, *Diptamus* Zeduary, and *Lignum Aloes*, of each one drag. ſealed earth fiue ſcruples, burnt ſilke two ſcruples, Harts bones halfe a drag. red and white Behen, of each two ſcruples, fiue leaues of beaten Gold, Muſke and Amber, of each ten greines, either of them prepared after his manner, are to be beaten together.

Species Dia margariton frigidæ.

The ſame operation haue alſo almoſt the *Species Diamargariton*, wherof there are two kinds hote, & cold; the warme are here before deſcribed in the 12. Chapter 12. §. the cold are thus prepared: take peeled Melon ſeeds, Pompeon ſeeds, Gourd ſeeds, & peeled Cucumber ſeeds, Purſlane ſeeds, white Poppie ſeeds, white, yellow, and red Saunders, Ginger, Roſes, water Lillies, Burrage floures, and Mirtle ſeeds, of each one drag. white & red Corrall, of each halfe a drag. Perles three drag. prepared together and being all beaten ſmall, temper them all together. This holdeth all fell people that fall quickly into a ſwoune, in their ſtrength, whether it be cauſed of the ſtomack, or of the hart; it fortifieth all the inward vitall parts: it is alſo good againſt all Coughes, againſt the conſumption, and all thoſe that be brought lowe through a long ſickneſs, it bringeth againe to their former might and ſtrength.

The

# The third Part of this Booke of Phisicke, *Containeth the Bellie.*

THE third Part of mans bodie, haue the Anatomistes (who are the surueiours of the vniformitie and members of mans bodie) ascribed to the bellie, which beginneth outwardly from the breast, and inwardly from the *Diaphragma* descending downwards euen to the leggs. This part hath outwardly these members following: on the foreparte the Nauell, which is placed in the middest of the whole bodie and bellie; vnder which doe followe both the partes of Generation, the which in man are the testicles or stones hanging downe in a codde: behinde are the raines and the buttockes which couer the fundament. The inwarde members are the stomacke, the liuer, the gall, the kidneis, the bladder, the bowels, and in women the mother: all which are subiect to verie dangerous diseases; of the which we are now to write and discourse.

## *The first Chapter.*

## Of the Nauell.

THE first outward member of the bellie is the Nauell, which is called the rote of the belly: for that nature hath formed it as the first amongst the feeding parts, and also in new borne children holdeth fast in the mothers belly, no otherwise then as it were a rote in the earth. For like as the rote of a tree draweth nourishment vnto it whereby it groweth: euen so doth the nauell also which draweth the blood vnto it out of the mothers body thereby to nourish the child, and make it grow. Euen as the foresaide rote of a tree of all that which it draweth vnto it for foode, doth not driue away any thing but all that which is waterie & vnnecessary for his nourishment. As the gum which one seeth on a tree: euen so doth the string of the nauell which sweateth out all superfluous moisture which is not good for nourishment, and doth gather all the same togither in the *Secundina* vntill the birth day: the which is called of women the flood, or breaking of the water.

All people be they yong or olde may get a rupture of the nauell, which swelleth and hangeth out of the forepart of the belly; the which causeth chiefly to women a great hinderance if they be not holpen therefore, like as we shall write hereafter more at large when we shall discourse of the rupture: yet we will here discourse and write somewhat of certaine things for the behoose and ease of yong children.

Take Comfrey one ounce, stampe it well, put thereto halfe an ounce of molten Ware, temper it well, and then laie it vpon the nauell. But if the rupture be verie great, then take Beares grease, and therewith annoint the whole backe bone of the childe: it causeth the nauell to be drawen in.

It is found to be oftentimes good for all ruptures of the nauell, be it in people of discretion, or in yong children, that the herbe *Perfoliata* and his seede be sodden and laid vpon the rupture, and so worne or caried continually vpon the nauell, vntill that thereby the rupture be cured.

And the same seede being also sodden in water or in wine, and one dragme thereof giuen to drinke, or stampe the herbe and the seede and giue thereof to the childe the weight of one scruple and a halfe to eate in pap. Also you shall hereafter finde a plaister of *Perfoliata* which you may vse for this purpose.

A good powder. Take Lupins meale halfe an ounce, burnt linnen one quarter of an ounce, temper them togither and take thereof one quarter of an ounce: then temper it afterwards with wine and laye it vpon the nauell.

## *The second Chapter.*

## Of the members of generation in generall.

FOr as much as the supporting of the succession of mankinde cannot be purchased without the health of these parts in men and women: therfore it is to be endeuored (if they be infected with any kinde of disease) to remedie and cure the same: not to the continuance of carnall lusts, but onely to the aduauncement and accomplishment of the state of Matrimonie. For where as a mans nature doth scoure away through the spermaticall flure; and therby is most vnfit for generation: therefore can it not be but a christian deede to helpe the same, and to make it fit for generation. For it is taken at all times to be a punishment of God, if a woman remaine barren, therefore haue we determined to write somewhat thereof.

### Of the Tumors in the groinde and other such like diseases. §.1.

THere come also many kind of diseases vnto the foresaid Groynd or priuie places, with heat, hardnes, anguish, and great payne. Amongst other, the Latinists do reckō *Bubones*, the which are swellings of the Groinds: for which these remedies following are to be vsed.

Take muscilage of Elecampane rotes, Linesæde, Figs, and Sebestes, of each fiue ounces, and as much also of the oyle of swæte Almonds, prepared litharge of Golde thræe ounces: sæthe it so long vntill the muscilage be consumed, stirring it alway about, and put thereto one ounce of Ware, and then make of it a plaister, and lay it thereon.

Item, take Bird lime, and *Gummi Helenij* of each two ounces, molten Ware halfe an ounce, temper them well by the fire, & make thereof a plaister: it driueth out the matter maruellously.

### A good Salue.

TAke Rosin and Ware, of each one ounce, a great Dinion, two Lilly rotes; stampe them, and let them sæthe in Goates milke: then straine them thorow a linnen cloth, and let it sæthe well againe, stirre it alwaies about, vntill that it ware cold.

When as this Tumor is broken out, then clense it with *Vnguentum Apostolorum*, or with honie of Roses, and you shall finde sundrie things in the first Part, of the description of all olde Vlcers, ranckling and Cankers &c. which are commodious for this.

### Of the Priuities or Secrets in particular. §.2.

BEsides the foresaid Tumor or swelling that the Priuities are subiect to, are mans Priuities subiect to more other diseases. And because the same is a tender part and very sensible: therefore doe such paines commonly bring greater accidents with them, wherof we will discourse: but we will first shew the causes whence all such accidents are wont to grow. First, for that he hath lien with an vncleane woman, or that there remaineth of his Nature or Sperme sticking in the Conduit, and so festereth and putrifieth there. Also if one weare any fowle stinking clothes about his priuities, or if any haue euer had about that place any sore, and the same was ill healed. Item through rubbing and hard scratching, euen as one may best of all demaund all these things of the sicke person.

And to come to the remedies: if so be that this member be ouer heated, and hath an Vlcer, then is it to be clensed and cooled with Rose water and Plantaine water. And if it require stronger things, then is water to be taken wherein the sædes of Butchers broome is sodden, Rose water and wine, of each thræe ounces, Verdigrease, Vitrioll, and burnt Allum, of each halfe a drag. temper them togither, and wash the open place therewith.

Other

Other do take Hony water, and sæthe therein burnt Allom: but whether one or the other be taken, the sore is alwaies therewith to be washed & clensed. If it be vpon the top of the yard or secrecie, then clense it with soft cotton: And for the curing of the same, take Wine and water wherein Gals, Cypers Nuts, and Allom are sodden, and lay thereon fine clouts (made wet in the foresaid water) and then pluck the foreskin ouer, and so let it lye still vntill he will make water, and then shall you put on fresh, and continue it so long vntill the heate be drawne out, and the vlcers somewhat clensed. But this following haue the later Phisitions in vse, which is also good and certaine: Take small turning or saw dust of *Guaiacum* three ounces, yellow Hirabolanes halfe an ounce, Aloe and Myrrh, of each one drag. sowre red Wine and Plantaine water, of each twelue ounces; let them sæthe softly together till that about the third part be sodden away, afterwards straine it, and therewith clense the vlcers. There may be also vsed for this the water for the eyes, which is described in the first part, against the rednes of the eyes, the which beginneth thus: Take broad Plantaine &c.

If it nede any more cooling, then take the white salue with *Camfora*, or *Diapompholigos*, and dresse it oftentimes therewith, washing it alwayes well.

And if it will not be holpen with these things, then is that to be taken which dryeth more, as hereafter followeth: Take *Aristology*, Aloe, of each alike much, strowe it on the vlcer, or take the rootes of our ladyes Cowslips, and strow them therein, and lay a cooling plaister thereon, or *Album coctum*, which is thus prepared: Item, take Sallet oyle, or oyle of Roses fiue ounces, Ceruse one ounce and a halfe, stirre them well together with a wooden pestle, and put thereto one ounce of pouned Ware, and boyle it to a plaister: This plaister is also good when the skin is rubd off, or broken, for it dryeth and cooleth. The plaister *Diapompholigos* is made thus: Take oyle of Roses, & white Ware, of each three quarters of an ounce, the iuice of Nightshade beries about so much also, Ceruse one quarter of an ounce, burnt and washen Lead, and white Tutty, of each one drag. the iuice and the oyle of Roses, let them sæthe together vntill all the moysture be spent, then melt the Ware therein, and temper the other things amongst it being well and small beaten. This plaister is also good for all vncleane vlcers, it dryeth, cooleth, and healeth, and cicatriseth very well.

A plaister of Ceruse.

Diapompholigos.

A powder. Take Tutia, Aloe, Mastick, Sarcocolla, Dragon bloud, and fine Bolus, of each a like much, beate them all small, and mingle them with Ware and Turpentine, afterwards burne it whole to powder, and strow it vpon the open place.

A salue. Take prepared Tutie, one ounce, Mastick and Frankincense, of each one quarter of an ounce, white Ware halfe an ounce, oyle of Roses as much as is nedefull for to make therewith a salue. The lytharge of Golde is also good for this, vsed alone, or tempered amongst the foresaid salue; for it dryeth, it mollifieth, it cooleth, it clenseth, and causeth the flesh to grow. If there be great anguish, and the skin off, then the oyle of swæte Almonds serueth well.

Item, take Argall, put it into a new pot, and burne it so long vntill it be blacke, then afterwards pownd it small, and strow it on the sore.

This is alledged only for outward vlcers that are seene with the eye: but if there be any sore in the conduit of the yard, whereby the same is stopt, and the yard enflamed, then vse this following, spowting it therein gently with a Sering.

Take white Wine one pinte, burnt Allome two drag. and a halfe, Verdegrese one dragme and a halfe, let them sæthe well together, and straine it through a tight cloth, and vse it, as is sayd: It is very healing, and driueth away swelling. Also this salue is to be vsed for it, annointing the whole member therewith: Take the iuice of Tassels, of Plantain, and Comfrey, of each two ounces, foure scruples of Camfer brused very small, and three well brayed whites of egs, Starch and Ceruse one ounce, the lytharge of Gold halfe an ounce, Tutty prepared with Rose water one dragme and a halfe, stirre all these together in a leaden morter, and make a salue thereof.

## Of the vnnaturall erection of the yarde called *Priapismus*, and *Satyrismus*. §. 3.

THese names are giuen to the disease, because that the member of man hapneth continually to stand after an vnnaturall manner, without the lust or concupiscence of a woman, euen as the heathen do paint and picture their false God *Priapum*, and their hedge gods

*Satyros.* Some do write, that when a man without lust of women hath his yarde erected, and comming to a woman the same will not swage nor relent, that then it is called *Priapismus. Satyrismus* is the erection of the priuities, which is lost by copulation. The cause of both these infirmities, are grosse thick vapors or damps, with small heat, that they cannot sodainly spend, as also abstinence from women, continuall vse of Pease and Beanes, and other Pottages. In fine, if there be not spædie remedie for these causes, then may ensue after it as great a paine and distention of the sinnewes, as at the last might cause an intollerable Cramp and impostume.

For to remedie this infirmitie, foure things are first to be noted: First, that the patient beware of all such things which might cause the yarde to stand, and stirre vp venerie: what these are, we will shew immediately hereafter. Secondly, he must indeuour to vomit, to let bloud, and take milde purgations: Thirdly, to rub well the vppermost members, and not the vndermost, to hinder the deflure of the matter. Fourthly, the patient must refraine womens company, except it be that he haue very great lust thereto. And for to cure this, it is therefore aduised, that first the Median be opened, and afterwards cause the patient to vomit. If it will not thereby amend, open the vaine againe, and giue the patient a little of the muscilage of Fleawort, which is made with the water of Purslaine, or of water Lillies, or bathe the members and parts about it with boyled Rue, *Agnus castus*, Cumin, and such like. Item, annoynt the kidneys and the priuities with herbs cold of nature, of which the sædes of Fleawort, Campher and Poplar salue are tempered. For his Sallet he must take Purslaine, Endiue, Lettice, and such like. For Vineger, the iuice of Limons and Citrons are good in all his meates. To fast much, and liue only by water and bread is very good for him: but in case he will drinke Wine, then must it be well watered. This plaister following shall he weare on the raynes and the priuities, so long as this sicknes indureth. Take white Ware fiue ounces, melt it, and wash it ten times in cold water: afterwards temper amongst it halfe an ounce of small beaten Campher, or weare vpon the raynes a thin plate of lead full of holes, and wet it often with Vineger and Campher. This powder following may also be prepared: Take Fleawort two dragmes and a halfe, Purslaine sæde, prepared Coriander, and Lettice sæde, of each one quarter of an ounce, Camfer one dragme, temper them all together being powdred small, and giue euery morning one drag. thereof with sirrupe of Limons, or faire water. Under the patients sheetes must be layd the leaues of *Agnus castus*, and he must lye alwaies vpon his side. But if he cannot abide to fast, then is he to eate much bread of Millet and many Sallets, and his drinke shall be white Wine, wherein Rue, Cumin, Coriander, and such like haue bæne steeped. Also colde sirrupes, cold confections, and such like are very commodious for him. The sent of Beuercod, of Campher, of Saunders, Roses, and all cooling things, are also passing good for him.

*The third Chapter.*

3. ch.

## Of the Testicles and Cods, and of sundrie ruptures.

NAture hath fastened behind the yarde or secrecie, a wrinkled bag or purse, wherein the testicles or stones are kept. This member is subiect to many Hernies or ruptures, the which the Latinists do call with one common name *Herniam:* which notwithstanding is manifold, and yet comprehended in three of the principallest, which are caused of swelling, of scabbines, or of stryuing, all which do fall downe into the said cods.

Yet is there another kinde of rupture which commeth about the Nauell, or about the priuities, be it in man or woman, wherof we haue made some mention before in the first Chapter. The first sort of ruptures hath many differences, and each hath his proper name, and are to be compared with each other in fower kinde of waies: to wit, when they are caused through winde: through puffing vp of the vaines with the blod, *Varices:* when the bowels or rim of the same little or much falleth downe into the cod: lastly, when as the cod is so filled with water or other moistures. Other do reckon fower kindes moe, which neuertheless may be contained amongst the foresaid fower. The causes of al these mixtures are either inward or outward. The outward causes may be fals, thrusts, much labour, heauie burthens, lowd hoping, coughes, extreme blowing or winding, and chiefly

when

when one hath well eaten and drunken. The inward causes are, when his bowels or rim cannot stay in his due place, but commeth to fall downe into the nauell, priuities, and into the cod. Likewise windes, humors, or grosse melancholike blod (like as is said.) The signes of all common ruptures, are an extuberation, or swelling, and puffing vp of the same place beyond nature. These Hernies appeare at the first like to a small eg or nut, which by little and little increaseth. If this rupture procede of wind, that may be heard by the shreeking or rumbling, and it may be discerned with the eies.

## Of the vppermost Hernies or rupture, which happeneth aboue the Cod. §. 1.

FIrst, to speake of the rupture which happeneth aboue the Cod, (which is called *Scrotum*) it is aduised, that forthwith remedie be had for it. The new ruptures in childzen are easily to be holpen, and contrariwise when they waxe olde (especially in olde folkes) then are they hard to be holpen without incision. All Chirurgions do knowe well, what kinde of trusse they are to make for this: for as much as it is difficult to describe the same, therefore be they to be put in trust therewith.

It is commanded, and not without reason, that the patient must be laid on his backe, and that the bowels which are fallen downe must be put vp softly againe, vntill that they do lie in their due place: then must this plaister (spred vpon a thin peece of leather) be laid vpon the rupture, and on the top thereof a bolster bounden pretie and harde. They that be about thirteene yeres olde must lie on their backe; and if they must needes arise, then must they beware of stowping, and hold still their hand vpon the rupture. But yong childzen must be dealt with somewhat milder. But for this can no certaine rule be prescribed: but regarde must alwaies be had to the age, to the strength, the time and disease, and so to deale thereafter. Now for to helpe these ruptures, we will decipher first certaine plaisters, which are very fit and requisite for it: Take Pitch and Mastick, of each three dragmes, Frankincense one quarter of an ounce, *Hypocistis*, *Sarcocolla*, and the iuice of Sloes, of each one dragme and a halfe, Blodstone, Dragon blod and Aloe, of each two dragmes and a halfe, Birdlime one dragme and a halfe, Comfrey, Gals, Pomegranate peeles, fine Bolus, of each three dragmes, Aristologie one quarter of an ounce, Shumach, blossomes of Pomegranates, of each one dragme, two ounces of Deere sewet, Turpentine and Waxe, as much as is needefull. The gums and iuices dissolue in hot vineger or wine: the rest poune small, and make thereof a plaister. Another: Take Pitch halfe an ounce, white and red Waxe, Litharge of golde, *Ammoniacum*, *Galbanum*, Momy, of each two dragmes and a halfe, Birdlime, Myrrhe, Cypers nuts, and Frankincense, of each one dragme, Gyps or plaister, prepared Bolus, and Aloe, of each halfe an ounce, Mastick, Comfrey and Daisie rotes, of each three dragmes and a halfe, Turpentine one ounce, Aristologie round and long, and Galnuts, of each one ounce, Dragon blod one quarter of an ounce: but melt the Gums in vineger, and poune all that is to be pouned: the Pitch, Waxe and Turpentine are to be molten, and the rest tempered amongst them: the Waxe may be augmented and diminished according to the importance of the time. This plaister is also good for all fractures of bones. Plaisters for the rupture.

The ancient Phisitions were wont to vse for this rupture, this plaister following: Take Cypers nuts two ounces, Myrrhe, Cypers rotes, Marierom gentle, Gals, the iuice of Sloes, Frankincense and Gum, of each one ounce: the Gum is to be dissolued in wine, and the rest tempered amongst it, and so (as it is said) laid vpon the rupture. You shall not vnlose the trusse but once in sower or fiue daies, and then renew the plaister.

Item, take Fish lime two ounces, Momy one ounce and a halfe, Pitch and *Ammoniacum*, of each one ounce, breake them all to peeces, and lay it to steepe one day and a night in three ounces of vineger and oyle of Mastick: afterwardes let them melt togither, and temper therewith Mastick, Frankincense, fine Bolus, Dragon blod, Gum and Fenegreeke meale, of each three dragmes, and stir it long togither.

Item, take Daisie flowers and rotes, wilde Tansie flowers and rotes, Comfrey, of each halfe an ounce, Mastick one quarter of an ounce, the iuice of Sloes and Pomegranate flowers, of each halfe a dragme, Hares haire chopt small one drag. Birdlime one ounce, Pitch two ounces,

res, Ware fiue dragmes, oyle of Roses as much as is needefull, to make therewith a plaister. This salue following is much in vse: Take Pitch three ounces, red Ware, *Bitumen Iudaicum, Ammoniacum, Galbanum* & Turpentine, of each 2. ounces, Litharge of gold one ounce, Henbane seed, Aloe & Mastick, of each 3. ounces, Gips or plaister & fine Bolus, of each three ounces and a halfe, both kindes of Aristologie, of each two ounces, Frankincense and Myrrhe, of each two ounces and a halfe, prepared Earth wormes, Comfrey and Daisie rootes, of each two ounces, fresh blod of a heauie minded man fiue ounces, Isinglas and Glew as much as is needfull: the Gums let steepe three daies in vineger, afterwards temper them with molten Pitch and Ware: when it beginneth to be cold, then mingle the other things beaten small amongst it: lastly, put the blod thereto, and when it is well mixt, powre it vpon a stone, and worke it very well with greasie hands, and spread thereof vpon leather, and lay it vpon the rupture vnder the trusse.

Another: Take Iron drosse fiue dragmes, Womy, Dragagant and Gum, of each three drag. Frankincense, the iuice of Sloes and *Sandaraca*, of each one drag. and a halfe, Isinglas, Cypers nuts, of each one ounce, Birdlime three ounces, Gips two ounces, Rosin 18. ounces, make therof a plaister with the iuice of Celandine.

Item, take Pitch one ounce, Litharge of golde, red and white Ware, Iewes lime, *Ammoniacum* and *Galbanum*, of each one dragme and a halfe, Birdlime one ounce, Turpentine washt with vineger, both kindes of Aristologie and Gals, of each two ounces, and two scruples of Cypers nuts, Myrrhe, Frankincense, of each one quarter of an ounce, fine Bolus and Gips of each one ounce, Mastick, Comfreie, and Daisie rootes, of each one ounce, Dragon blod and Womy, of each halfe an ounce, mingle them well togither to a plaister. Another: Take the Gum of Cherries, dissolue it in Sallet oyle, put thereto Mastick and Frankincense, of each a like much, melt it, and boile it to a plaister.

Yet another: Take Gum, Dragagant, Mastick, fine Bolus, Dragon blod, Isinglas and common Glew, of each one dragme, Frankincense one dragme and a halfe, Iewes lime halfe an ounce, Pitch and Womy, of each one dragme and a halfe, Tar one quarter of an ounce. First melt the Pitch, then ad the Glew and Tar, and temper then the other things amongst it beaten small. When it is cold, then annoynt your hands with oyle of Roses, and worke well this salue.

This following is taken for a secret: Take Dragon blod halfe a dragme, Myrrhe, *Sarcocolla, Opopanacum*, Brimstone, Amber, Mastick and Comfrey, of each two dragms and a halfe, Myrtle seede, yellow Mirabolanes, of each two dragmes, the barke of Pine apples and Cypers nuts, of each fower scruples, fower or fiue garden Snailes out of their houses, Dragagant dissolued in red vineger one dragme, Fish lime molten in vineger also as much as is needefull for to make the foresaid things to a plaister: afterwards drie it by a small fire.

Fire howers after, drinke three ounces of this water following: Take Comfrey and Tormentill, of each one quarter of an ounce, Codwort, Sengréene, Cinqfoile, Mugwort, and herbe Trinitie, of each two handfuls, *Garyofillata, Verbascum* and broad Plantaine, of each two drag. and a halfe, Roses, Horsetaile, of each halfe a handfull, cut and poune it grosse; and put thereto red seething wine and *Aqua vitæ*, of each fire ounces, or so much as will couer it well: let it so stand fowertéene howers: afterwards straine it thorow, and wring it out, and make it swéete with sirupe of Myrtles. But if so be that three ounces be too strong to drinke at once, then is he to take but one or twaine, and this potion may be tempered with somewhat else.

A plaister called De pelle Arietina.

Hereafter follow three kinds of plaisters, *De pelle Arietis*, which is commended aboue all other plaisters, as a certaine remedie: Take Pitch two ounces, litharge of Siluer, *Ammoniacum, Galbanum*, Mastick, of each one ounce, white and red Ware, Iewes lyme, Aloe, and both Aristologies, of each one ounce and a halfe, Bird lime, fine Bolus, of each three ounces, Gips, Myrrh, Frankincense, Turpentine which is washt well in Vineger, prepared earth wormes, Comfrey, Sengrene, of each two ounces and a halfe, half a Rammes skin made cleane from the haire and woll, and cut small, the bloud of a red bearded yong and healthfull man fire ounces, prepare them all together as hereafter followeth: Take the cut Ramme skin, let it séethe to tough slime, then wring it out hard, and temper amongst it common Glew, and fish lyme, or Isinglas, of each one ounce and a halfe, afterwards let it séethe well together. You must dissolue the Gumme in Vineger, and you must pound all that is dry, in like manner also the grene rootes, herbs, and earth wormes to pap, you must worke the bird lyme amongst the bloud till that it dry, & the plaister ware hard, then are you to preserue this plaister in a glasse stop tight.

The

The second: Take Pitch, Ware, Iewes lyme, both the Aristologies, earth wormes, prepared Turpentine, and Aloe, of each one quarter of an ounce, lytharge of Gold, *Ammoniacum*, *Opopanacum*, *Galbanum*, *Bdellium*, *Sagapenum*, Mastick, Comfrey, and Daisie rootes, of each three dragmes. Birdlime, Bloudstone, Dragon bloud, Frankincense, Gips and Myrrh, of each three dragmes, mans bloud three quarters of an ounce, and the fourth part of a Ramme skin, sethe this to lyme, and strayne it through, and dissolue the Gumme therein, sethe it all together, and mixe the rest amongst it.

The third: Take Pitch, Aloe, Henbane, Aristologie, Behen, Saffron, and Chickweede with red flowers, of each two ounces, white Ware and Iewes lime, of each one ounce and a halfe, Litharge of golde, *Galbanum*, *Ammoniacum*, Homy, *Opopanacum*, Mastick, Cypers nuts, Dragon blood, of each one ounce, fine Bolus three ounces and a halfe, Gips, Myrrhe, Frankincense, Turpentine, of each two ounces and a halfe, Birdlime and Mans blood, of each twelue ounces, temper these with the glew or Muscilage of a sheepes skin and of sodden Hollihocke rootes. Many haue beene cured onely herewith.

You haue also before in the second part the first Chapter 1. §. a plaister which beginneth thus: Take Pitch halfe an ounce, &c. The which is also very good for this purpose. But note, before that you lay the plaister vpon the rupture, rub it with water that is distilled out of a sheepes skin when the woll is off.

Item, some other things more to lay thereon: Take the iuice of Sloes, sethe it in water, and lay it on the rupture, and bathe the same therewith: it healeth without cutting. For yong children in stead of this plaister are pultises also to be made, as hereafter followeth: Take meale of Lupines and burnt Linnen, of each a like much, and make with sower wine a pap or pultis, and lay it betweene two fine clothes vpon the rupture.

A milder plaister for children: Take Beanes as many as you please, and steepe them in warme water, pele them, and let them drie againe: afterwards stampe them to powder, and take thereof two ounces, small filed Oken wood one ounce, Comfrey sodden treatably in wine, and then stamped, three ounces: let all this sethe meetely thicke, and spread it on a cloth, and lay it three times a day on the Rupture, and a nights but one time, and let it be well fastened with a trusse: doe this sower or fiue weekes space vntill the rupture be cured, and the skin pretie strong.

Another: Take *Consolida Sarracenica*, *Gariophilata*, Plantaine, Fennell, Sanicle, broad Plantaine, and Pauls Betony, of each one handfull, chop all small, and let the plaister sethe vntill it be thicke: then lay it on the rupture, and tie it, as behoueth.

It hath beene told before in the first Chapter, how wonderfull good that this herbe *Perfoliata* is for all ruptures, which oftentimes hath beene by experience found and approued.

Here follow some salues: Take womens milke sixteene ounces, Badgers grease, Capons grease, Harts suet and Comfrey, of each two ounces, the innermost rinde of a Cherry tree cut small one ounce and a halfe: let it sethe so long as a hard egg, straine it hard through a cloth, and therewith annoint the Rupture sower weekes long morning and euening: trusse vp the Rupture as behoueth, and keepe the patient lying still on his backe.

Badgers grease is also speciall good for all Ruptures.

Hereafter are yet more sundry salues described, which are very good for this kinde of Rupture, and some Potions, whereof the first is before described, beginning thus, Take Comfrey &c.

Item take broade Plantaine, Houndes tongue, of each halfe a handfull, Comfrey, Daisie rootes, of each halfe an ounce, Mirtle seedes three dragmes, blossomes of Pomegranates, Bay beries, a dragme and a halfe, Ladies mantle, Sanicle, *Consolida Saracenica*, and Agrymonie, of each one handfull: sethe them all togither in wine and water, of each one pinte, vnto the halfe, straine it, and put thereto Sugar, at each time one ounce.

Item, take Sengreene, *Consolida Saracenica*, red Beetes, herbe Benet, Fennell, knot grasse, and Pauls Betony, of each one handfull; boyle them all in wine, and drinke of it twice a day, but not at night. An olde body must continue with it twelue weekes, and a childe fiue weekes. Some ad vnto it Ladies mantle, and Sanicle.

Item, take the roote of the long *Consolida*, one or twaine, *Consolida Saracenica* with the roote, Houndstong with the roote, of Pauls Betonie, and rootes of Polypody, of each a like much;

chop it very small, put it in a bag, and put thereto three pintes of wine, and distill it through a glassen helme, take therof in the morning early a good draught, at afternone, and in the euening when you goe to bed againe: yet at all times warme.

Some doe make this Potion yet stronger, and put halfe an ounce of *Perfoliata* vnto it, Watercresses one ounce and a halfe, Cicorie rootes one quarter of an ounce, and a pynte of red Wine.

Or take Comfrey, *Consolida Saracenica*, Auens, Ladymantle, of each a like much; let it seethe togither with good wine in an earthen pot, and drinke thereof betweene meales.

Another. If so be that the Rupture be not yet a yeere and a halfe olde, then take two pintes of small wine in an earthen pot, and put thereto *Pirola*, S. Johns wort, and Strawbery leaues, of each one handfull, stop the pot close, and let the same seethe vntill the second part, and drinke thereof morning and euening meetely warme. This must also be continued two or three moneths space, till that he be cured.

Nowe followe some Confections, and such like: Take Calmus and Comfrey, of each one ounce, Solomons seale rootes, Horse tayles, of each halfe an ounce, cut them all small, and let them seethe togither in sower wine, vntill it may be stamped to pap, and then temper it amongst this powder following. Take Cipers nuts one scruple, small chopt Hares haire halfe a scruple, Mastick, red Corall, Homy, sealed earth, Cinnamom, of each fifteene greins, and Cassia wood two scruples.

Lastly, take fower ounces of clarified Honie, and temper it to a Confection: thereof may be taken euery day one dragme, or a dragme and a halfe with wine, wherein Cipers nuts are decocted. Item take *Corna* as many as you please; seethe them in red wine, and straine them. Then take therof eight or twelue ounces, and seethe the same with fiue ounces of Sugar meetely thicke, and then mingle therewith Hares hayre (cut it as small as may be) one scruple, great and small Comfrey, and Tormentill, of each two scruples, herbe Trinity halfe a drag. Horse tailes, *Consolida media*, rindes of Pine apples, and the seedes of Butchers broome, leaues and rootes, red Saxifrage, of each one ounce and a half, Jewes lyme one ounce, Hyssop one ounce and a halfe, Hares hayre cut small three quarters of an ounce, Gals and Cipers nuts, of eache one quarter of an ounce; rootes of Solomons seale, wilde Cucumber rootes, of each one ounce, rootes of Sperage one ounce and a halfe, *Numularia* one ounce; temper them all well togither with Hony and Sugar as much as is needefull, and take thereof euery euening and morning the quantity of a Walnut in wine.

Otherwise, these things following are counselled much to be vsed: Valerian euery day one dragme taken in wine, Cressie seedes also in wine: but the same must not be vsed often times. Item, Shepherds purse cut small and decocted in wine. In like maner also the herbe *Cardopatium*. To foment the Rupture also with these things following is very good: Take Daisie leaues with red flowers, and *Consolida Saracenica*, of each a like much, Pauls Betony, *Perfoliata*, *Pyrola*, and Watercresses, Harts tong, Cicorie, Sanicle, wilde Thyme, *Cardopatium*, and the herbe of the same, of each halfe so much, chop it small, and make thereof two bags, seethe them in water, and lay first one bag, and then another, fomenting the Rupture euery time fiue or seuen howers long. After that, the Rupture must be trussed againe, as before. This water may last good three daies long in the winter time.

Item, take Rue, *Agnus Castus*, Marierom, and white Mints, of each one handfull, Annis seede, Fennell seede, Rue seed, and Siluermountaine, of each one dragme; Cammomill, Melilot, of each two ounces: stampe it all togither, and let it seethe in a quarte of water vntill the third part be sodden away; foment therewith the Rupture. This is also good for the *Hernia aquosa*, the waterish Rupture, whereof we will hereafter speake more at large.

## Of the Ruptures that fall downe into the Cods. §. 2.

NOwe we will speake of the breaches or Ruptures that fall downe into the Cods, whereof the causes are diuers, as it standeth herebefore declared in the 4. §. that they may therefore be holpen by sundry remedies, shall hereafter appeare.

Of

## Of the Rupture through winde. §. 3.

THe causes of this kinde of Rupture may proceede of meates which are windie, as certaine pottages, Milke, and all that is dreſt with Milke, all doughy meates and vnleauened bread, ſweete Wine, braynes and marrow of beaſts. Such muſt beware of cloudy ayre, and all moyſt dwellings, all heauines of the minde, and he muſt eſchue ſleepe. Further, ſodden fiſh, moyſt fruites, great riotting, much exerciſe immediately after meales, continuall vſe of all moyſt meates, are hurtfull for this diſeaſe.

For to cure theſe Ruptures, it muſt be endeuoured to driue out the winds, for the which at the firſt this Cliſter is very requiſite, take Comin, Annis, Caruway, Fennell, and Ameos, of each one dragme, Rue one handfull and a halfe; ſæthe theſe together in a quart of water vntill the halfe, take twelue ounces of this decoction, oyle of Rue, of Bay, of each one ounce and a halfe, Indy Salt, and *Sal Gemmæ*, of each halfe a dragme, Tho. Sugar one ounce and a halfe, make a Cliſter thereof, and miniſter it once a day: Secondly, is the patient euery morning to take ſeuen howres before meate one dragme of Mithridate, with two ounces of the water of Rue. This is a diuine medicine to expell winde, and to take away the occaſions thereof.

There may a good lye be vſed outwardly, and to take thereof a pinte, Sulphur viſ beaten two ounces, greynes halfe an ounce, beaten groſly, this ſo ſodden together vntill that the third part be ſodden away, in this warme water wet a ſponge, and lay it fiue or ſixe times a day vpon the priuities.

Secondly, let often Copper cups which haue narrow mouthes vpon the belly. For this is alſo good, all that expelleth winde.

## Of the wateriſh Rupture *Hernia Aquoſa*. §. 4.

4: 5.

IF any where in the vaines, in the pores, or in the lyuer or other parts do gather ſome water, which falleth downewards, then muſt it at laſt fall into the cods: but the Lyuer is alwayes the moſt principall cauſe from whence all ſuch moyſtures haue their beginning.

Therefore when as all ſuch wateriſh Ruptures happen to any, it is quickly to be diſcerned by the Pauell or Cods, which immediatly afterwards do ſwell vp, and ſeeme to be perſpicuous, whereto theſe things following are to be vſed.

Firſt of all, the patient muſt be purged; for if ſuch happen not often, the matter of the ſickneſs will not be caryed out of the body. In like ſort, if there be not kept a good order of dyet, and the water be not expelled, then runneth it againe downewards towards the Cods, whereby at length may be cauſed a greater harme. And to purge all thoſe humors, take this drinke following: Take *Agaricus* and *Hermodactili*, of each one dragme and a halfe, Ginger one ſcruple, Irros one dragme, Hony water foure ounces, then make the Hony water warme, and let the foreſayd things be ſteeped therein 24. howres, afterwards wring it well out, and drinke it warme, and fiue howres afterwards eate and drinke warme beere and bread vpon it.

But if ſo be this drinke through the bitternes thereof goe againſt your ſtomacke, then take this enſuing, *Electuarium Indium* three dragmes, burnt Copper eight greynes, water of blew Floure deluce two ounces, temper them all togither and drinke it. Or take theſe pils: Take the rote of *Laureola*, which hath beene ſteeped fiue dayes in Vineger, one ſcruple, Sulphur viſ foure greynes, burnt Copper two greynes, Licorice, Annis and Dragagant, of each foure greynes, make pils thereof with the iuice of Roſes, and take them all at one time.

There muſt alſo be giuen to this patient thoſe things to eate and drinke, which do moue vrine, whereof many are ſpecified where we ſhall ſpeake of the Dropſy *Aſcite*: but of theſe three things following, chooſe which liketh you beſt.

Take red Peaſe about fiue ounces, two Fennell rotes, let them ſæthe well together, and take fiue ounces of this decoction: or drinke fiue ounces of Brome water. Thirdly, take the water of Melilot, and water of Smallage, of each two ounces and a halfe, Sugar as much as you pleaſe, and drinke this a whole weeke long.

## A Confection to strengthen the Liuer.

TAke *Trociscos Diarrhodon*, and *Spec. Diacinamomi*, of each one dragme, burnt Iuory one scruple, fower ounces of white Sugar; sæthe it with Fennell water, and make Tabulats of it. Of these take one quarter of an ounce before meate. When as then through the foresaid meanes the water be somewhat voyded, then are these plaisters to be vsed: Take Masticke one ounce, Cipers nuts halfe an ounce, Dragagant and Gum, of each one dragme; temper these togither vnto a plaister with oyle of Roses. This stoppeth, that there can no more water run vnto it. Item, take *Seseli*, Comin, Cammomill, and Melilot, of each one ounce; sæthe these togither in a quarte of water, vntill the third part be spent, and foment therwith the Rupture. Then lay this plaister vpon it bounden warme to it: Take rootes of blew Flowerdeluce, and rootes of wilde Cucumbers, of each three ounces, Pease meale and Beane meale, of each two ounces, oyle of Rue and iuice of Bay leaues, of each two ounces: let this sæthe till it be mætely thicke, and so lay it vpon the Ruptures, and binde it warme vnto it. But if this cannot be made, then vse the first with Masticke and Cipers nuts.

The Apothecaries haue also one in vse, which they call *Emplastrum ad Rupturas*, which is also very good, and is thus to be made.

Take Nutmegs, the iuice of Sloes, Gips, Comin, Annis, Rice, *Pyrola*, sowre Dates, Cipers nuts, Sanicle, of each one dragme and a halfe, Filh lime or Isinglasse halfe an ounce, *Bdellium* two ounces: But dissolue the two last in Vineger, and with the rest beaten small make a plaister of it.

Another. Take Bran twelue ounces, beate it very small, and let it run through a Sieue, put amongst it two ounces of beaten Comin, make a plaister of it with *Oxymel*: You may also sæthe it well with white wine vnto a plaister. Item, take Lillie rootes one ounce, Linesæde meale one quarter of an ounce, Beane meale one dragme, Comin and wilde Rape sæde, of each one ounce, Sulphure vife one quarter of an ounce, Cipers nuts one dragme, *Bdellium* molten in Vineger halfe an ounce: beate all that is to be beaten, and let it sæthe to a plaister with white wine. Item, take Marierom, foment therewith the whole priuities, or annoynt it with the iuice of Yarrowe; take also oyle of Pepper and of Saffron, of each a like much, and therewith annoynt the Rupture.

But if so be that this waterish Rupture be taken for a species of the Dropsy, then must you loke for moe other plaisters, which stand described in the Treatise of the Dropsy *Ascite*, and chose which you like best. But if the water (which is so gathered together) must be let out, then are you after the purgation to lay the foresaid plaister vpon it, and open the Cod, yet let not the water run out all at once, and being run out, then lay drying plaisters vpon it: It is also opened sundry wayes, as with a hote yron, with a thred thrust through it, also with a Corosiue and otherwise, which we commend to the Chirurgions. But if so be that you be once cured, and that the same returne againe, then is he to be ruled in all things, like as is from the beginning hitherto prescribed.

## Of the Rupture through Bloud or *Phlegma*. §. 5.

ALthough that out of all the humors of mans body, there be specially caused foure ruptures, yet notwithstanding is the same very seldome caused through *Cholera*. In like maner also not often of bloud, vnlesse that such happeth through strokes, wounds, fals, cariage, and through vse of meates which make much bloud, that be very hote, moyst, and swæte, and such like. These Ruptures do make shewe with notorious swellings, with heate, and many humors, which may easily be knowne by their fæling, for at the last they will be red, and beating, or panting. The Liuer or Median vaine is to be opened of such a patient, and foure or fiue ounces of bloud letten out according to the strength of the patient. And the day nert must he purge with this potion following: First, must you make readie a Decoction which the Apothecaries do call *Decoctio fructuum*, as followeth.

Decoctio fructuum.

Take Figs and Prunes, of each fiftæne, Iuiubes, and Sebestes, of each twentie, Hops a handfull

handfull and a halfe, Endiue, Purslaine and Cicorie, of each halfe a handfull, pæled Melon sæde, Pompeon sæde, Cucumber sæde, and pæled Gourd sæde, of each one dragme, sowre Dates one ounce, Violets halfe an ounce: sæthe these all together (except the Dates) and breake them into this decoction, it is very good for the breast and coleth naturally, take of it three ounces, Rubarb two scruples, Spica foure greynes, conserue of Prunes halfe an ounce, temper these well together, and drinke it warme, and fast thereupon the space of sixe howres. The same day lay vpon the Rupture sixe ounces of grene Nightshade: but if you cannot get it, then take dryed Roses and broad Plantaine, of each two ounces, Linsæde sodden in Vineger twelue ounces, Barly meale fiue ounces, oyle of Roses foure ounces: let all these sæthe together vnto a thick pap by a milde fire treatably, and then lay this vpon it twice a day. Item, take water of Endiue, Nightshade, Barly water, and Beane water, of each alike much, temper amongst it a little Saffron, and oyle of Roses, make it wet in a cloth, and lay it thereon: Or take Barly meale, Lentill meale, Beane meale, and Violets, of each a like much, temper these all together with the iuice of the herbe of winter Cheries, vnto a plaister or salue, and vse it as aboue. But if so be that the paine of this accident will not staunch, then pound Henbane amongst it. The third day must two cups be set behinde on the buttocks, and that at such time as the patient hath least paine, letting them draw much bloud. His meates must be cooling and drying, as Veruice, the iuice of Pomgranats, &c. His drinke must be sowre and thin Wine. This is also to be noted, that this kinde of Rupture is of that nature, that it may be cured in eight dayes.

But the Rupture which is caused of phlegmatick humors is much more common, and they that gladly haunt strange women, are most subiect to these Ruptures: Also all they that liue riotously, eate hard meats, and haue sate vpon a cold stone with their naked bodie, which may be knowen through the coldnes of the disease, when it beginneth to mollifie, and when one doth thrust his finger into it, that the dent of the finger tarryeth a good while in it, which in the windie rupture nor in the water rupture happeth not to be. Also the place is not perspicuous, and the swelling remayneth at a stay. This disease is to be cured with these purgations following: Take Turbith one quarter of an ounce, Ginger one dragme, white Sugar three dragmes, temper them together: of this must the patient euery fourth day take one dragme, with Wormewood water, & betweene them must he euery morning take this potion: Take water of Balme, Betony, and Wormewood, of each one ounce and a halfe, Sugar halfe an ounce, Vineger of Squils one ounce, mixe them together. Now for to strengthen the parts wherein the phlegmatick humor ingendreth, it is very good euery morning to take one dragme of Treacle which is ten yeares old. This plaister following is also maruellous good for to consume all such matter: Take *Sandaraca* two ounces, *Sarcocolla* one ounce, ashes of Beane straw, or Vine stocks, sixe ounces, Vineger of Squils two ounces, as much water as is needefull: let these sæthe together vnto the thicknes of a plaister, and lay it vpon the sore as aboue. Some do take in stead of common ashes, the ashes of *Saponaria*, which may be well done.

## Of the fleshy Rupture. §. 6.

THis Rupture may also ingender of good bloud, for that the nourishing operation doth worke so vehemently therein, that the bloud turneth into flesh. It may also be cãused through great heate of the Cods. When as then this excrescence of the flesh doth much increase, then will this member be much feebled, and the new flesh which at the first was not hurtfull, will be vtterly destroyed. This excrescence of flesh, or this fleshy rupture, is first of all knowne, for that therewith is no paine at all. The heate is to be knowen by the rednes of the place, where the disease appeareth, and by the hardnes it is also knowne, for that it agreeth with other flesh. Lastly, it is also to be discerned and knowen by the spædy increasing, by reason that sometimes it will be as big as ones head. The outward causes of the fleshy Rupture are all that ouerheate and ouermoysten, whereby the bloud inflameth, and will be fat, euen as all delicate meates, yolks of egs, good fresh broth, swæte Wines, Dates, Sugar, and all that is dressed therewith, and such like. For to remedie this, first the Liuer vaine, or the Median is to be opened, and that at seuerall times, first one, then another. Secondly, you must looke to open the Hemorrhoides in the fundament, through continuall rubbing it with Oxe gall, or with water wherein Sulphur viu is

decocted.

decocted. Thirdly, through often applying great cups vpon the buttocks, hips, and other fleshy parts. He must eate no other meates then that are coling and drying, thereby to hinder the generation of the bloud: for which, this plaister following is also to be layd thereupon. Take Lentils, Nightshade, Roses, and broad Plantaine, of each fiue ounces, Barly meale twelue ounces, three whites of egs: sæthe these all together in sufficient Vineger, and thrice as much water, then make thereof a plaister, and lay it vpon the whole Cod fiue or sixe dayes one after another.

Now when as this patient hath purged, and done all that is prescribed, then is this plaister following to be layd vpon the rupture: Take *Bolus* two ounces, sealed earth, and Starch, of each one dragme, Mill dust one ounce and a halfe, *Sandaraca* and Mastick, of each one quarter of an ounce, make a salue thereof with the iuice of Roses in a leaden morter, and lay thereof twice a day ouer the Rupture.

Afterwards vse this corroding oyntment: Take blacke Sope two ounces, Orpment one ounce and a halfe, Sulphur viu halfe an ounce, burnt Copperas one dragme and a halfe, temper all together in a morter with water wherein Salarmoniack is dissolued: lay this vpon the lower part of the Cod, about the breadth of a groate, and let it lye therein about one houre, but no longer, so that it may not bite in too deepe. When there is then any vlcer, then lay easie things theron, as Barrowes grease, or Butter, vntill that the Escarre fall off. When this is all done, then take for this the salue of the Apostles: afterwards are you to lay this biting salue againe vpon another place of the Cod, so that it may be opened in sixe or eight places, yet so, that one may commodiously come to it with the foresayd things. When you then see that such excrescens be consumed, which may be discerned and knowen hereby, that the Cod is come to his wonted bignes againe, the which sometimes halfe a yeare hapned to endure before it came thereto, then must you proceede with incarnatiues, which things require an expert and patient Chirurgion.

## Of the Rupture which is caused of broken vaines, called *Varicosa*. §. 7.

HEreof haue we in the beginning of the 4. §. made mention, how that it is none other but an intumefaction of the vaines through bloud, for in the Cods are many vaines that compasse them all about.

This Tumor or Rupture proceedeth of Melancholick bloud, to which do helpe sorrow, vexation of the minde, many fantasies, and grosse meates, whereof the Melancholick bloud is ingendred: like as also of grosse red Wine, Salt Flesh, pottage of Beanes, and Lentils, and all that is drest with sharp Vineger.

Such a patient is to rule himselfe no otherwise then is taught in the fleshy Rupture, but that he must not vse any of the corroding salue, but in stead thereof vse the plaisters *De Muscilaginibus*, and especially those that be made with *Opopanaco, Serapino, Bdellio,* and *Ammoniaco*. For this is also good Bathes which are Sulpherish, Copperish, and warme by nature. And (to speake the truth) this species of rupture is not to be holpen but with great paines, and continuance of time.

## Of the terrible Rupture, called *Buris*. §. 8.

THis Rupture commeth also through Melancholick bloud, which not onely falleth downe into the Cods, but also infecteth them wholly, so that beyond all measure it commeth thereby to swell, yea will be black and cold, and sometimes without any vlceration. But if so be that there come vnto it any hard swellings, which afterwards breake out and yeeld much matter, then may the same be well taken for *Elephantiasis*: yet if so be that the swelling be not so big, and hath neuertheles the foresayd signes, then is it to be taken for the right *Hernia Oscena*, which some do call *Ossealis*, which altogether descendeth into the Cods. This disease will be cured like other hard swellings, or as hereafter followeth.

Take Beane meale three ounces, Cammomill, muscilage of Hollyhock rotes, Annis seede,

Fenne

Fenegréeke séede, and Raisons without stones, of each halfe an ounce; temper them with yolks of egs. These things following are good for plaisters; as Comin, Nightshade, Beane meale, Cammomill, Melilot, oyle of Lillies, Cowe dung, crums of Rie bread, and moe other thinges aforesaid. But if so be that the hardnes will not weare away, but inclineth to maturation, then must the same be opened and healed as other impostumations.

The plaister *Diachilon*, is good to be used at the first, and the Gum *Ammoniacum* by it selfe; for that they either consume or maturate the swelling in short space. There is also good for this Beane meale, Fenegréeke meale, Lillie rootes, Colewort leaues, and Figs, as much as you please, sodden togither, and then powned, and so layd vpon the griefe. Also this Rupture is to be oftentimes annoynted with the oyle of Cammomill, Lillies, and Spike, and chiefly when there is no speciall heate therein.

It is also to be noted, that it is not good, that if it be not knowen that the Cod is full of matter or corruption, to leaue the same long therein, lest that the Testicles thereby might also spoile and putrifie. For this is this rule to be obserued, to the end that in time the melancholicke humors might be drawen out and purged away; to wit, to open the Liuer vaine on the left side. The next day must he take half an ounce of *Catharticum Imperiale*, with Violet or water Lilly water. Nowe for to cause the matter to discusse and consume, take fire or eight dayes one after another these Potions following: Take Violet water, Lettice water, and Hop water, of each one ounce, syrup of Citron pils one ounce and a halfe. Take this warme early in the morning.

## Of the Ruptures whereby the Bowels do fall into the Cods. §.9.

THe eight and last sorte of Ruptures is here aboue mentioned in the Title. The descending of the Bowels or Rim, is oftentimes very sodainly, and otherwhiles very slowely. But howsoeuer the same come, yet for all that can it not be without pain, and chiefly if it be touched: the inward causes are none other then winde, which clérely appeareth hereby: if the patient hold vp his breath long, the Rupture will be the greater, and in breathing out the smaller. The outward causes are sufficiently expressed in the Treatise of the Ruptures of winde, and of the Nauell,

For to helpe this disease, before all things diligence must be had, that the Bowels which are descended, may be brought againe into their place. And for to compasse this, take holde on the Cods vnderneath, and treatably thrust it vp. Take also a great boring cup, set it aboue the priuities, or hard by, and let it drawe a good space. The patient must also lie higher with his buttockes, then his body, that the bowels thereby the easier may returne into their due places. If there be any great paine approching, then first of all loke to swage the same, and chiefly with Clisters, which are thus to be made: to wit, the decoction wherein Linesséede, Fenegréeke, and white *Sesamum* séeds beaten grosly hath béen boyled, and wherewith Butter and oyle of Violets be mixed. Item, take Hens and Cocks broth, and oyle of *Sesamum*, of each fiue ounces, *Sal gemmæ* halfe an ounce, or a little lesse; temper them togither, and minister this Clister mætely warme.

Another. Take twelue ounces of swéete wine, fresh Butter, and oyle of swéete Almonds, of each two ounces, *Benedicta lax* halfe an ounce; temper them all togither for a Clister.

Further, the whole Cods with all parts that are adioyning are to be well fomented or bathed. What waters are to be taken for it, you haue them set down before in the end of the 1.§. beginning thus, Take Rue &c. Yet another in the 4.§. beginning thus, Take *Seseli* or Siluer mountaine séede &c. In one of these warme decoctions wet a great spunge, and lay it ouer all the priuities: which being done, then let the Rupture be softly thowed backe. Afterwards must you lay this plaister following ouer it, and binde it as hard as may be abiden and suffered.

Take Cipers rootes two ounces, Mill dust three ounces, Comfrey and Daisie rootes, of each one ounce, Fish lime or Isinglas one ounce and a halfe, Dragagant, Gum, Homy, and burnt Iuorie, of each halfe an ounce, Dragon blood, *Sagapenum*, sealed earth, and fine Bolus, of each fiue dragmes: the meale and pownd rootes shall you séethe in two third partes of water, and one third part of red Vineger, vntill it be thick enough; then mire molten Ware amongst it as much as is néedefull, stir it with dissolued Gum well togither vntill it be colde. You haue also

before

before in the discourse of the Nauell and vpper Rupture, many good plaisters which are good for this vse.

But if so be that the Rupture be large, and all that is fallen downe be much, then lay the plaister thereon which is described in the Treatise of the vpper Rupture, in the beginning of the 1. §. for it is singular good also for this kinde of Rupture. Make a plaister thereof after the forme of a shielde, whereof the narrowest end may passe vnder the Cods betweene the legs, and the broade end ouer the whole Cods. This being done, then put thereon an accustomed Trusse.

Lastly, heede must be taken to cure and strengthen the place of the Rupture where the bowels come thorow: for the which this following is very commodious.

Take yron drosse which is sodden in Vineger and Myrrh, of each halfe an ounce, Dragon blond, fine *Bolus*. Frankincense, Mastick, sealed earth, and the iuice of Sloes, of each one quarter of an ounce, Cypers nuts, and Homy, of each three quarters of an ounce, Isinglas two ounces, temper them altogether with Mare and Rosen, as much as is needefull for a salue, and therewith annoynt the Cods thrice a day, and knit it vp with the Trusse, as is vsuall. If the Rupture be not too wide and too old, then may it be well cured therewith in 40. or 60. dayes.

## Of the Ruptures of Children. §. 10.

THe yong children are subiect to the foresayd ruptures of winde and water, more then aged folke, and are also to be cured with the foresayd remedyes. Concerning the vpper Rupture of children, especiall mention is made in the 5. §. But as in the beginning of this description we haue sayd that childrē and tender bodies are to be dealt withall more milder and subtiller then with aged folks, therefore is the same to be had in minde.

For the first, these are as much as is possible to be defended and kept from crying, and to be let lye with stretched out legs, and after the first binding not to vnbinde it in ten dayes. If the Rupture as then be not yet cured, then is the Rupture the second and third times to be trussed, for that by the first trusse they heale not thorowly, but all after as they be still or vnruly. But if the children be so small that they suck still, then must the Mother or the Nurse kéepe a good dyet in eating & drinking of dry meates: for they must eschue all meates which be moyst of nature.

## For to keepe vp the Matter that it descend no more. §. 11.

FOr this purpose are good the last mentioned Clisters, the binding and rubbing of the knées downewards, the setting vp of boring cups on the buttocks vnpickt, the opening of the Liuer vaine, or Median, wherewith also according to the importance of the cause, remedies must be vsed through vomits, whereby the matter that falleth out of the head will be diuerted: for all ruptures are much subiect to the defluxion of humors, and especially the great ruptures. Lastly, it is very necessary that women do further their Floures or Termes, and for men, the Hemorrhoides or Pyles.

## For to stay the reuersion of the Rupture that it come not agayne. §. 12.

THis must be effected through such things as expell winde, and flegmaticke matters, whereof is sufficient store declared, and chiefly that which hath *Turbith* in it in the §. 5. If you had rather haue pils, then take Coloquint one scruple, *Turbith* one dragme, *Bdellium* one dragme, and Ginger one scruple; make thereof twelue pils with *Hiera logodion*, whereof the patient is to take three in the morning early, and thereupon drinke one ounce of the water of blew Flower deluce mētely warme and sugred. This medicine is good for all flegmaticke diseases. This foresaid matter will be expelled through these things following by vrine: Take water of Brome, Madder, and Smallage, of each one onnce and a halfe; temper it, and drinke thereof about halfe an ounce at a time: and immediately afterwards take three pils of pouned *Milium Solis* sæde, mixt with the iuice of Smallage: or take one dragme of beaten *Lignum Aloes*, with Hony water.

water. Also you may vse twice a weeke one dragme of Mithridate, tempered with Minte water.

Thirdly there is a strong confection discouered, made by *Nicholaus*, by the name of *Opopyra*, which hath a speciall operation to drie vp the flegmaticke humors. And if you desire to make the same, then are you to vse the aduise of an expert Phisition, for it is very hot. There are also simples, which be very necessary for to stay the bowels after the first curing from falling downe into the Cods any more: whereof the first are Cipers nuts, when they are greene to confect them with sirup of Roses wherof one is to be taken three or fower howers before meate, and that continuing two or three moneths long. Secondly, after the same manner shall be confected Pine apples (the kernels being taken out) and vse them in like manner. Thirdly, take one dragme of Homy, and make therewith twelue pils with the iuice of Roses, and take thereof alwaies three howers before meate one, two, or three moneths space togither. Fourthly, you are to swallowe euery morning three or fower peeces of Mastick, and continue it three or fower moneths: it is the most surest. Fiftly, you are fower howers before meate to take a rote of *Consolida media*. Sirtly, the powder of Cipers nuts is to be vsed in all meates. Seuenthly, there must be worne a plate of filed Iron vpon the Rupture. Eightly, the patient is to sit often times in an Allom bath, which is very sure to preuent the recedine of all such accidents.

For this may be prepared these confections following: Take Frankincense, Mastick, the iuice of Sloes, *Hypocistis*, of each one dragme and a halfe, Roses, burnt Iuorie, parched Comin, Dill seede, of each one dragme, Cipers nuts halfe an ounce, small filed Steele, Iron drosse, decocted togither in red Wineger, of each one quarter of an ounce, dried seedes of Pomegranates one ounce; beate them all small togither: Honie of Roses eightene ounces, white Sugar twelue ounces, Granado wine sixe ounces, Dragagant, Gum, of each halfe an ounce; seethe both of these Gums with Hony, Sugar, and this iuice vntill it be thicke. When it beginneth to be colde, put it into a morter, and temper the other things amongst it, stirring it well about, and giue the sicke bodie there of two dragmes in the morning two howers before meate: also two howers after supper one dragme. With this haue many been cured.

## The order of life or dyet. §. 13.

EVen as all diseases in the world haue neede of a good diet, so hath this maladie most of all neede of it: But if the patient doe not gouerne himselfe in this sickness as it behoueth, then are all medicines of none effect, but in vaine.

For this is first required to keepe himselfe as quiet as is possible, and to lie vpon his backe. The patient is also forbidden all colde and moist places, carnall copulation, much stirring after meate. To ouercharge himselfe with meate and drinke is also very hurtfull vnto him, and all strong drinks, and chiefly Must or new wine is forbidden him. All meates that are binding, as sad baked bread, and all that is made of meale and dough must he forbeare. Of all sorts of pottages there are none more hurtfull than Beanes, Turkie Beanes, and Lentils: contrariwise, he may eate well smoke dried flesh and all kindes of fish: but new milke, and all that is made thereof, is hurtfull for him. Item Butter, and all colde and moyst herbes must he forbeare, as Spinage, Lettice, Beetes, Mallowes, Purslaine, &c. vnlesse they be mingled with some warme herbes, as Rosemarie, Mints, Thyme, Marierom, and such like. Meates that are good for him, are well leauened bread not aboue three daies olde, Brewesse of fresh flesh broth, reare Egs, Veale, Mutton, Porke, Hares. Item, Capons, Hens, Pheasants, Partridges, Ducks, Doues, and all other field fowles. All fish fried in oyle, and Salt fish may he vse otherwhiles, &c. Hard salt Cheese is also sometimes permitted. All sorts of Turneps, Oliues and Capers may he also vse. All manner of spice may he eate dresst with his meate. Also Annise seede, Fennell seede, Comin, and such like. All manner of sower things in his meates cannot hurt him, as vineger, veriuice, Limons, Orenges, and such like. For his drinke shall be good clere wine or beere. But if the patient can neither drinke wine nor beere, then is he to vse this Meade following.

Take Rosemary halfe an ounce, Cinnamome halfe a dragme, Balme flowers, Ginger, Borage, Nutmegs, of each halfe a dragme: seethe these togither in seuen quarts of water vntill the fourth part be sodden away: afterwards put thereto sixteene ounces of honie, let it seethe againe

vntill

vntill the third part be consumed.

This drinke is speciall good in the winter, and if the same be not continually vsed, yet may the wine be delaied with it.

This order is as well directed for flegmatike humors, as for the cause whereof this rupture hath his being. And if the same be caused of *Cholera* and blod, we haue thereof discoursed before.

The Chirurgions haue two other meanes to heale the rupture, which is, by incision, and with cauterisation, whereof we are not purposed to write.

## *The fourth Chapter.*

## Of the Testicles or Stones.

Some do name both these parts, the Priuities: which name doth signifie more than the stones onely of men or women, for that it is thought to be too grosse a terme, the Stones: but if the matter be honest which is spoken of them, then can the true name of them not be shamefull nor dishonest. Both these small parts of a mans body were once fashioned thereto by God and nature (like as is discouered) whereby to continue mankind: for which cause they are by good reason accounted amongst the principallest parts of mans body. For how greatly mankinde is depending thereon, it is to be seene by such, whose stones be cut out, who haue no beardes growing, do lose their mans voyce and naturall heate, yea are wholy vnfit for generation: In fine, do almost alter wholy into the nature of women, we may therefore with good reason write thereof.

Men and women haue both of them two of these stones, therefore do the Grecians call them *Didymi*, which is, Twins or Twilings. In men they hang outwardly out of the body in the aboue said cods, and are of a fast fleshy substance, round and somewhat long, inwardly hollowish, wherein they receiue the purest and cleanest blod of the whole body: and for that they be hot and moyst, they prepare that for the full perfection of the sæde. Women haue the stones inward, of each side of the necke of the mother one: but they are much lesse than the stones of a man, and also of another fashion. It is also adiudged, that the right stone is hotter of nature than the left, therefore the right also (is said) will ingender a sonne, and the left a daughter. It is found by experience, if a man haue one stone cut out, yet may he ingender childzen: likewise they that haue thræ stones are very vnchaste of life. Of the diseases which these members of the body be subiect vnto, is sufficiently discoursed in the treatise of the Cods: for there can hardly come any infirmitie to the cods, wherein they do not suffer with them, whether that they chaunce to swell through winde, or any other humor. But chiefly yong childzen get lightly such diseases; for which you haue this plaister following for to vse, as well for yong as for aged folks. Take Lilly rotes fower ounces, Linesæde meale, Beane meale halfe an ounce, yellow wilde Rape sæde halfe an ounce, Sulphur vife one dragme, make a plaister thereof. But before you lay on the plaister, annoynt the place with oyle of Pepper and Saffron, of each halfe an ounce, temper them, and vse it warme.

Another plaister: Take small beaten Annisædes, temper them with well braied whites of egs, and lay warme vpon it. This is approued and found good.

## *The fift Chapter.*

## Of Womens Priuie members.

The Priuities of women make outwardly a small shew, but within are much like to the priuie members of a man. The necke of the mother or wombe is in steade of the yarde: the mother or wombe is to be compared with the Cods, where on the necke of the same (like as is said) the stones are fixed: so that with good reason may be said, That whatsoeuer men haue outwardly, the same haue women inwardly. But for honestie sake we will write no further of it. But as much

much as concerneth the inward parts thereof, and all that appertaineth thereto, shall be discouered hereafter, heere shall onely be touched certaine diseases, which these parts are subiect to. For which, first of all the common aduise of women is against all paine of these parts, be it of whatsoeuer cause that the same procéede, to wit, that Betony be layd to steepe in Wine, and to drinke thereof.

## Of the inflammation of the place with swellings. §. 1.

TAke the whites of Egs, and bray them with a long péece of Allome a good space, then will it be a salue: spread it vpon a cloth, and so apply it, and when it is dry, refresh it, this hath beene many times approued, and found certaine. Item, take of the white of an egge halfe a nutshell full, and Sallet oyle, stirre them well together, and therewith annoynt the hote burnt place. Or take the greene and yellow barke of Elderne sticks, put them in a little bag, boyle them in Wine, and lay them warme thereon: it driueth away all swelling, as well that which is caused of Childbirth, as otherwise.

Item, take for the hote swellings of womens priuie places *Consolida Saracenica*, *Auens*, and ladyes mantle, as much as you please: powne them all together, and wring out the iuice, temper it with molten Capons grease, and fresh Butter, annoynt the place therewith betweene day and night foure times at the least.

## Of the Clefts of this place. §. 2.

THe Grecians do call these clefts *Rhagades*, and are such clefts as discouer themselues with excrescence of flesh, which for the most part standeth alwayes inward, and bléedes not of it selfe, vnlesse they be rubbed hard with the member of a man, which procéedeth of inward and outward causes. The outward cause may be fals, strokes, or bignes of a mans member: Also through putting in any sharp thing, as Gith séede, and such like. The inward occasions are, when as any inward swelling happeth through descent of some sharp humor, which there séeketh issue, and (to tell the truth) this is very hardly to be healed, especially, when all such diseases do stand déepe in the neck of the mother. But these clefts are to be healed with the same remedies which shortly hereafter in the treatise of the Arsegut shall be described, yet if there be no Ague nor sharpnes present, then may these pessaries following be vsed.

Take Ducks grease, and the marrow of a Stags bone, of each halfe an ounce, Saffron one scruple, oyle of Lillyes, and of white Daffodill, of each one quarter of an ounce, Waxe as much as is néedefull wherewith to frame pessaries. These pessaries must be put vp into the place, yet bounden at a thred, they draw the clefts together. Item, take Frankincense, and *Hypocistis*, of each halfe a dragme, Aloe halfe a scruple, Dragon bloud three dragmes, the iuice of Sloes one dragme, dryed Alle dung one ounce, dryed Mints a scruple, burnt eg shels one dragme and a halfe, three whites of egs, burnt paper two scruples, three ounces of the iuice of broad Plantain, Vineger one quarter of an ounce: temper them all together, it is speciall good for all clefts of the whole bodie. But if so be that there be any heate or sharpnes therewith, then is oyle of Roses to be vsed for it, and the pessaries must be annoynted with this white vnguent: or make a pessarie of Cotton, steeped in Rose water or Plantain water. But if the heate thereof be great, take the iuice of Purslaine, Mucilage of Fleawort, and iuice of Houseléeke: worke this the space of certaine howres in a leaden mortar, and temper a little oyle of Roses amongst it, this healeth and coleth. It is also very good against the Cancre of the Mother, and such like diseases. Item, take Dragagant, and Gum, dissolued in Rose water, washed Aloe, Cerusse, Frankincense and Dragon bloud, of each one dragme, litharge of Golde halfe an ounce, oyle of Roses two ounces, Waxe as much as is néedefull, stamp all that is to be stamped, and make a salue of it.

Also this hereafter following may with a Serin be squirted into the place: Take washed white bread, Frankincense, Bolus, and Dragon bloud, of each one ounce, powne it, and séethe it in foure ounces of Goats milke vntill the halfe, then straine it through a cloth, and vse it as hath beene sayd.

## Of the Vlceration in the priuities of women. §. 3.

All that is ordayned herebefore for the clefts, is also good for all vlcerations of the priuities in women. So is also in like manner that which followeth hereafter: Take fresh Butter, Badgers grease, and Dœre suet, of each one ounce, the marrow of a yong Stœre halfe an ounce, fiue beaten yolks of Egs: temper them all togither ouer a milde fire, and stirre it continually. When it is then almost colde, then put thereto Violets, Cammomill, and Roses, of each one ounce, oyle of Oliues one ounce and a halfe: let this sœthe softly one quarter of an howre, stirring it alwayes about. Afterwards strayne it through a cloth. Item, take Barrowes grease, wherein Dill hath bœn fryed, May butter, and Harts suet, of each two ounces, Sallet oyle one ounce and a halfe, the marrow of a yong Stœre, and Roses, of each one ounce, Violets, Cammomill, of each one dragme and a halfe, fire yolks of egs well beaten, temper it as before: you may put thereto a little Beuercod, this is, the elder, the better. For a generall rule note, that whereas any vlceration or clefts do shew themselues outwardly, that for the same these foresayd remedies are commodious: if so be that they stand dœpe in the neck of the mother, then vse the foresaid pessaries, and thrust them in dœpe ynough, for which cause the pessaries must be reasonable long. Also for all swellings and exulcerations vse the oyle of white Daffodill, for it is very much approwed for it.

## When any body catcheth any sore through carnall copulation. §. 4.

This is to be vnderstode of any sore which commonly commeth through copulation or venery. For this, you shall take Calues suet, letting it melt treatably vpon hote coles, then temper therewith the marrow of an Oxe: when it is molten, let it be cold: when you will vse this, then take a little of it, and annoynt the sore therewith. But if it hapned that one haue his ordure to come forth before, then take a small Tunnell, and stick it into the fundament, like as it were a Clister pipe, then powre therein the molten fat, but not to hote. The patient must also kœpe in his breath, and afterwards pluck out the Tunnell, and so stop the fundament with Cotton, that the same fat might not run out againe. And two or thrœ dayes after he must bathe in warme water, or foment with a bag that is filled with Oken leaues, Plantaine, and Roses, and is decocted in water.

## For to make a woman to be as narrow as a Mayden. §. 5.

Take *Consolida Saracenica*, Plantaine, red Roses, and Shepherds purse, of each alike much, and chop them small: when you haue two good handfuls of them, then take a pound of May butter: melt it, and put thereto the sayd herbs, then let all sœthe softly together halfe an howre long; afterwards strayne it thorow a cloth, and therewith annoynt the place. Item, take Copperas and let it dissolue in well water, wet a cloth therein, and lay it in the place, but it must otherwhiles be refreshed. If then one be plagued with the Crab lice, then loke the first part in the third Chapter in the §. 8. where is sufficiently written of Lice.

For to speake then more at large of this matter, and to declare (like as is sayd already) how much importeth mankinde in the soundnes and health of these parts of generation, therefore we will first speake of the Spermaticall fire or running of the raynes, be it by day or night: afterwards of the impossibilitie of the veneriall acte: Thirdly, of the barrennes both of man and woman, and how to redresse it. Fourthly, what belongeth to the *Secundina* or Skin wherein the Child is wrapt, we will shew hereafter.

### *The sixt Chapter.*

## Of the Spermaticall Fluxe or running of the Raines.

The Grecians do call this infirmitie *Gonorrhœam*, which is, when one against his will without erection of the yarde hath his sœde running out, through the losse of his strength, and vnnaturall heate. This is caused through feeblenes of the vertue retentiue, which is

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in the instruments of the sæde, which may happen through any ouercoldnes, be it by sitting on cold stones, or otherwise. It is else daily séene, if any beare this mischiefe too long, that he wareth leane thereby, and falleth away. And it is also no wonder, that by reason of this flixe of the sæde which sometimes ten yea twentie times hapneth betweene day and night, that thereby the best nourishment of the bodie is withdrawen. If so be that then this spermaticall flixe is caused through weakenes of the retentiue vertue, then hapneth it without féling; or if it happen through the force of the vertue expulsiue, which is knowen before by certaine impotencie, and trouble of these parts: But if the same grow through outward accidents, that must be vnderstoode of the patient. And to cure this infirmitie, first, it is to be knowen, that albeit this disease proceédeth for the most part through heate, yet notwithstanding the same may be caused through colde, therefore we will héere first write of the running of the Raynes, which commeth through heate.

## Of the Fluxe of seede or running of the Raynes through heate. §. 1.

THis Flure of sæde is (as it hath béen sayd) felt with some griefe. All cold things are acceptable to the patient, and hote things do put him to paine, as to a man which is superabounding in sæde, doth this flixe of Sperme bring not any fæblenes, and he wareth not thereby leane at all: but if such come through heate of the sæde, then féeleth he also heate, itching, and griefe: this must first of all be begun with a good order of dyet. And first he must chuse for his dwelling a place temperate, which is neither too hote nor too colde, neither too moyst nor too drye. It is also not conuenient for him to stirre or goe much, neither to ride: but rest and sléepe is highly commended for this infirmitie, and not too long, but a little, and that oftner. Déepe speculations, sorrow, veration, fright, feare, and especially all veneriall thoughts must he eschue. All purgations, and that which abateth the body are very hurtfull: and if néede require, the same is easily to be effected through vomits, sweates, and Clisters.

For vomiting, take water (wherein Radishes haue béene sodden) three ounces, sirrupe of Vineger one ounce and a halfe, giue the patient this warme, after that he haue eaten sundrie meates.

For to prouoke sweate, take Barly water three ounces, strong Wine two ounces, giue it him very warme, and let him sweate. The Clister must be thus prepared: Take Bætes, Violet leaues, Nightshade, Tassell leaues, of each one handfull, let them sæthe well together, and take twelue ounces of this decoction, Tho. Sugar one ounce and a halfe, yolks of egs, oyle of water Lillyes, and of Roses, of each two ounces, Salt one dragme and a halfe: the Clister must be set in the euening before meate.

In eating and drinking must be eschued all that nourish well, except there be great fæblenes approching, whereon ought most of all to be aduised. Also he must eschue all that prouoketh venerie, as all sharp hote meates, spices, fat and windie meates: but much rather may he vse all that are contrary to these, as water wherein Lentils are sodden, and water Lillyes tempered in all his meates and drinks. Also conserues of the same: prepared Coriander is also good, be it of what manner soeuer they be eaten. These things haue a speciall propertie to expell incontinencie. In like sort also, Purslaine, Endiue, Cicorie, and Lettice. But Lettice sæde excelleth all these, if one eate much thereof: It stayeth also exceédingly and spédily the running of the Raynes. Item, oyle Olive, and Nightshade, are very good for this. All these foresaid things is such a patient to vse continually, métely sowre Vineger, Oranges, and the iuice of Pomegranats may he also vse otherwhiles, and herewith eate shéepes fæte, and other beasts fæte. Fish that are taken in fresh waters, are also good for him, with Vineger and other sowre things, and dressed with Sallet oyle. All sea fish shall he forbeare. Concerning flesh, there is good all kind of Venelson, water Fowles, and in fine, the flesh of all Déere that be not fat, but in good plight. For his drinke, must he haue red cléere and pleasant Wines, and if he desire to haue them watred, then take thereto water wherein Coriander, Lettice, Purslaine, (and that which is yet better) Gum of Arabie, and dryed water Lilly floures haue béene decocted.

And that we forget not the venerious and lustie women, it is specially aduised, that for them shall be made a potion of the iuice of Betonie and Cicorie tempered together with vineger.

Item yet more against concupiſence of man and woman that are hot of nature, may plaiſters be made: Take Henbane, *Opium*, Camfere, the muſcilage of Fleawort, Purſlaine ſæde, and oyle of Poppy ſæde: make a plaiſter thereof, and annoynt or lay it vpon the Kidneies. Yet muſt this plaiſter by reaſon of the extreme coldnes be vſed prouidently. Alſo to goe bare ſoted is good likewiſe for this: and they that be full of blood are to be let blood.

Theſe things following doe much drie the naturall ſæde: to wit, Rue, and *Agnus Caſtus*, wilde Mints, Comin, and morſels made thereof. But chiefly if one doe take the ſædes of the premiſſes with Vineger. Item take Dill ſæde three dragmes, Lettice ſæde and Purſlaine ſæd, of each halfe an ounce; drinke thereof euery time one dragme and a halfe with the water of Lentils. Item take Rue ſæde and Henbane ſæde, of each one quarter of an ounce, Roſes and flowers of Pomegranates, of eache three dragmes: make thereof a powder, and giue thereof to drinke one quarter of an ounce at one time, with water or watered wine. But to returne to the leſing of the ſperme, it is not amiſſe to write what is inwardly to be vſed for it. Firſt then ſhall this confection following be neceſſary for it. Take Comfrey rotes three ounces, cleanſe them, and cut them ſmall, pilled Pompeon ſæde, and water Lillies, of each one dragme, the iuice of Licorice two ſcruples, prepared Coſall, fine Bolus, Mirtle ſæde, and Roſes, of each ten greines, Gum halfe a drag. beate them all ſmall (except the rotes) and make thereof a powder; ſæthe the rotes in red wine, and ſtampe them to grout: then temper the powder amongſt it, and put thereto the ſirup of Citron pils and of Orenges, as much as you pleaſe, and then let it ſæthe togither againe to a confection. Take euery morning one ſpoonefull thereof before breakfaſt.

Item temper Conſerues of Roſes with Marmalade as much as you will: or take either apart.

Another. Take prepared Bolus one quarter of an ounce, Conſerue of Roſes three quarters of an ounce; temper and vſe thereof euery time one dragme: Or take a whole newe layd eg ſodden and ſugred.

## A famous Syrup for heate.

TAke Purſlaine ſæde, Lettice ſæde, and water Lillies, of each one ounce, prepared Coriander, rotes of water Lillies, of *Dandelion*, and of Nightſhade, of each halfe an ounce, Camfere halfe a dragme, or fiftæne Iuiubes, Dates (eight dayes ſkæped in Vineger and chopt ſmall) two ounces, Rue ſæde, mountaine Mints, and parched Comin, of each one dragme; ſæthe theſe all togither in two quartes of water vnto the halfe; then ſtraine it thorowe; being very hard wrong out, put more thereto twelue ounces of the iuice of Quinces, Sugar fire and thirty ounces; and let them ſæthe all togither and clariſie them. Laſtly, caſt a little Mints into it, whereof ſhall be taken two ounces with three ounces of Purſlaine water: it is very precious and approued.

For this is alſo good theſe ſirups following: As *De Succo Endiuiæ, de Cydonijs, de Roſis ſiccis, roſatus Solutiuus*, and *Mirtinus*. It hath bene alſo ſaid before, that for this diſeaſe no purgations are fit. But if ſuch were moſt needfull, then is there to be giuen him one ounce, or one ounce and a halfe of fine Caſſia with Purſlaine water. Another which is ſtronger: Take Caſſia one ounce, and *De Succo Roſarum* one quarter of an ounce, beaten ſædes of *Agnus Caſtus* one ſcruple, water Lillies three ounces; temper them all togither. Alſo there is to be giuen him one ounce or one ounce and a halfe of Caſſia with Hony or milke. Afterwardes take euery morning a draught of well decocted Barley water, and temper therewith (according as the heate is great) a ſpoonefull or twaine of the iuice of Houſleke, or Purſlaine, for it coleth much. Item take one ounce, or one ounce and a halfe of Caſſia, ſtrowe it with the powder of Licorice, and ſwallowe it downe in the morning faſting. Item, vſe foureteene daies continually in the morning early a little Caſſia out of the pipes, and ſpet out the kernels.

A Confection that is very fit for this. Take prepared Coriander one quarter of an ounce, powder of Mintes three dragmes, Lettice, Purſlaine, and pilled Cucumber ſæde, of each two dragmes and a halfe, Gum, Comin, (both parched) of each one dragme, parched Dragagant one dragme and a halfe, water Lillies one quarter of an ounce, (all theſe beaten ſmall togither) Sugar fiftæne ounces, and ſæthe the Sugar in Purſlaine water, and then make Tabulates of it.

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Hereafter followe Potions: Take Comfrey rootes and sethe them in water, drinke thereof three or fower ounces with Sugar: it is very fit for this disease. Item, sodden water (wherein Myrtle seede hath been decocted) being dronken, is also very good. For this is also meete Plantaine water, Sorrell water, Purslaine water, and Cicorie water. Or take Mallowes and Hollihocke rootes, boyle them in water, and drinke of it. Or take of the *Trociscis de Carabe, de terra Sigillata, & de Spodio*, which you will, or of each halfe a dragme: for the whole Dose mixe it with whay, and so drinke it.

## What ought to be vsed outwardly.

IF so be that this infirmity haue long continued, then make smiths Sinders glowing hot, and slake them in wine, and bathe therewithall. You must fill the Nauell with Stags suet, which stayeth the affluxion of the heate and sharpnes of the matter. If the patient then desire to make water, then must the patient hang his priuities in Plantaine water or Nightshade water.

Item, take olde oyle of Roses two ounces, oyle of Quinces and Myrtles, of each two ounces and a halfe, Burnt Lead, white Lead, Blodstone (both washt in Lettice water) of each halfe an ounce, Starch one ounce and a halfe, Willowe leaues and water Lillie flowers, of each fiue dragmes, Camfere one quarter of an ounce: mixe one with another in a leaden mortar with the iuice of Plantaine, and make also a salue thereof. For this disease shall you finde many remedies both in the auncient and latter Phisitions. The cooling salue is also very commodious for this; like as is the oyntment of Saunders, *Vnguentum Sandalinum*, which is made in this manner. Take Roses three dragmes, red Saunders two dragmes and a halfe, yellowe Saunders one dragme and a halfe, fine Bolus one quarter of an ounce, burnt Iuorie one drag. Camfere halfe a dragm, white Ware one ounce, oyle of Rose buds three ounces: the Ware & the oile are to be molten togither, and then temper the other things amongst them. This is not onely good for this disease, but also for inflamed kidneies, and to coole the liuer, the stomacke, and all other parts. With any of both these oyntments annoynt the patients kidneies and the Cods, euen to the end of his Yarde. Item, take oyle of Myrtles, Roses, Mastick, of each halfe a drag. thauen Iuorie one scruple, Camfere two greines: poune all that is to be pouned, and with a little Ware make thereof a salue, wherewith annoynt the kidneies. This salue is also good for the whites in women. It is also much commended to weare vpon the kidneies a peece of thin beaten Lead.

Vnguentum Sandalinum.

Womens whites

## Of the Fluxe of Sperme, or the running of the Reynes through colde. §. 2.

IN this infirmity is felt with the paine in the head, a distemperance also of the braines, and a vexation of the whole body with colde, euen as in *Mania*. For this be especially Hints very meete: Rue also, and the seede thereof be highly commended for the same, mountaine Hints, *Agnus Castus*, Artichockes with the rootes, parched Comin, and Caruway, Annis, Frankincense, & their barkes, Mastick and Marierom. This patient must then prouidently (as is said) and mildly purge, and afterwards euery morning take a dragme of Treacle with Betonie water. You may giue him also stued Peares or Quinces to eate. Likewise rere sodden egs wherein is a little Mastick powder strowed, and red Corall powder. Also the Reynes and bladder are to be annointed round about with oyle of Mastick, and oyle of Roses.

## Of the Fluxe of the Sperme or seede in the sleepe. §. 3.

ABoue the aforementioned fluxe of the seede, this yet is to be annexed vnto it, when as the seede also passeth away in the sleepe a nights, and very seldome by day. The cause of this is daily ryotting and surfetting, and specially meates which are drest with spice, and be easie of digestion. Secondly, the thoughts vpon a faire woman whome one loueth. Thirdly, to sleepe sound, and to lie vpon the backe, abundance of blod, abstinence from women, haill youth, whence all

other signes are to be had and taken, these are also to be remedied like the former. If it be caused of fulnes, it is to be cured by abstinence: if through lust after women, then will it be eased with a godly Matrimony, as also by the vse of cold and dry things, as is alreadie sayd, of the running of the Raynes, of that which procedeth not of abundance, but maketh a man vnfit to get children, as shall be hereafter spoken of.

## Of what and whereby naturall Sperme or seede will be most augmented. §.4.

THe cause of the diminishing or increasing of naturall sæde may as well proceeds of intollerable heate, as colde; also of inward and outward causes. The cold is repercussiue, and kæpeth backe. The heate consumeth. Likewise it may growe by fals, and such like other things moe, whereby the braynes are weakened.

Item, of some kinde of lesion of the stones and other parts, also of inward, as a bad concoction of the sæde, cutting of the stone, or the Piles, whereby the generation of the sæde is hindred, of sore precedent diseases, of sorrow, heauines, temptation, smalnes of the humaine member, and (amongst diuers other causes) of age also.

Now for to help this disease (euen as is before said) not to increase lecherie or fleshly lusts, but in fauor and preferment of Matrimony. For this therefore is good, warme and dry weather, and also all such dwellings, yellow Rape sæde baked in bread, as much that there be put one scruple in halfe a penyworth of white bread is very requisite; yong fat flesh, not salted too much, a sauce with Saffron, long Pepper, and tayles of *Stincus* prepared with good Wine: all sowre, sharp, doughy and slimy meates, must be forborne, long slæpe, and especially after meate doth annoy: for the long slæpe immediately after meate doth not lesse hinder venerie, then surfetting with meate and drinke. He is also to eschue all veration, sorrow, and care.

But in generall, these things are good for the increase of humaine sæde, and to recouer the losse thereof againe, to wit, Egs, Milks, Rise drest in Milke, Sparrowes braines, yea the whole birds. Also the stones of these Beasts following, viz. as of Buls, Cocks, Bucks, Rams, Bores, and all their pissels.

Of pottages are very good that of Beanes, Ciches, Lupins: the first bitter brothes of them cast away, and the rest sugred. Pease, Turky, or French Beanes, and Wheate, sodden in fresh broth, and drest with Spice, Annis, Fennell sædes, white and red Mustard sæde, Colewort sæd, and yellow Rape sæde, the sædes of white *Sesamum*, Fenegræke sæde, sodden with Hony in fat flesh broth, Linsæde tempered with Sugar and other meate, and also Nettle sæde.

Of Rootes these following are highly commended, as stued Dinions, Garlick, Lækes, yellow Rapes, fresh Ragwort rootes, and confected Sugar, or the pouder thereof, dronken with the water wherein Mustard sæde is sodden, confected rootes of *Eringus*, confected Ginger, *Costus* rootes, Sperage, Thistle rootes, Radish, Zeduary, Squils rosted, confected *Asarabacca*, *Pieretrum*, and Cypers nuts. Of Herbs, are the garden Cressis, and braunches of Sperage. Of Fruits, hasell Nuts, *Pistacia*, Almonds, and aboue all, Marchpane made thereof.

All Spices are very commodious for this vse, as Cinnamome, Cardamome, Gallingall, long Pepper, Cloues, Ginger, and Saffron. For this is also very highly praysed *Assa fœtida*, the waight of one dragme and a halfe dronken in good Wine: in like manner also Dragagant, the pissell of a Bull, or of a Hart, the waight of one scruple taken also in Wine; likewise the tayles of *Stincus* the waight of a dragme, taken before meate with Wine. Of things compounded you haue these confections, *Diamoschu*, *Pliris*, *Aromaticum Rosatum*, *Diambra*, *Dianthos*, *Diagalanga*, *Trionpipereon*, and *Diamargariton calidum*: also Mithridate in like manner.

And aboue all other things is the confection *Diasatyrion* commended, for it strengtheneth the stomacke. This following is much vsed at *Augusta*: Take Ginger one dragme and a halfe, Almonds, Pingles, and *Pistacia*, of each one ounce, the kernels of an Indy Nut, and *Sisarum*, of each halfe an ounce, the pissell of a Hart fiue dragmes, Cinqfoyle, *Palma Christi* one dragme and a halfe, Galingall, Cloues, Cinnamome, white Mustard sæde, long Pepper, wild yellow Rape sæde, white Behen, of each one dragme, Dinion sæde, Radish sæde, Rape sæde, and Athen keyes, of each two scruples, the sides and tayles of *Stincus* three drag. Borrage one quarter of an ounce, Sugar two pound, sæthe it in Wine as you would make Tabulats, or a confection of it.

This

This also following may be prepared: Take yellow and other Rapes, Dinions, Sperage rootes, wild Mustard seede, Radish seede, Pingles, Ash keyes, rootes of *Eringus*, of *Satyrion*, sweete *Costus* rootes, Ginger, long Pepper, and Cresses seedes, of each a like much: Also take clarified Hony, three ounces to one ounce of the powder, then make thereof a confection. Of this same may three dragmes be taken at once, tempered with Sugar pennets and new Milke.

One may vse outwardly Waxe made to an Dyntment, with oyle of Beuercod. Or take Beuercod, Marierom gentle, oyle of *Costus*, of each a like much, put thereto a little Muske or *Zibeta*, and therewith annoynt the yarde, with other places adioyning vnto it. If you will haue a slighter, then take the gall of a Beare.

An especiall oyntment: Take of the great winged Ants three drag. oyle of white *Sesamum*, and oyle of Lillies, of each one ounce; powne the Ants and put them into the oyle, and so let them stand the space of fiue dayes in the Sunne: afterwards wring out the oyle, and put thereto *Euphorbium* one scruple, Pepper and Rue, of each one dragme, white Mustard seede halfe a dragme: set this againe into the Sunne awhile, and annoynt all ouer the priuities therewith.

Another. Take oyle of Lillyes two ounces, oyle of Beuercod one ounce, *Euphorbium*, Pepper, white Mustard seede, of each one dragme, *Muscus* halfe a scruple: temper it vnto an Dyntment. If so be that then the naturall heate be thereby excitated and stirred vp, and other kindnes do come vpon you, then do what in you lyeth.

## *The seuenth Chapter.*

7. ch.

## Of Barrennes in generall.

When as then neither in the one nor in the other, as that neither in the Man nor in the Woman, there appeareth any infirmitie in the parts of generation, and both parties are mightie ynough for the worke, notwithstanding cannot come to any generation; then must there be a certain cause of barrennes, whereof there be many kinds. First then concerning the Man, it may be well caused through outward and inward accidents: the outward are the hard meates, whereto there commeth then also the vnbeliefe of Witchcraft. But if so be that the same proceede of inward causes, then doth the same proceede of the weakenes of the most principall part of mans bodie, as of the Hart, the Braines, the Lyuer, the Stomack, and the Milts. Or he may be to fat, or to leane, with many mo other infirmities, which may be in the priuie members, that are not to be here discouered. The signes of the Barrennes of the man are these, great heate, which may be knowen by feeling him. The woman in receiuing feeleth the great heate of the seede, he hath great desire to the action, and is very hairy ouer all his body, and got haire very earely about the priuities: But if so be that cold be the cause, then are these things found to be all contrary.

Concerning the Women, the Barrennes may be caused by drinking to much cold water, by continuall vse of sowre meates, by anger, by feare, by frighting, and other motions mo of the minde which may cause all the same. Item, when a woman after copulation stirreth by and by, leapeth, runneth, or daunceth to much. If it proceede of any inward cause, then must it be either of the constitution of the whole bodie, or of some other infirmitie of the parts of generation. If of the constitution of the whole bodie, then shall some principall part of the bodie feele the same, to wit, by reason that the Termes are hindred, or flow to much. Also a woman may be to old, or to yong, or to fat, which maketh barren. If the maladie be in the parts of generation, then dependeth it most in the mother or wombe, which hath some vlceration, or is to wide or to narrow, or to much obstructed, and such like.

The signes of Barrennes in women are these, to wit, when it proceedeth of the coldnes of the mother, then hath she her Termes very little, and if they do runne, yet are they not well coloured: they haue also but little haire on their priuities, they be by nature slowe and slack, they care not much for men, and are commonly of a pale colour, for which doth also much help the long vse of meate or drinke which are cold of nature.

If the Barrennes be caused through heate, then hath she likewise her floures or termes very little, mixt with yellownes, the woman is hastie headed, craftie, thirstie, desirous of the man,

hairie about her priuie place, she hath a quick pulse, and black haire, with other tokens moe, all which drie or moyst diseases must needes be in the mother, or in the neck of the same.

Thirdly, they are sometimes of a contrary complexion, for that the seede cannot be rightly mixed, or sometime also too nere like one another of complexion: For an example, when a cold man commeth to a cold woman, or that they be both dry of nature; and if in all things else they be also of like complexions one to another, then is it vnpossible that the woman can conceiue. There shall be moe other signes described how to know by whome the let and infirmitie commeth, to wit, doe cast both *Spermata* vpon the water, and that which driueth on the top, is barren. Item, sprinckle both their vrines vpon a Lettice leafe, and whosoeuer doth dye away first, the same is vnfruitfull. Or take fiue cornes of Wheate, seuen Barly greynes, and seuen Beanes, put them all into an earthen pot, and pisse thereon, let it stand so seuen dayes long, and if they begin to sprout, then is the person fruitfull, or if they rot, then is he or she barren, be it man or woman.

Or let him pisse in a pot, and let the vrin stand awhile, if wormes grow therein, then is that vrin barren. These three last proues do the auncient Phisitions themselues say to be vncertaine, therefore we will let them rest.

Item, make vnderneath an odoriferous fume, as of Myrrh, red Storax, and such like odoriferous warme things to passe into the neck of the wombe, through a Tunnell, which being close couered round about, if the woman finde that this smoke go thorough the bodie, and feeleth it in her nose, then is she fruitfull.

Another. Take grosse beaten Garlick, and lay the woman with her back thereupon, if so be that she feele the smell in her nose, then is it a token of fruitfulnes. There are no such like tokens which are sayd to be approued: but how that fruitfulnes is to be furthered and holpen, there are diuers remedies hereafter rehersed out of the writings of the most famous Phisitions, out of which may be chosen according to the complexion of women, whether they be hote, cold, moyst, dry, fat, leane, oppilated, or contrary by nature.

## For to help and preferre or hasten fruitfulnes. §. 1.

IF that fruitfulnes be desired to be furthered and holpen, then must the cause that hindreth the same be abated and taken away, of which the learned do recken very many, which may be contayned in three especiall points, as when a woman is too hote, and too dry, too cold, and too moyst, or hath her termes or floures too much or too little, of which three especiall points we will now discourse.

## Of Barrennes through heate. §. 2.

ALl such women must beware of hote ayre, dwellings, and such like: also of clothes which keepe the parts and sinewes about the wombe too hote. Also they must eschue all hote meates, as Spice, salt fleth, strong Wine, very fat meates, warme herbs, as Smallage, Fennell, Thyme, Southerne wood, Rue, long watching, to lye much on the Raynes or Kidneis, great labour, anger, heauines, and such like motions of the minde: but all that moderately coleth that must be vsed. They must take oftentimes conserue of Roses, or cold Dragagant lozings, and the confections *Triasantali*, also to hold before the nose and smell to Campher, Rose water, and Saunders, as hath been many times told for hote sicknesses.

Aboue all these must the *Basilica* or Lyuer vaine be opened in the right arme, and to let out about fiue ounces of blood. On the next day is this purgation to be vsed: Take *Elect. de Epithimo, de succo Rosarum*, of each two dragmes and a halfe, the whay of Milke fowre ounces, temper them well together, and take it in the morning, then sleepe afterwards about one howre and a halfe, and fast fowre howres vpon it, this being done, drinke a good draught of whay, and you may breake your fast one howre after.

Other do purge with *Triphera Saracenica*, and Rubarb, and also minister preparatiue potions mixed either with sirrups of Violets, Roses, or Endiue.

Or take the water of water Lillyes fowre ounces, water of *Mandragora* one ounce, beaten Saffron

Saffron halfe a scruple: drinke them luke warme, and doe this eight dayes one after another.

Also you may vse these pils following: Take Broome flowers, Smallage, Parsley sæd, Comin, Mugwort, and Feuerfew, of each halfe a scruple, Aloe halfe an ounce, Indy salt and Saffron, of each halfe a dragme, poune them all togither and mixe them well; afterwards powre thereon fiue ounces of warme Fuerfew water: close it to, and let it stand and drie in a warme place: do this three times one after another. This being all done, then make 6. pils of each drag. and take alwaies one thereof before supper about the second day, all the while that this foresaid Potion is vsed, afterwards you must take one thereof about the third or fourth day, vntill that she haue conceiued. After the foresaid Potions must this purgation following be vsed: Take the Conserue *Benedicta lax.* one quarter of an ounce, *de Psillio* three dragms, *Electuarium de Succo Rosarum* one dragme and a halfe; temper them togither with Feuerfewe water, and drinke it warme in the morning early: three dayes after this purgation must the Median vaine be opened in the right forte, to wit, fiue or sixe howers after breakefast, and according to her strength must be letten out fiue or sixe ounces of blood, the next day, and also fiue daies one after an other filed Iuory is to be taken, one dragme and a halfe with Feuerfewe water. And the whilest that this Potion is by her vsed, then is she in the morning one howre before that she doe arise, and also at night before she goe to bed, to sit in this bath following, and remaine therein about halfe an howre.

Take wilde yellowe Rapes, *Daucus*, Balsam wood with the fruits, and the sæde or keyes of an ash tree, of each two handfuls, red and white Behen, Broome flowers, of each a handfull and a halfe, Muske three greines, Amber, Saffron, of each one scruple, sæthe all these in sufficient water. But the Saffron, Muske, Amber and Broome flowers must be put into it when all the rest be sufficiently decocted and wrong out.

A profitable Confection. Take *Pistacia*, Pingles, *Eringus*, of each halfe an ounce, of the swæt rootes which the Italians doe call *Dolcegine* asmuch also, of Saffron one dragme, *Lignum Aloes*, Galingall, Mace, *Cariophilata*, red and white Behen, and Baulme flowers, of each fower scrup. shauen Iuory and Cassia rindes, of each two scruples, sirup of confected Ginger twelue ounces, white Sugar sixe ounces: sæthe these well together with the sirup in twelue ounces of Balme water vntill it be all decocted: when it is colde, then put the rest amongst it, and stir it well togither: Lastly mixe Muske, and Amber amongst it, of each halfe a scruple. Hereof must a woman take thrice a day, to wit, in the morning, one howre before none, and one howre after supper, euery time the quantity of a Nutmeg, and that especially after purging and bathing. This confection is rather a strengthening and warming medicine than coling; and is specially to be vsed when it is perceiued that the flegme and slime be approching.

## For Barrennes through drought. §.3.

For this must be eschewed all that which is hot, for that hot things consume the natural moysture too soone; notwithstanding their meate and drinke must be mætely warme, as Barley and Oten paps, Pullets, and small hard fishes. For this is to be vsed small Clisters: as the broth of Lambes heads, and common herbes which do moysten: to wit, Violet leaues, & such like. Pessaries of Hollihocke rootes fattened with fresh Butter, & so put into the necke of the Wombe. Goats milke and such like, that doe fatten and moysten, are very commodious for this purpose. In like maner also Almonds and Pingles, which not onely through their fattening withstand the drouth, but also doe strengthen all the sinewes.

## Of Barrennes through fatnes. §.4.

The great fatnes is no small cause of Barrennes: therefore are all such women to leade and obserue such a rule of life, whereby the superfluous fatnes may be consumed, whereof in the first Part you shall haue an especiall Chapter. But for a generall obseruation they must not sleepe much, and chiefly by day. Also they must forbeare all bathes, except such as be warme of themselues. For this is also good a drie swæt bath

very

very commodious and profitable. To purge often is also good for this. Item strong Clisters which warme and drie, and other things moe which hereafter shall be described.

## Of Barrennes through cold and moysture. §.5.

A Woman which is cold and moyst, mётely strong exercise is very good for her, except it be then, when she hath accompanied with her husband: after which time shё ought to rest two howers at the least. Also she is not to be overcharged with any meate: but rather to refraine alwaies with appetite.

Much sleepe, sorrowe, anger ёc. she must beware of. To eate much fish is hurtfull vnto her, Milke, fresh Chёese, and all that is made of dough; Bёetes, Lettice, Spinage, Endiue, Purslaine, Cherries, Hasell nuts, Garlicke, Onions and such like, are not mёete for her: fat flesh, much broth and Vineger must she refraine: for they be hurtfull for the Wombe.

There is to be much therein considered, frō all excessiue moysture how to clense the wombe; for which are to be vsed some preparatiue potions of *Oxymel*, of Squils, or at the least of *Oxymel Composito*, and sirup of Wormewood with a decoction of Annis, Fennell, Comin, *Cuscuta*, and Harts tongue. And then to take thereupon *Pill. Benedicta* one dragme, once euery fourtёene daies, and then to fast fiue howers after them.

Secondly, take *Styrax, Calaminta*, field Mints, *Asphalathus, Ameos, Seseli*, Rue, Balsam wood and the fruites, red and white Behen, of each halfe an ounce, make a bath thereof, and let her sit in it euen to the Nauell.

In the meane time no delay must be in annoynting the places adioyning about the wombe, with warming and drying oyles; as oyle of Spike, oyle of Elder, and such like.

Also this Confection is to be vsed: Take Cinnamom, Cardamom, Saffron, Cloues, Mace, long Pepper, Cipers rotes, Nutmegs, Comin, *Lignum Aloes*, and Cassia wood, of each one scruple, Cucubes and *Doronicum*, of each fower scruples, Muske, Amber, and Balsam, one drag. white Sugar eightёene ounces, Malmesey, Bugloss water, and of Balme, as much as is nёedfull for to sёethe the Sugar, then make thereof a Confection; whereof she is euery euening to take a spoonefull when she goeth to bed, also halfe so much before supper.

Another. Take yellow Rape sёede, Peale, and scrapte Iuorie, of each one quarter of an ounce, Nettle sёede, *Ameos, Seseli*, Indy *Spica*, Cardamome, *Blatta byzantia*, Bay berries, Nutmegs, Cipers nuts, Hyssope, Marierom, Spikenard, and Cipers rotes, of each one dragme, white, blacke, and long Pepper halfe an ounce togither; Ginger and Cinnamome, of each one ounce, this being all stampt and mixed togither, make with honie a Confection therof, and lastly temper therewith two or thrёe greines of Muske.

All the foresaid things are speciall good to consume the windes of the wombe. Now for this purpose followeth here certaine simples and compounded medicines; as Annis, Fennell, Caruway, Smallage sёede, and Rue sёede, each vsed alone. Inlike sorte, Marierom, *Agnus Castus* flowers and sёedes, Comin, prepared Spikenard sёede, Bayberries, Rue, the Tabulats of *Diacymino*, and *Anisо*, that doe altogither consume moysture.

For to fume or to foment are specially commended these things following, Rue, *Carui, Ameos* and *Gallia muscata*.

Item, take *Galliam Muscatam, Bdellium*, Beuercod, *Laudanum*, Hares grease, and Nutmegs, of each halfe an ounce, let these sёethe all togither in water, and wash or foment therwith.

This following clenseth and also warmeth well the Wombe, and dryeth the moysture of the same: Take Coloquinte beaten grosse one quarter of an ounce, Cinnamom thrёe dragmes; temper them with good wine, or with oile of Spike, dip Cotton therein, and put the same into the necke of the wombe.

Item take Swines bread, forme thereof a Pessarie of the bignes of a Date stone, ё women must put this into their priuie places, being fastned to a thrёed: it is passing good. They may also lay this plaister following vnder their nauell being cut round. Take the plaister called *Cerone-um* two ounces, *Laudanum* one ounce and a halfe, *Gallia ё Alipta muscata*, of each halfe an ounce; temper them with oyle of Spike and spread it on a round leather, and vse it as is afore said.

For to drie and correct a slimy and moyst Wombe this following is to be vsed. Take Siluermountaine, red and white Behen, Athe keyes, shauen Iuory, yellow and wilde Rape sёede,

of

of each one drag. Cinnamome, Mace, Cloues, Galingale, long Pepper, Rosemarie flowers, Balsam wood, *Blattæ Byzantiæ*, Marierom gentle, & Pennirotall, of each fower scruples, Balme, Bugloss, Citron pæles, of each two scruples, Pearles one scruple, Muske two graines, white Sugar fower and twenty ounces, sæthe the same with Malmsey, and make therof a confection. This confection is very good and approued for all that is aforesaid, and also for fruitfulnes.

## For to comfort the retentiue vertue of the wombe. §.6.

IF so be that there be any infirmitie in the retentiue vertue of the wombe, which doth commonly happen through ouer coldnes, for the which are strengthening and warming things to be vsed, as Amber, Frankincense, with their rindes, Mastick, *Lignum Aloes*, Cloues, Nutmegs, Sage, Galingale, Calmus and Cardamome. Also she must be gouerned like as hath bæne said in the discourse of barrennes. Item, there is more good for this, that the necke of the matrix be often washed with water wherein Cypers rootes are decocted: Or with water wherein Iron drosse is sodden, which is stronger. Also for this may serue Mastick strowed vpon hot coles, and the fume thereof receiued from belowe.

A very good salue fit for this: Take the iuice of Roses, of Pomegranates and Cloues, of each one ounce, Frankincense, *Hypocistis*, the iuice of Sloes, Mastick, prepared Coriander, and Iron drosse, of each one drag. Sealed earth and Starch, of each one ounce, bruse these very long in a Leaden mortar, and annoint the priuities therewith oftentimes. But if the infirmitie proceede of heate, then are things to be vsed which be astringent, roborating and cooling, yet tempered with some warme things. The colde things are these, burnt and washt Harts horne, Amber, iuice of Sloes, *Hypocistis*, burnt Muskle shels, Bolus, burnt Gals, Dragon blood, Sealed earth, flowers and shales of Pomegranates, Acornes with their cups, the rinde of the Medlar træ and the fruites, Seruices and Mirtle sæde, of all these foresaid simples may salues, plaisters, and other things be prepared, which are all fit for this infirmitie.

## Of Barrennes, through repletion of the body, and obstruction of the Termes or Flowers. §.7.

THese women must forbeare all slimie meates, as milke and all that is drest therwith, also from all dowie meates, pottage and old fish, vnleauened bread, new Chæse (but olde Chæse is mætely tolerable) from all cold and moyst fruits. Touching all other meats, they may liue according to their olde custome: their drink must be reasonable or meane strong white wine.

Concerning the medicines, you must first begin with the letting of blood, opening the *Basilica* in the right arme, and to let out fower or fiue ounces of blood.

The next day following you may cause to be mixt togither *Pillulæ de Opopanaco*, and of *Hiera Composita*, of each halfe a drag. and to make seuen pils thereof, and to take them in the morning, and then to slæpe one hower and a halfe vpon it, and fiue howers after to drinke a draught of sugred water, and then one hower after that to eate. This being done, this powder following is to be prepared, and to be vsed fower graines thereof euery mealetide in all their meats. Take Cinnamome halfe an ounce, Saffron one drag. Spikenard two scruples, Licorice fower scrup. whereof make a subtile powder.

Immediately after the pils, they are to vse this potion fiue or eight daies continually early in the morning: Take *Syrupum Acetosum Compositum, De Eupatorio*, of each three quarters of an ounce, Mugwort, Feuerfew, and the water of Elecampane rootes, of each one ounce, temper them togither. Or take the foresaid waters alone without sirupes fiue ounces at one time:

Other pils: Take Aloe two ounces, *Agaricus* and *Opopanacum*, of each one drag. and a halfe, *Spica*, Pather, Cinnamome, Saffron and Indie Salt, of each one drag. Coloquint fower scrup. the iuice of Feuerfew fower ounces, temper all togither, and set it in the sunne, and stir it often about vntill it be drie, do this thrice. Then take the weight of a dragme, and forme fiue pils thereof, and vse one euery three daies iust before supper. Also likewise one in the day time, so long as they vse these foresaid potions. But not when they purge. The said purgation must be made thus: Take *Electuarium Indum* halfe an ounce, *de Succo Rosarum* one drag. temper this with three

ounces

ounces of water of Elecampane rotes.

After this second purgation, she is one moneth long to take the waters of Feuerfew, Elecampane rotes and Balme, of each one ounce mixed togither, before none and against night, she is to sit in this bath following: Take Balme, Marierom gentle, white Mints, Pennirotall, Feuerfew, and Mugwort, of each a handfull, small and great *Chamedryos, Spica romana, Daucus*, Agrimonie and Stechas, of each a handfull, sethe these all togither in sufficient water, vntill that about the third part be sodden away, & then put therto Muske three graines, *Lignum Aloes, Gallia Muscata* beaten small, of each a drag. This being so prepared, then shall she set hir selfe therein, and keepe hir selfe from hir husband three daies.

In the meane while, she is to put into the necke of the wombe this pessarie following: Take Saffron halfe a scruple, Muske, Amber, *Lignum Aloes*, and Ash keies, of each three grains, Hares renning, as much as is needfull: forme it like to Dates stones, and she is to weare it all the day in hir body.

Another: Take Hares renning one dragme and a halfe, shauen Iuorie, red and white Behen, and Ash keyes, of each halfe a dragme, Seseli, Penniroyall, Nep, Sauine, *Gallia Muscata*, of each halfe a scruple, being all beaten small and tempered with oyle of Spike vntill it be soft; then temper therewith Muske and *Laudanum*, of each two graines, dip some woll therein, and vse it as before.

For the poze is onely the oyle of Lillies commended with a pessarie of Cotton dipped therein, and so put vp and holden therein the space of three howers.

When such women haue purged and bathed, then must they, before that they come at their husbands, be let blod in the *Saphena* or Median, two howers after supper, letting out three or fower ounces of blod, if so be that she be any thing strong.

It were also very god that when such women arise a mornings, they do girde about them a long garment, and set some fire vnder them, and to strowe therein this powder following, that she may receiue the vapor thereof, and vse a little at once.

A very god confection: Take *Doronicum*, Ash keyes, Mugwort, Feuerfew, flowers of S. Johns wort, of each one dragme, Balme, Basill, of each one quarter of an ounce, shauen Iuorie halfe an ounce, Amber one scruple, Muske fiue graines, small filed Golde halfe a dragme, the powder called *Nere* one dragme, *Syrup. de Calaminta* three ounces, Sirupe of Citron peeles fiue ounces, Sugar fire ounces, all that is to be pouned poune small, sethe the Sirupe and Sugar meetely thicke; and when it beginneth to be colde, then temper it with all the powder (except the *Spec. Nere*, Muske and Amber) the which must be put in at the last. Keepe this confection in a Gally pot, whereof the woman is to take immediately after hir second letting blod, euery morning the quantitie of a Nutmeg, and fast fower howers after. In like manner also after meate the bignesse of a Beane, and drinke thereupon a draught of god wine; the which hath holpen many women.

The powder before promised for suffumigation. Take *Laudanum* halfe an ounce, *Gallia Muscata* two dragmes, Muske, Amber, of each three graines, *Lignum Aloes, Opopanacum*, of each one drag. make them into powder, and vse a little of it one time.

## For to further the fruitfulnes in man and woman. §. 8.

TAke Rapes, *Sisarum*, shauen Iuorie, Seseli, red and white Behen, Ash keyes, of each one drag. Cinnamome, *Doronicum*, Mace, Cloues, Galingale, long Pepper, Rosemarie flowers, Balsam wood, *Blattæ Byzantiæ*, Marierom gentle, Penniroyall, of each two scruples, Balme, Bugloss, Citron peeles, of each one scrup. Indie Spike, Amber, Perles, of each halfe a scrup. Sugar decocted in Malmsey one pound, make Tabulats therof or a Confection.

A powder for to strowe vpon the meate: Take Nutmegs, Cucubes and Ginger, of each halfe a drag. long Pepper, Mastick, Cinnamome, red and white Behen, of each one scruple, stampe them togither, and so vse them as is said.

Item, take the stone of a Boze hog being two yeeres old, and the pissel of a Stag shauen smal halfe an ounce, fower paire of Fore stones, and fiftie or three score Sparrowes braines, wilde yellow Rapes, *Eringus* rotes, *Satyrion*, confected all togither in Sugar and shauen Iuorie, of each three ounces and a halfe, Cinnamome, the pissle of a Bull, Pingles, Dates, and Indie Nut kernels

nels, of each two ounces, long Pepper, Ginger, and Rosemary floures, of each halfe an ounce; *Seseli* one dragme, Nettle seede, Cloues, Saffron, Mace, Galingall, Cypers rootes, Nutmegs, Cassy wood, *Cucubes*, *Doronicum*, field Mints, Penniroyall, *Indie Spica*, Muske and Amber, of each one dragme, white Sugar refined in the water of wilde Mints, fowre pounds and a halfe, make thereof a confection, this confection may be both by men and women vsed in the morning fasting, and in the euening when they go to bed, whereof haue beene great wonders seene.

Another: Take clarified Hony three ounces, Linseede, Greynes, and shauen Iuorie, of each one ounce, Burrage three ounces, make thereof a confection, and temper therewith 24. ounces of Sugar, Muske and Amber, of each halfe a scruple, Cinnamome two greynes, Cloues and Mace, of each one greyne, it is a very milde medicine.

It is also very good that men and women receiue euery morning a little Treacle, to wit, halfe a dragme, with halfe a dragme of shauen Iuory, but for such as be yong it is not so good by reason of the heate.

A good salue: Take *Gallie Muscate*, Nutmegs, Beuercod, Hares renning, *Laudanum*, of each one quarter of an ounce, oyle of Spike, oyle of Mastick and of Mirtles, of each three dragmes, Ware as much as is needefull for to make a salue therewith, these are to be vsed as the other.

Wine of Rosemary is also much commended for this. In like manner the Morolse Wine, all which are described in the last part, with other moe such spiced Wines, which are very fit for such ouercold and barren men and women.

For to make a woman fruitfull, for which this serueth for a Potion and Bath following: Take Wormewood and Mugwort, of each a handfull, seethe them together in a quart of Goats milke, almost to the halfe, whereof euery morning and euening she is to take a good draught.

For to Bathe: Take wilde Penniroyall, Mugwort, and Rue, of each one handfull; make a bag thereof, and let them seeth in rayne water: Bathe therein euery eight houres, and alwayes about the third day a fresh Bath.

For a conclusion in women is (as it is alreadie sayd) the greatest cause of barrennes, for that the Matrix or Wombe is not cleane, is ouercoled, or hath some other infirmitie, whereof hereafter in this part shall be discoursed and taught, also what is meete and fit for the same.

## *The eight Chapter.*

## Of the Raynes and their paynes. 8: ch:

EVen as we haue described now the outward parts before of the Belly in this third part of our booke of Phisicke, so doth the cause require, that we ought to write somewhat of the hinder part, amongst which the Raynes are comprehended: and that these raynes are a part of the backe, it appeareth by all that heere before in the second part in the fourth Chapter, and also afterwards is written, therefore is thought needeles to make any further mention thereof.

These Raynes do suffer by reason of the Kidneys very great payne, when the same are vexed with heate, vlceration, grauell, stone, or other maladie, the description whereof yet hereafter followeth in this third part, where it may also be noted and obserued what may be good and commodious for the same. There be commonly commended for hote paines in the Raines oyle of Roses, Violets, and yellow Violets, water Lillies, and Poplar buds, in like sort also these three salues following, of Saunders, the cooling oyntment of *Galeni* and the Poplar salue are very good, and that in all hote causes.

But if the paine proceede of colde, then is Hony water to be dronken, and confected rootes of *Eryngus*, Fennell, Commin, Caruway, be it confected or otherwise, are to be eaten, for they allwage much the paine. Some vse also the conserues of Piony.

This salue following is especiall good: Take blew and yellow Violets, of each one ounce and a halfe, oyle of sweete Almonds, of *Sesamum*, of each one dragme and a halfe, fresh Butter one ounce, Saffron one scruple, white Ware one ounce and a halfe, Ducks grease, oyle of Camomill, oyle of Dill, of each one quarter of an ounce, and a small yolke of an Egge, the oyle, grease, and butter, melt together, and at the last put the Saffron and yolke vnto it, and stirre it well

well about, it swageth much the paine, which is caused through the grauell, stone, and any thing else, therefore it is called by the Grecians *Onodynum*, euen as the Apothecaries do call it vnto this day *Vnguentum Anodynum*.

*The ninth Chapter.*

## Of the Buttocks.

THere are two Buttocks giuen to men for their vse, by nature compiled of a compact, fast, muskly, and hard flesh: and not narrow piked, bearing vp like to other Beasts, but pretty and round, as well for a comlines of the same place, as for to sit on, and ease the whole bodie, couering and defending the Fundament, that the same cannot be violated nor strayned through sitting. These foresayd Buttocks do seldome suffer any other infirmitie, but such as be subiect to Chirurgery, as wounds, vlcerations, fistulaes, Cancres, and such like. Besides this, is no more to be spoken thereof: therefore we will passe ouer to the Fundament or outward part of the Arsegut, with his infirmities, which are incident vnto it outwardly, and inwardly.

*The tenth Chapter.*

## Of the Arsegut or Fundament in generall.

THere haue bẽn some dotrels in the world, who haue complayned of Nature, wherfore she had not chosen as well a bone or some other neather member of the body, whereby she might expell the excrements, as she did this mild place of the bodie, which grosse speech is to be scorned as a great folly, for how could she haue ordayned a closer, fitter, and handsomer place then this? Concerning then this Arsegut, it is a conueigher of all excrements, long, and wide, and whereas it commeth to our sight with a round circle, it is there shapen of a muskly and sinewy substance, (like as are the lips of the mouth) therefore hath it also such power that it openeth like a purse, and shutteth fast againe, that it might not receiue any winde or any thing else. Vnto these priuie places do there come sundry accidents, amongst which the most manifest is, when this gut doth fall out of the body, therefore we will first of all write thereof.

### Of the going out or hanging downe of the Arsegut, *Procidentia Ani.* §. 1.

THis may be caused by two manner of meanes, to wit, when the Muskles and Lacertes, which do open and shut this gut, with two sinewes (which presently deuide themselues into two parts) do giue & relent through some falling downe of humors, or thrust the same out through some impostume. Of the sayd sinewes, that which openeth the Arsegut is outward, and that which shutteth the same inward. If so be then (as it is said) that any of these sinewes be too sore feebled or slacked through any humors, then followeth immediatly the *Procidentia*, or hanging out of the Arsegut. The signes that this is hapned through some resolution of the sinewes, are, that it may easily without paine be brought againe into the bodie, like as contrarywise if there be any impostume with it, then will it not be done without griefe. Also there is alwayes a hardnes with it, and an apparant distemperature. Now for to remedie this, then cause first that the patient may haue his going naturally to the stole, that he be not suddenly forced for to open the gut: But if there be no swelling with it, and that you haue none other thing nere hand which is fit for it, then let the patient sit in common warme water. Otherwise it may be made stronger as thus: Take Acorne cups, Gall nuts, flowres of Pomgranats, and Mirtle leaues, sethe them together in water vntill it be a little red, and sit therein. The same do Cypers nuts alone, or the iuice of Sloes, wherein Mirtle sede, and the seeds of *Verbascum* are decocted. After this bath, then foment the dependant gut with warme

warme oyle of Roses, and afterwards strow this powder thereon: Take white led, blossoms of Pomgranats, Antimony, and Allome, of each alike much, make thereof a subtile powder.

Item, take Butchers Brome halfe an ounce, Gals, the yellow seeds of Roses, Cipers nuts, Mirrhe and Frankincense of each one dragme, beate them to powder, and vse them as afore-said. Another. Burne Dates to powder, and strowe that powder thereon, as is said. Or take *Mumia, Lycium, Hypocistis,* and beaten Gals, of each two scruples, burnt Oystershels two drag. and a halfe; and vse it as before. This following is also very good for this: take *Hypocistis,* Mastick, and Myrrhe, of each one dragme; beate it meetely small, first annoint the gut with oyle of Mastick and Roses, strowe it then with this said powder: this being done, thrust it softly into the bodie, lay a cloth thereon wetted in grosse wine, and it is good to put a little *Sandaraca* vnto it.

It is also very good to annoynt the place oftentimes with steeled wine for the same; and in like maner Sauine dried, beaten, and strowed vpon it.

Item, after the annoynting with oyle, annoynt the gut with the iuice of Sloes: when as then through any superfluity of humors this gut doth fall downe in children, then take Myrrhe one dragme and a halfe, oyle of Roses one ounce; annoynt it therwith, and then put it vp againe softly into the body.

This *Procidentia Ani,* or falling downe of the Arse gut, happeneth for the most part in the Pyles with an excrescence of flesh, the which the Grecians doe call *Condyloma:* for which *Parietaria* is very good layd often vpon it, whereof we will write more at large hereafter.

## Of the relaxation or slacking of the Arse gut. §. 2.

2: §.

THis disease doth manifest it selfe sometimes through the first recited falling downe of the Arse gut, and otherwhiles without the same, and is such an infirmity (as hath been told already) that the sinewes which doth shut it are become altogither without might, insensible and lame; insomuch that he cannot perceiue his Ordure, and doth it without any sence or feeling; also ofttimes so contracted and made so senceless, that it holdeth vp and stayeth the Ordure altogither, whereby commeth gripings in the belly, and other great inconueniences. The causes of this are somtimes fals, thrusts or blowes behinde on the backe, and especially on the place whence the sinewes haue their offspring, wherby the power of the opening and shutting of the Arse gut is enfeebled.

In like maner, when any body hath the Pyles opened, whereby the Pyles are in that place spoyled. This infirmity may also be caused by sitting too long on colde stones, and by suffering too much colde in the feete. But if this disease doe come through cutting or any other bruising of the sinewes, then are all remedies in vaine. If it come then through colde, which taketh away all motion, then is the place to be kept alwaies warme: for which this bathe following is very good, which is thus prepared: take Cipers nuts and the leaues, Mints, Sauine, *Costus* rotes, Sage, Bay berries, rindes of the Pine tree and the leaues, of each one handfull; seethe them all togither in a good quantity of water, so that the sicke person may sit therein, when he hath bin bathed, then lay a peece of felt in this water, and lay it to the patients Arse gut: he must vse this bathe twice in fower and twenty howers; it warmeth and strengtheneth the sinewes of the Arse gut.

Also he must seethe therewith Rue, *Scenanthe,* Allome, garden Mints, field Mints, and if it will not alter therewith, then vse these Clisters following: Take fiue ounces of this foresaid decoction and oyle of Spike two ounces, and mixe them togither. And annoynt the Arse gut outwardly, and all other places adiacent withe oyle of Lillies, Beuercod, and of *Euphorbium,* tempered all togither, or vsed each apart. If there be any flegmaticke moysture with it, then put vnto it halfe on ounce or three quarters of *Hiera Picra,* if that there be heate with it. Let the patient after the vse of all necessary medicines take a bathe of water, wherein hath been decocted the rindes of the Medlar tree and the leaues, the rindes of Oke, Seruices, Pomegranate rindes, and blossomes, Chestnut shales, or those that may be gotten of them, yet alwaies putting some warming things vnto it.

For this is also especiall good all naturall bathes, which are Sulphurish, Allomish, yea there is also good for this Sea water or salt water.

Of

## Of the Impostume of the Arsegut. §. 3.

IF there happen then any vlcer or impostume in the Arsegut, whereby one can not get it into the body, and the same is caused through heate, there is nothing more fit, then to open a vaine, and afterwards to prouoke vomit, whereby the matter may be deriued; but for this is no purging good, and especially because the disease is in the fundament, but lay this following thereon: Take peeled Lentils three ounces, Roses and the iuice of Sloes, of each one ounce, the iuice of Nightshade three ounces, beaten Hollyhock rootes, Figs cut, Linseede, and Fenegreeke beaten small, as much as you thinke good. Let this seethe all to pap, and at the last temper therewith three or fowre yolks of Egs, and as much Butter as you thinke good, and lay it warme vpon the place where the paine is. If so be then this be caused through cold, then put vnto it a little of the rootes of Lillies, Cammomill, Melilot, and such like. And if so be that this Arsegut by reason of the impostume, will hardly be put vp againe into the bodie, then must the patient be set oftentimes in warme water, and afterwards annoynt the Arsegut with oyle of Cammomill and of Dill, which are molten with a little Ware, this swageth the paine. In like sort also descendeth the neck of the Matrix in women, and is in such sort to be made, like as hereafterwards amongst other infirmities of the wombe shall be written more at large.

## Of the Pyles called *Hæmorrhoides*. §. 4.

AFter the foresayd falling downe of the Arsegut, there commeth one disease more in the fundament, the which we call the Pyles, & the Grecians *Hæmorrhoides*, which is a flure of bloud, and *Sycoses*, that are Figs, which the Latinists do call *Ficus*. Figs, and *Mariscas*. All these are Accidents and Tumors, which do come behinde in the Fundament, or in the lowermost part of the Arsegut. And they do appeare by their swelling, and otherwise (whereof they get their name) sometimes with bloud, and otherwhiles without bloud, but seldome without paine, but vexeth folks with great trouble. They take their beginning from some small vaines, which spread themselues into the vttermost parts of the stomack, and are thereof called the Pyle or Emroyd vaines. When as these be then ouercharged with bloud, or any other humors; then do they open themselues, and expell the melancholick bloud from them sometimes in great quantitie, whereby nature is much vnburthened, and getteth great health, therefore it is often commanded for to open the same, euen as hereafter shall be admonished: also they bleede otherwhiles so excessiuely, that great trauell is taken before they can be stopped, whereof we shall speake hereafter. There be also some of these vaines which lye somewhat deepe vpwards, and therefore are called the blind Pyles.

These Pyles are properly the Hemorrhoides, like as by their name may appeare. Others be without bloud, of the which they that make shew outwardly on the Arsegut are first of all the Figpyles, by reason that in their whole substance and quantitie, they be like vnto Figs, and also are therefore called *Verrucales*, the which are much worse then the other, whose cause is only melancholick bloud. Other do shew themselues like to a black ripe Grape, so that they be called *Vuales*, which haue their matter from bloud, mingled with melancholie. The third are like to Mulberies, red and blackish coloured, wherein the bloud doth apparantly exceede.

The fourth kinde is like to the bladder of a fish, which is extended very much without bloud, filled or stuft with melancholick humors, but these sorts are seldome seene. The first sort are the secret Pyles, which do come within the Arsegut, and be very hurtfull, especially those which extend towards the priuities, for that through their hote tumors they hinder the passage of the vrin, whereby the strangurie is prouoked, and especially when they do not bleede. Now for to know these hidden Piles and diseases, there is nothing more certaine, then to set a great bore or cup on the Arsegut without pricking; the which will drawe the Arsegut outward so that it may be apparantly seene, how that the case doth consist within. The first kind of Pyles are the Figs, a certaine excrescence vpon the Arsegut outwardly, who with a little vaine like the stalke of a Fig, is fastned to the gut, formed as it were a small dry Fig, from thence a little bigger, and is

prested downe on the top like a Fig, which is called of the Grekes *Condyloma*, which is an excrescence of flesh, for it happeth sometimes that round about the roundnes of the Arsegut, or fast besides it, there do come great scabs which sometimes (yet uncertaine whether it be first or last according as the patient ruleth himselfe) do happen to bleede sometimes much and sometimes little. These figs and swellings are tempered also with blood and melancholy, alittle red outwardly and perilous ynough, euen as hereafter shall be further expressed.

In all these Species of the Pyles, the learned haue a generall rule, that they estéme them for an accident that can hardly be cured. They recite nine causes of these accidents, albeit we will recite but fowre, First, for that it is in an uncleane place, and no man medleth willingly therewith. Secondly, for that this place is very hard to be séene. Thirdly, for that it is a place whither all uncleannes of the bodie doth descend: Lastly, for that it is a place cold by nature, and therefore voyd of strength, notwithstanding there be many good remedies prouided and ordained for them, as hereafter followeth.

But before we discourse of the foresayd remedies for the Pyles, Blathers, Figs, Warts, Tumors, and their accidents, we will first of all shew their causes, and teach how the same may be cured, for which the principallest is to obserue a good dyet in meate and drinke, and such like.

## Of the Dyet.

IT is sufficiently declared before, that the greatest cause of these accidents is the heauie melancholick bloud, which is mixt with the pure bloud, and perisheth the same, which all other members expell from them, like as it were a poyson, and so falleth downewards from the other bloud into the vaines, openeth them through his heate, and maketh them bleede.

This is altogether caused of a bad digestion of the stomack, and other members, and of all such grosse meates, whereof there can be none other ingendred but melancholick bloud, the which must be altogether left off, as Beanes, Lentils, and other Pottages. Item, Coleworts, Chéese, old Béefe, Harts, Hares, Goats, salted and smoked flesh, sodden Wheate, Rice, vnleauened bread, which bring much moysture with them.

Also all water Fowles, Eeles and other Fish without shales, fæte, heads, and all entrailes of Beasts, grosse Wine, Must, and Béere. Item, all things which burne the bloud, as much Mustard, Pepper, Garlick, Onions, Lékes. All things which be very cold do also increase melancholie, as Melons, Cucumbers, and such like.

Amongst the Medicins which are contrary for this disease, are Coloquinte, Centorie, Scamonie, and chiefely Aloe, very hurtfull for the Arsegut, for it openeth the Pyles.

Euen as we haue recited what is hurtfull for this disease, so will we also teach what manner of dyet might be commodious and profitable for the same. The dwelling of this patient must be a warme and dry place, which is close and toward the South. But if the house be not of it selfe fit thereto, then is it to be prepared for the same with fire and fumes: yet is alwayes to be eschued things which be to hot, and must take the milde meane which are hot and dry, as Frankincense, *Lignum Aloes*, red Styrax, *Laudanum*, and such like.

And whereas all kinds of Pyles do agrée in this, they be caused of bloud and melancholie (like as is alreadie alledged) and of both together mixed, so may the patient vse one and the selfesame dyet.

Next after the dwelling place, the patient must also according to the time of the yeare, prouide himselfe of clothes, which are mætely dry and warme, kæpe the head well couered, and defend the outward members from all cold.

His meate must be white bread, not aboue thrée dayes old, Egs, Butter, Lambs flesh, Veale, Kids, Mutton, Pullets, Capons, Partriches, Phesants, and Pigeons, yet of all these alittle: in like manner all field Fowles.

His drinke shall be good white Wine, all grosse and sowre Wines shall he forbeare, albeit that it were much better a good Sugred water then Wine, sodden Milke, fresh and mætely well salted Chéese, be mætely good for him; but good regard must be had that he fæde thereof moderately, so that the stomack be not ouercharged.

But if any excesse be perceiued, then is it not amisse that the patient be moued to vomit, and to take that with one ounce and a halfe of Vineger, and thrée ounces of warme water, and after-

wards to put the finger into the throate, and if that will not be, then may he take an easie Clister.

These patients are alwayes for the most part bounden in the bodie, the which bringeth with it great paine and griefe, therefore diligence is to be had that he kéepe an open bodie, for this shall he sup euery morning and euening before meate some broath, wherein is sodden Mercury, Mallowes, Burrage, Bétes, and Fumitorie, and with a little of the oyle of swéete Almonds or Butter. Also to eate sometimes new Pruines and Reysons, and drinke vpon it some broth of Coleworts; after that, he may eate some other meates. Also it were not amisse, to eate against this binding in the body one dragme of péeled wild Saffron séede, or one quarter of an ounce of Cassie, now the one, and then the other.

Reasonable motion, yet more with the hands, then with the féete or the whole bodie, is very good, but riding and sitting hard is very bad. In fine, long rest is better then short, so must it be alwayes with slépe. He must lye most vpon his right side, but little on his left side, or on his back. Lastly, he must vtterly eschue all sorrow, verations, anger, and other passions of the minde.

## To staunch the bleeding of the Pyles. §. 5.

FOr to come to the remedie of this accident, therefore we will first begin if these Pyles hapned to blæde ouermuch, how and wherewith the same is staunched.

First therefore we will rehearse this (whereof hath also béene spoken before) that if this blæding chaunce without paine, and not but by flawes, then is it no counsell to stay it vnlesse the patient were greatly weakened thereby.

For when these vaines begin to blæde, then do they eronerate the whole body of many melancholick diseases, as of the Leprosie, Pocks, dry Itch, Dropsie, quartaine Agues, hardnes of the Milt, or Splæne, and mo other such like infirmities, which grow of burnt bloud, and of such like humors, as hereafter shall appeare in a proper §, wherein shall be taught how the same shall be opened: also if they that accustomed to blæde and now remaine stopt, do cause the Dropsie, the Consumption, and many other Sicknesses.

But if the blæding of them do get the maistrie, and thereby do weaken the patient, then must the same be staunched; and take good hæde, whether the same blæding be on the right side, for it is sometimes a messenger of some long lingring sicknes, as headach, giddines, hinderance of the breath, and to conclude, fæblenes of the whole bodie, so that he cannot well go nor stand, at the last followeth great thirst and binding of the bodie.

When as then these kinds of inconueniences do all appeare, or part of them, then must such blæding be staunched out of hand, and forbeare from all manner of Spices, also from Onions, Garlick, Mustard, strong white Wine, Venery, great labour, and all such like things, which inflame the bloud; and to the contrary, vse all things that increase bloud: for this, is also good the strupes of Quinces, Roses, Mirtles, *Trociſci de Terra ſigillata*, and *de Carabe*. These staunchers of bloud must be layd outwardly vpon the Fundament: Take the white of an Egge, and temper amongst it beaten Homy, sealed earth, fine Bolus, and Dragon bloud.

Also these things following by their proper vertue, staunch this blæding, as Amber, prepared Bloudstone, burnt or prepared Corall, Dragon bloud, fine Bolus, burnt Vitriol, Aloe, Plantaine, Mastick, Blossoms of Pomgranats, the barks of Frankincense, Copwebs, Hares haires cut small, burnt Asse dung, and powdred Basill.

The compounded things are these, *Trociſci de Corallis, de Spodio*: Also, one may take one dragme of Amber and sealed earth with water wherein is decocted Butchers Brome séede.

The pils of *Bdellio*, and *de Sandaraca*, must one take the first eight dayes the waight of halfe a dragme, and fast fiue howres after it.

## Powders and other things to staunch Bloud.

TAke the bones of Buls féete, red and white Corall, the stones of Dates, Dyster shels, burnt altogether, of each one quarter of an ounce, Vitriol halfe a dragme, burnt Iuorie, Amber, and Bloudstone, of each three dragmes, Dragon bloud, the iuice of Sloes, the powder of flowre Pomgranat blossoms, Dragagant and Gum, both of them tosted, of each two dragmes

dragmes and a halfe, beate them together very small, and temper one amongst another, then strowe it vpon the place of the bleeding, & lay Cotton thereon, which is made wet in Rose vineger, afterwards bind it hard vpon it, this stauncheth bloud maruellously, although it had continued a yeere and a day; and not only for this, but also for all excessiue bleeding.

There may also a plaister be made of the foresayd powder, and Mill dust with the iuice of Plantaine, Comfrey or Tassels.

Item, take Aloe, Frankincense, Dragon bloud, Pomgranat blossoms, and *Sief memithe*, of each alike much, make a powder thereof and vse it as before.

Another. Take Cypers nuts, and woorme eaten Gall, of each halfe a dragme, Dragon bloud, Mummy, Dragagant and Gum, both of them tosted, of each one dragme, Gips halfe an ounce, temper them all together, and strow therewith the whole Arsegut, it stauncheth bleeding a whole day.

One more. Take the yellow seedes of the Rose, stampe them to powder, strow it thereon, so they dry and staunch bloud.

Item, take *Hermodactyli* two scruples, prepared Antimony one dragme, Frankincense one scruple, Myrrh halfe a scruple, make a powder thereof, and strow it vpon the Pyles where they bleede: and further, spread round about the same Pyles this salue following.

Take of the vnguent *Pompholygos* halfe an ounce, vnguent of Roses two ounces, oyle of Quinces, Linseede oyle, and oyle of Nuts, of each halfe an ounce, *Hermodactyli* two scruples, Pomgranat blossoms, & Dragagant, of each one scruple, Mummy, Dragon bloud, and prepared Tutty, of each one dragme, Beane meale and Mill dust, of each one dragme, Plantaine, *Verbascum*, Willow leaues, Myrtle leaues, and Horse tayles, of each one dragme and a halfe, Camfer ten greynes, oyle of Roses as much as is needefull therewith to make a salue, spread thereof vpon a woollen cloth and lay it vpon the Fundament: the bloud of the Pyles hath therewith been staunched at sundry times, when all other remedies had been vsed, and would not helpe, vntill this aforesayd was applyed. Item, take Gips, beate it small, and make it to dough with the beaten white of an Egge, this stauncheth bloud maruellous well, and that in a quarter of an howre, in what sort of bleeding soeuer it be.

Item, take Aloe, Frankincense, Dragon bloud, fine Bolus, and small cut haires of a Hare, of each one quarter of an ounce, beate them all small, afterwards take a Cobweb out of a Mill, rub it amongst it, and make thereof a salue with the white of an Egge, and annoynt the place therewith; this also stauncheth much. It is also good for rent or cut vaines, where the bloud cannot be staunched.

Or take the water of Hounds tong, distilled from the herbe and rote; when the Pyles grow inward, then are you to take euery morning thereof fowre ounces, but if they be outward, then cleanse the same, and lay on this water with a cloth, it healeth much.

Another: Take the kernels of Abricocks one ounce and a halfe, oyle of Mastick, and vnripe Sallet oyle, of each three ounces, the iuyce of Sloes, Dragagant, Gum, and Filh lime, or Isinglas, which haue been long steeped and are dissolued in the foresaid oyle, of each three quarters of an ounce, temper them together, and dip Cotton therein, and hold it continually on the Fundament. You may also prepare this following: Take Mastick, Spica, Cypers rotes, Squinant, Calmus, Saffron, and Myrrh, of each alike much, make a plaister thereof with red Wine, and lay it ouer the Lyuer.

Item, take the iuice of Plantaine two ounces, Rose water halfe an ounce, beaten seedes of Butchers broome, as much as is needefull for to make a milde plaister, lay this vpon the Arsegut.

## Here nowe followe some Salues.

TAke oyle of Myrtle and of Mastick, of each one ounce, *Trociſci de Carabe*, Paper glewe, burnt Dates stones, burnt Iuory, *Sandaraca*, and Bloodstone, of eache one dragme, Waxe as much as is needefull for to make therewith a soft salue, annoint therewith the fundament.

Or take beaten Plantain, *Verbascum*, Willowe leaues, Myrtle leaues, and Horse tailes, of each a like much: to an ounce and a halfe of this powder, ad ten greines of Campher, and oyle

of Roſes as much as is nedefull for to make ſalue thereof. This ſtancheth blod, and dryeth gentlie.

A precious ſalue. Take Comin, Caruway, Rue ſeed, *Ameos*, *Seſeli*, and *Galliæ Muſcatæ*, of each one dragme and a halfe, Roſin three dragmes, oyle of Dill two ounces, Sallet oyle one ounce, *Lignum Aloes* and Cloues, of each halfe a dragme; melt the Roſin in the oyle, and temper it with the other things being beaten ſmall, ſtir it then well about vntill it be a thicke ſalue. This ſalue verily hath great vertues, it ſtaunceth the exceſſiue Termes in women, if they annoint the raynes and Hips therewith: being applyed on the Nauell and the ſtomacke it expelleth wind, and taketh away vomiting & parbreaking. Will you then haue it ſtronger to vſe for the Pyles: then temper amongſt it two ſcruples of Saffron, and one dragme of *Opium*.

## Other good Salues moe.

TAke dryed Orenge pils, beate them very ſmall, put thereto a roſted Apple, and bruſe it in a diſh; then temper the foreſaid powder amongſt it vntill it be as thicke as a Salue: then waſh firſt the Pyles with Plantaine water, and afterwards annoynt it with the foreſaid ſalue.

Take two ounces of newe Waxe, three ounces of Hony, fower ounces of Butter; melt them all togither, and ſtraine it warme thorowe a cloth: then ſet it vpon the fire again, and ſtir therein as much Wheate flower vntill it be as thicke as pap, and then lay it thereon. Item, take white Dogs dung, that hath eaten nothing but bones, burne it to aſhes, and make a ſalue thereof with cleane Barrowes greaſe, and annoynt therewith the Pyles, and then ſtrowe thereon the powder of *Hermodactiles*. Or take the ſtones of Indian Mirobalans, burne them to powder; thereof take halfe an ounce, prepared Iron droſſe one quarter of an ounce, temper them well togither with the iuice of Plantaine in a mortar, and therewith annoynt the Arſe gut within and without.

If ſo be that theſe foremencioned will not helpe, then take two ounces of the iuice of Roſes, the brayed whites of a couple of egs, Gips three dragmes; bruſe them in a mortar one amongſt another, and vſe it as aforeſaid. The like is alſo counſelled, when as this bleeding commeth too ſore, that the *Baſilica* is to be opened, whereby to deriue and withdrawe the blod, and afterwards that he be bathed with water wherein Linſeede and the ſeedes of Hollihocks be decocted; or at the leaſt wiſe that he be well fomented therewith. Laſtly, like as it is ſaid already, there muſt be layd thereon beaten *Parietarie*, or Pellitorie of the wall.

For to foment withall, take Pomegranate bloſſomes, Roſes, Cipers nuts, ſeedes of Butchers Broome, Pomegranate pils, Mirtle ſeede, the iuice of Sloes, Frankincence, of each halfe an ounce, beate them a little, and ſeethe them in thicke red wine, and water of each a like much, and foment the place with ſpunges; or ſet the patient in water wherein Gals, Pomegranate bloſſomes, Butchers Broome, Mirtle ſeede and ſuch like are decocted.

Item, ſeethe Turnep leaues in water, and therewith waſh oftentimes the Fundament meetely warme. Another: Boyle Roſe campion in thicke red wine, and foment the Pyles often therewith.

If ſo be that through all theſe remedies the blod be not ſtanched, then dip a little woll in boyling oyle, and lay it hot vpon it, then will it ceaſe. Afterwards place him in water wherein Gals, Pomegranate pils and the bloſſomes, the barke of the Medlar tree, Seruices, Roſes and Allom of each one ounce beaten groſſe were decocted: But red wine were more forcible for this.

## Howe that the inward Pyles are to be ſtaunched.

OF this hath mention been made at the firſt; and for this purpoſe doe ſerue theſe foreſaid remedies, if they be to be had. For the ſtaunching of theſe Pyles, if they doe bleede exceſſiuely, then is this ſalue eſpecially to be ordayned for them: Take Pomegranat bloſſomes and pils, burnt Muſſel ſhels, Frankincenſe, Maſticke, Dragon blod, ſealed earth, and Copwebs, of each a like much; make a powder thereof with diſſolued Iſinglas, and common glewe in ſteeled water: make then a taint of Hares haire, or at leaſt wiſe of woll, and lay it to ſteepe therein, and put it into the Fundament, refreſhing it oftentimes.

What

## What is to be vsed inwardly to staunch this bleeding.

FOr this excessiue bleeding of the Pyles are these thinges following highly commended: Take *Mirobalani Indi, Emblici, Bellirici* a little parched, of each fiue dragmes, Perles halfe a dragme, temper them all togither with the iuice of Garlicke, and vse halfe a drag. thereof at one time with steeled water: the party is also euery morning to eate a couple of confected Mirobalans *Chebuli*, and to fast fower howers vpon it, and that during the space of ten daies, or as long as the bleeding continueth. A stronger: Take the confection of *Triphera, ex parte Phenonis*, or *de Scoria ferri*, (of the which you will) one quarter of an ounce or lesse, tempered in two ounces of Purslaine water. Also the iuice of Yarrow may be taken for this one ounce and a halfe: the same stancheth much. Item take Wormewood, Venus haire, and Sorrell, of each one handfull, Sorrell seede and the seedes of Plantaine, Melons, Purslane & Roses, of each one dragme; sethe them in fayre well water, afterwards wring it out, and put thereto the shales of yellowe Mirobalans one quarter of an ounce, red and white prepared Corall, Citron seede, of each halfe a dragme, let it sethe to three or fower ounces, then mixe with this decoction *Syrupum Acetosum Compositum* one ounce, *Syrupum de Plantagine* halfe on ounce, take this certaine daies one after another in the morning betimes. For this is also good one quarter of an ounce of *Galbanum*, dissolued in water and dronken.

A very commodious confection for to be taken alwaies before meat: Take Butchers broome seede, parched seede of broade Plantaine, the iuice of Sloes, and Coriander, of each one scruple, Amber all beaten small, and Sugar which is dissolued in Purslaine water three ounces: take three dragmes thereof at one time. Aboue all these astringent medicines you shall finde manie moe in the discourse of the excessiue flure of the Termes in women: also in the first part where many are specified for the staunching of blood, the which are altogither good for this purpose.

## How that the Pyles are to be opened. §.6.

WHat good this bleeding of the Pyles doth cause when it commeth by nature and of it self, and from what sickenes it will preserue a man, it is partly declared in the 5.§. Likewise what this bleeding doth procure if it be staunched contrary to the old custome: also what inconueniences may come and ensue thereof. When as this bleeding discontinueth, and the Pyles doe vexe the patient with great paine & extuberation, then are they to be opened for to let the blood haue his accustomed course; for this preserueth one (besides all the recited perilous maladies) from all corroding vlcers, wildfire, cankers, madnes, melancholy, falling sickenes, enflaming of the Lights, both the kindes of dropsies and consumption. And if so be that this blood be staunched, then is it to be feared, that all the foresaid diseases may ensue thereby: therfore when any body desireth to open them, then are these things following to be vsed.

First put the sicke body in a bath whereby the Pyles may be mollified. Or in the steede thereof make this fomentation: Take Marierom, field Mints, and Mallowes, sethe them in wine, and receiue the vapor thereof from beneath, sitting on a close stole meetely warme: the nert day after open the *Saphea*, or the Median. The *Saphea* is vpon the hindermost part of the foote, besides the heele, whereby the melancholicke blood is drawen downeward: afterwardes annoynt the Pyles with oyle of bitter Almonds, or oyle of Nuts: also a little Cotton is good for this, made wet in the iuice of Onions, and laid thereon. This may you effect also with the Gals of all beasts, although the Ore gall be especially commended aboue al the rest. Secondly, put Horseleaches into them through a pipe, whereby they may fall right vpon the Pyles, for by nature they doe drawe out the melancholicke blood, which is contrary to the boring cups: Therefore if there be boring cups set vpon it, then must they be fastened vnpickt, be it on man or woman, and that betweene the priuities and the Arse gut. Thirdly, rub the Arsegut with Fig leaues vntill it begin to bleede, in like sort may the powder of Pepe, of Marierom, of Fleawort, of Swines bred, and of Pepper, or any other biting powder, as *Cantharides* and *Esula*: also *Flammula* may be laid thereon. But if you will haue milder things, then take the iuice of Centorie, or water wherein a good quantitie of Mallowes be decocted. Item, beaten Staues acre tempered with Honie.

Fourthly, this is the moſt certain way, viz. that two or three pyles be opened with the Flemand to the end they may not ſhut ſuddenly together againe, like as their nature is, then vſe this ſalue following: Take oyle of Peach kernels, of Abricock kernels, (or the ſame kernels beaten) and the iuice of Garlick, of each one quarter of an ounce, Ware, as much as is needefull for to make a ſalue. But if ſo be that theſe inward Pyles cannot be ſeene, then muſt the patient be required once to ſtrayne hard as if he would goe to the ſtole. Do not the Pyles as yet appeare thereby: then let a bore or cup with a wide mouth be ſet vpon the fundament, when theſe haue pluckt out the Arſegut, then open a vaine or twayne that be fulleſt. Fiftly, vſe this ſalue following: Take ſmall beaten Aloe one quarter of an ounce, Ore gals one ounce, Vineger two ounces, temper them all together, put therein ſome Cotton, or wet a cloth, and rub it well therewith. Item, take Centorie, *Rapontica*, Staues acre, *Flammula*, and white Peſelwort, of each alike much, temper it with Ore gall, and the iuice of Dinions; let it then dry, ſtampe it, and once againe do as before. Reiterate this fowre times together, when you will vſe this, then waſh well the Pyles with warme water, and temper the foreſayd powder with Ore gall, and annoynt therewith the Pyles.

Another. Take two ſmall Dinions, fowre heads of Garlick, beate them together, & temper them with the meale of Lupins, and with very eager Vineger vnto a plaiſter, which will open the Pyles immediately.

Sirtly, make a long ſuppoſitory of Swines bread, put it vp into the fundament, & kéepe it therein a whole night; if it come out, then put in another, vntill the Pyles begin to bléede. Alſo with the ſuppoſitories of wild Cucumber rotes do the like. Item, take Coloquinte three dragmes, bitter Almonds halfe an ounce, ſodden Hony three ounces, and make ſuppoſitories thereof, and vſe another euery fiue howres, ſo that the Pyles will then bléede immediately. Some do open theſe vaines with hote yrons, and ſome through Cauteries potentiall, as *Arſenicum* and ſuch like, but becauſe they are perilous, it is better to reſt with the former remedies.

## Againſt the paine of the Pyles. §. 7.

IF ſo be that there be any impoſtume, beſides the paine of the Pyles, outwardly on the Arſegut, then muſt the patients Liuer vaine be opened on the right hand, and this plaiſter following layd vpon the Fundament thereby to allwage the paine: Take the yolk of a roſted Eg, one dragme of Saffron, *Opium* halfe a dragme, Linſéede meale, Wheate meale, the muſcilage of Linſéede, Butter, and Goats ſuet, of each halfe an ounce, a freſh yolke of an Egge, Roſes one dragme and a halfe, Ware as much as is needefull for to make therewith a ſoft plaiſter. Item, take Hollyhock rotes fiue ounces, Lilly rotes one ounce and a halfe, great Mallowes and Henbane, of each one dragme and a halfe, Cammomill one ounce, Melilot and Dill ſéede, of each one quarter of an ounce: let theſe ſéethe well all togither, and ſtamp them to growt; then temper therewith Fenegréeke meale, Linſéede meale, and Barly meale, of each three quarters of an ounce, oyle of *Seſamum* one ounce and a halfe, *Opium* halfe a dragme: make thereof a ſoft plaiſter, with the decoction wherein they were boyled.

## Many kindes of Salues, againſt the paine of the Pyles.

TAke oyle of the kernels of Abricocks one ounce, oyle of Roſes halfe an ounce, Ducks greaſe, and walht Butter, of each three dragmes, *Bdellium* one quarter of an ounce, melt it in the foreſayd oyles, Ware as much as is needefull therewith to make a ſoft plaiſter, Or take oyle of Peach kernels, and oyle of bitter Almonds, of each one ounce, liquid Styrax, *Bdellium*, of each one dragme, temper them well together, and therewith annoynt the griefe.

Item, take oyle of Roſes, oyle of the yolks of Egs, Ducks and Hens greaſe, of each halfe an ounce, Ware, three quarters of an ounce, melt them all together, and vſe it like as the reſt, couering it with warme clothes.

Item, take of that well knowen plaiſter *Diachilon* one ounce, oyle of Roſes halfe an ounce, the yolke of an Egge, Saffron and *Opium*, of each one ſcruple, temper it well togither, and therewith annoynt the place where the paine is.

Another.

Another. Take *Opium* one dragme, dissolue it in Rose water, make Cotton wet therein, and lay it vpon the Pyles, and keepe it a little while therein, it doth presently allwage the paine. But note, that all these narchotick and stupefactiue remedies must be applyed warme vnto it.

Item, take oyle of Roses and Violets, of each alike quantitie, and lay it warme vpon it with a woollen cloth. Or take oyle of Roses and fresh Butter one quarter of an ounce, the iuice of Garlick one dragm, *Bolus*, Dragon bloud, Gum, Roses, Myrrh, and Pomegranat blossoms, of each two scruples, powne all that is to be powned, and temper them all togither. Item, take oyle of Roses, and the white of an Egge, of each alike much, with a few crums of bread steped in Milke, and a little Saffron tempred amongst it, and so vse it. Item, take Wine cute two quarts, and the yolks of two Egs, well brayed, Saffron halfe a dragme, Cammomill powder, and Dill powder, of each one dragm, temper them togither. Or (that which is more maruellous and better) Take the yolks of fower Egs, oyle of Roses three ounces, Saffron one dragme, temper them together: this is somewhat stronger: Take the oyle of water Lillyes, Cammomill and Dill, of each one ounce, Saffron one dragme, the yolks of three Egs, Barly meale, two ounces, let these sethe togither in two ounces of the iuice of Lettice, vntill the iuice be wasted, then put thereto Henbane seede, and *Opium*, of each one dragme, and lay it vpon the Pyles.

Item, take the middle of corne roses, and temper it with the oyle of Abricock kernels vnto a soft salue, and vse it as the rest, for it is very good, and approued.

*Philonium Romanum* rubbed on the Pyles, allwageth the paine greatly. Item, take fresh Butter, and oyle of Violets, of each halfe an ounce, and beate amongst it the white of an Egge. Or take oyle of Roses, and Linseede oyle, of each one ounce, oyle of Abricock kernels one ounce and a halfe, muscilage of Fenegreeke, and of Linseede, Butter and Goats suet, of each one ounce, the yolks of three Egs, and Ware, as much as is needefull for a salue.

Another. Take Linseede, Hollyhock seede, Fenegreeke, *Verbascum* seede, S. Johns Wort, Mallowes, and Hounds tong, of each one handfull, sethe them together in water, and foment the place infected with a spunge, afterwards annoynt the foresayd place with oyle of Egs, for euery ounce and a halfe whereof, haue one greine of *Opium*. Or take Sallet oyle as much as you thinke good, powned Chalke as much as is needefull therewith to make a plaister, it dryeth well, and coleth much. This can oyle of Oliues do also alone, being made warme, and Sheepes woll vndrest dipped in it, and so applyed vnto the Pyles. Item, take Verdigreace one quarter of an ounce, burnt Allome one ounce, dissolue them in Wine, and then vse it with Sheepes woll. Or take Ducks grease, the fat of Sheepes woll, Goats suet, and white Ware, of each alike quantitie molten together. Item, take Harts suet one ounce & a half, the grease of a Heron shaw halfe an ounce, melt and stirre them togither vntill they be very white. This next following is passing forcible for to allwage the paine: Take a great Dinion, make it hollow within, and fill it with Sallet oyle, or fresh Butter: afterwards close it againe, and rost it in the ashes vntill it be mellow, then binde it on the Pyles. Also you must boyle Dinions to growt, and temper them with Sugar, and vse it, as is said; they be both very good. Item, annoynt the Pyles with the iuice of Rosemary or Cloues, and lay a Peach leafe vpon it, this allwageth much the paine. This following dryeth, and easeth also the paine: Take powned Houseeke two ounces, small bruised litharge of Gold one quarter of an ounce, sethe them with fresh Butter to the thicknes of a salue. These two salues ensuing do mollifie the hardnes, and take away the paine: Take Ducks and Hens grease, of each one ounce, oyle of Roses two ounces, Ware as much as shall suffice: let them melt togither, and cole afterwards, then mixe the yolke of an Egge amongst it, and one dragme of *Opium*, and halfe a dragme of Saffron.

Item, take fine *Bolus*, Gum, Mastick, Dragon bloud, Roses, and Pomegranat blossoms, of each three dragmes, powne them all small, Butter one ounce, oyle of Roses three ounces, iuice of Garlick three ounces, iuice of red Saxifrage fower ounces, melt all that is to be molten, and temper the rest amongst it, this alayeth the swelling, allwageth the paine, dryeth and healeth all vlcers, and it is also especiall good for all clefts of the fundament.

## Certaine Pouders for the same.

TAke Garden Snailes as many as you please, put them into a pot stopped tight, and burne them at a potbakers ouen to ashes, strowe these vpon the Pyles, it allwageth the paine

forthwith: also it is to be asswaged with Egge shels, wherein Chickens haue bene hatched, or with dried Cipers nuts powned to powder, and strowed thereon, as before.

## Of fomenting, bathing, and such like.

TAke Wallowes, Hollihocke leaues, Violet leaues, Bearefote, Garlicke and Parietarie, of each two handfuls, Cammomill, *Amaranthus*, of each one handfull, chop the herbes, sethe them in water, and place the patient lukewarme therein. Or take Oken leaues, Houndstong, Wallowes and Cammomill, of each two handfuls, Fenegreke, Linesed, of each one ounce, stampe and sethe them in water; then make a sponge wet therein, and so applie it warme vnto the fundament. Also you may lay these herbes following, being sodden, thereupon. Item, take small beaten Pease, cast them on a hot stone, and receiue the vapor from beneath: it swageth the paine, it drieth wonderously, and taketh away all superfluous flesh. If so be that the fume or smoke be noysome to you, then put some wine thereto. Item, take Caruway, make it pretie moyst with wine, cast it also vpon a hot stone, and receiue the smoke, as aforesaid: or take *Gariophillata* and Lady mantle, of each one handfull, sethe it in a bag, and therwith foment the raines. This hath holpen whereas the piles hang out a finger long, and it cannot hurt women with childe.

Take Venus haire and Water torch, of each a like quantitie, butter as much as you thinke good, let it sethe all togither, powre the butter thorow a cloth, and herewith annoynt the pyles: it is said that this hath holpen the piles, where the paine hath continued twelue yeres long. You may also annoynt the piles with Ducks grease, wherein Coleworts haue bene fried, be it before, or after the bath.

## Of the Piles which are called *Verrucales*. §.8.

NOte that this sort of Piles are called *Verrucales*, for that they be much harder than the other, and therefore haue more nede of mollifying and discussiue remedies: and those must be vsed according to the opportunitie of the time and the age of the patient. In the sommer there is to be laid thereon three yolks of egs with oyle of Violets, also swete vnsalted butter, or oyle of swete Almonds tempered with muscilage of Linesede and Fenegreke. If so be then the paine be intolerable, then temper a little *Opium*, *Mandragora*, Henbane sede, Poppie sede, or such like amongst it. The olde Phisitions describe very many such like things for remedies, but these aforesaid shall be here sufficient.

## Of the Piles that do hang far out. §.9.

BVt when as the Piles do hang far out, and so do drie that they ware blacke and stinking, then are they often to be annointed with warme butter, vntill the blacknes be againe cleane: and if so be that such stinking moysture would procede further, then vse the foresaid corsiues. But in case that this rotting cease, then will it heale forthwith with the salue of Cerusse and such like. There are also vsed sometimes for this hot irons. Also while they be grene, they may be cut off with a paire of sizzers, and afterwards the white of an egge and oyle of Roses laid vpon it, to asswage the paine. But when they be olde, then it is safest that they be bound about with a silke thred, and so often repeate the same till they die, and fall away of themselues. The which afterwards is to be further healed with the salue *Apostolorum*, and to lessen the paine, stepe the silke thred or horse haire in Rose water before, wherein is dissolued two or three graines of *Opium*. In the same manner may all other warts of the bodie be driuen away, whereof we will speake in the fift part.

Here before in the common description of the Piles, we haue rehearsed the kindes of these grieuous Piles. Thorow these Piles there is to be feared, when they begin to corrode, that they may so infect the Arse gut, that there may follow a Canker or Fistula, yea that which is more, if there follow a salt defluxion to them, that the waies may be so dilated and opened, that the patient might blede to death. For this disease, there is great hede to be taken, to forbeare all hot meates,

meates, as Radishes, Mustard, Garlicke, Onions, and from all spiced meats. For this must he also abstaine from all ouer cooling and slimie things, as fish, dowe, and all entrailes, sinewes and skins of beasts. Yeately good red wine shall be his drinke. But if (as it often falleth out) there come any other Piles, then are such meates and drinks to be forborne as make melancholike blood, as pottage of Beanes and Pease: but red and white Pease, and Turkie Beanes may be eaten sometimes drest with Sallet oyle. Also in this case the Median is to be opened, and fiue or sixe ounces of blood to be let out, according to the strength and age of the patient. But if this letting of blood may not be done for some causes, and that it be thought better to applie Horse leaches, as is already said, that may safely be done; yet first make the place moyst with cold water, for then will they fasten the rather. When as the Leaches be full, then fall they off of themselues: if not, then strike them off with a twig, or burne them off with a Ware candle. But if after their falling off the bleeding will not stanch, then lay this plaister following thereon: Take Starch and Mill dust, of each one drag. fine Bolus, Dragon blood, Aloe, *Sarcocolla*, Frankincense, *Hypocistus*, of each one quarter of an ounce, the iuice of Plantaine as much as is requisite, temper it in a leaden morter vntill it be very tough.

A plaister: Take of hard Pitch three ounces, Rosin and Isinglas, of each one ounce, Dragagant, Gum, *Sarcocolla*, of each one dragme and a halfe, rasure of Iron halfe an ounce, make a plaister therof with red vineger. This is for this purpose as forcible a remedy as may be found: Item, take wood ashes two ounces, Yarrow, Pellitory of the wal, Cammomil, & rosted Squils, of each two ounces, burnt Allome one quarter of an ounce, red wine as much as is needfull for to make a plaister, and apply it warme. Item, take Yarrow, Parietarie, of each one handfull, Salt halfe an ounce, and vse this daily. It is said also that this for certaine will cure the Piles, namely, Venus haire with Aristologie beaten and tempered with red wine, and so continually vsed thereon.

This following is said to be infallible: Take the ashes of an herbe which the Germans call Koorwort and rosted Squils, of each two ounces, honie as much as is needefull for to temper this withall; apply it, and it healeth very speedily.

The confection of Iron dross *de Scoria ferri*, must be vsed sixe daies one after another, euery morning one quarter of an ounce, and fast fiue howers vpon it. And if the Piles be without any afflure of humors, or other accident, then are you to vse this following: Take oyle of Abricocke kernels three ounces, liquide Styrax one quarter of an ounce, sower hard sodden yolks of egs, prepared Iron dross, *Sandaraca* and *Sarcocolla* steeped in womans milke, of each one dragme and a halfe, Muske three graines; bruse this a long time togither, afterwards temper as much Barly meale amongst it as is needefull for a plaister, annoynt therwith the Piles inwardly and outwardly. But if so be that the patient haue nede of any purging, vse thereto those things that are ordained in the description of the other Piles. Or take of the confection *Diasena* three quarters of an ounce, temper it with whay of milke, and take it betimes in the morning. After the purgation the Arse gut is to be annoynted the next day with these things next after following.

Take Swines bread, Cowslips, *Bistorta*, Dog fennell and red Saxifrage, of each one dragm and a halfe, *Alumen Iamenum* one drag. oyle of Abricocke kernels and Rosine, of each one ounce: temper them all togither, and annoynt therewith sower times a day, and lay this plaister following vpon it.

Take the plaister *Apostolicon* that shall be hereafter described, halfe an ounce, burnt Copperas, Frankincense, *Colophonia* and Orpiment, of each one scruple: mingle it all togither in a morter, till that it be a plaister, with a little dissolued *Laudanum*, but it may not be laid vpon the fundament. But whereas the lest exulceration is, the vaine exulcerated is to be annoynted with the foresaid salue, and if there come any scabs thereto, then must they be oftentimes annoynted with the oyle of swæte Almonds.

## The Plaister *Apostolicon* which is also called *Triapharmacon*, is described after two manner of waies: the first is a good *Triapharmacon*, for that it is made of three things, as followeth.

Take small Litharge of golde and vineger, of each sower ounces, olde Sallet oyle eight ounces, let them sethe so long togither vntill all the vineger be sodden away, alwaies stirring it about, till it be the thicknes of a plaister. This plaister maketh the flesh growe, Apostolicon.

and

and healeth all wounds. Some put amongst it one quarter of an ounce of Verdigrease, Ware and Turpentine, of each as much as pleaseth him best, and when it is made, then it is called at the Apothecaries *Apostolicon*.

The second: Take eight ounces of Sallet oyle, small brused litharge of golde fower ounces, Vineger eight ounces, let it sethe well, and then put thereto prepared *Galbanum*. Frankincense, Myrrhe, Mastick, Mormentill, of each halfe an ounce, Dragon blod three quarters of an ounce, Aloe two ounces beaten small, Ware one ounce, then mingle them altogither, and let it sethe to a plaister.

There are other means moe to heale these kinds of Pyles, namely that they be cut off where they be thinnest: But by reason that then they bleede much, therfore it is more certaine to take away the same with actuall cauteries or hot irons, which is not vnknowen to all Chirurgians, which is afterward better to be holpen.

Some take them away with potentiall cauteries or corosiues, as with powned *Anacardus*, Orpiment, *Arsenicum*, and such like: Afterward they lay salue theron, that asswageth the paines and mollifie the escares with sweete butter, or some other fatnes. But the binding whereof we haue spoken is more certaine.

## Of the impostumes in the Arse gut. §.10.

IT happeneth also very well when that one commeth to burne, cut, or corrode these Pyles, that thereby the blod is staunched: which notwithstanding, for that it cannot haue his course, doth sometimes putrifie there, and impostumateth, and causeth also therewith great paine, heate, Agues and thirst: for which these things following may be vsed. First, the Liuer vaine in the arme (on the side of the accident) is to be opened, thereby to diminish the affluent blod. If the patient also be corpulent, then are boring cups to be set on his shoulders with pricking. Further, you are to binde the vppermost parts of the bodie, and to chafe them, by reason that for this accident may no purging medicines be vsed, to the end that therby the matter may be drawne out downewards. But if the great obstruction or binding of the body require any purgation, then must the same be brought to passe with Clisters, and according to the opportunity of the time, to open also a vaine besides the Anckles, and to vse this salue.

Take oyle of Abricocke kernels two ounces, *Bdellium* one ounce, liquid Styrax one ounce and a quarter, fresh butter, Duckes grease, Starch, of each one ounce, white lead one drag. and a halfe: temper it a long time in a mortar, and make a salue thereof, annoynt therewith this impostume, when the gut is turned and drawen forth, you shall finde good ease thereby.

Secondly, take grease, Mallowes, Fenegreeke seede, of *Sesamum* and Linesede, of each fiue ounces; sethe them in water, straine them, stamp and temper them with halfe an ounce of Rie meale, oyle of Abricocke, vnripe Sallet oyle and oyle of sweet Almonds, of each one ounce, roots of Smallage, Elecampane rootes, of each halfe a dragme: lay this warme theron, or set it theron, that it touch very well the Arsegut, it is very good.

Thirdly, if this impostume be not hereby sufficiently mollified, then vse this hereafter following: Take Sallet oyle seuen pounds and a halfe, Sweete red wine fiue quarts, Saffron one dragme and a halfe, *Bdellium* one ounce; sethe all these togither vntill the Gum be dissolued: herein shall the patient be set 4. times a day, being made luke warme, as deep as to his priuities.

Other vse for such Impostumes as proceede of heate, this plaister: Take Mallowes and Nightshade, of each one handfull, Violets and shaled Lentils of each two ounces; let this sethe till it be as thicke as grout: afterwards stir it wel about in a mortar, & mingle therwith oyle of Violets, Roses and the white of an eg, of each a like much as shall seeme needefull for to make a plaister: spread then thereof on the Arsegut, and lay ouer it.

Take white Lead fiue dragmes, Frankincense one dragme and a halfe, litharge of gold one quarter of an ounce: This being beaten small, temper it with oyle of Roses, and therewith annoynt the impostume, spread it on a cloth, and lay it thereon.

Item, take the crums of white bread, or in the stede thereof three ounces of Mill dust, oyle of sweete Almonds two ounces, beaten Saffron halfe an ounce, temper them one amongst another, and lay them warme vpon it.

If there be a great heate present, then foment the impostume with Rose water, Purslaine water, or water of Nightshade, and afterward apply this salue following thereon: Take crums of white bread three ounces, oyle of Roses two ounces, Saffron, *Opium*, of each one quarter of an ounce, fower yolks of Egs, fresh Butter one ounce, mixe them well together, and vse it as aboue. But if it proceede of a cold cause, then vse this following: Take Onions, Garlicke, and Woolblade, of each alike quantitie, boyle them till they be soft, and beate them to a grout, afterwards adde as much Butter and oyle of Cammomils as shall suffice.

All that hath beene written before to asswage the paine, may be also vsed for this: But note this, if so be the impostume begin for to maturate, then are you to loke to open it, to the end that the matter corrode not inward, and so there follow a Fistula after it, which hapneth very often.

Afterwards vse this salue following for to finish the cure: Take burnt lead, Cypers nuts, and prepared litharge of Gold, of each one dragme, Rosin one ounce, oyle of Mastick halfe an ounce, Ware three quarters of an ounce: first melt the Rosin with the Ware, and when it beginneth to streame, then mingle the foresaid powder amongst it: you may also strow the powder of Knotgras vpon it, for it dryeth much, and causeth great alterations.

## Of the Clefts that are called *Rhagades*. §. 11.

ii: §.

What manner of infirmitie it is, is sufficiently declared in the fifth Chapter 2. §. These may proceede of fiue sundry causes in the Arsegut: as of the bloudie flix called *Dysenteria*, of too hard excrements; of heate and drought of the Arsegut; otherwhiles also of the Pyles that corrode inward; lastly, of some outward inconueniences that cleaue the Arse gut: the signes are paine, and burning, and sometimes such clefts as may be seene, and do yeeld a blacke, greene, or red stinking matter. There are also two sorts, the one with matter, and the other without matter, whereof shall seuerally be spoken.

First for to cure those that are without matter, the partie is first of all to be purged (if neede do require the same) and to open a vaine, like as it is told of the Pyles, and especially with *Epithymo*, *Polypodie*, and Whay, by reason of the melancholick bloud: also in like manner with the pils of *Bdellio*, or with Clisters, and other like purgations. Afterwards when these clefts do yeeld matter, then are they often to be washed with water, wherein are sod Roses, *Polypodie*, and Allome, and afterwards annoynt them with this salue following: Take ashes of Muscle shels, and rootes of *Polypodie*, of each two ounces, leaues of the Oliue tree halfe an ounce, pound them all small, and temper them with oyle of Roses, and if they be with inflammation, then vse salue made with Ceruse and Campher and other salues that follow hereafter. This following is maruellous good, for it dryeth, coleth, and also healeth.

Take litharge of Gold, white lead and burnt lead, of each alike much, bruse it in a leaden morter with Rose water, oyle of Roses, and whites of Egs as much as is needefull, and with a little Campher, vntill that it be wholie blacke, annoynt the clefts therewith, and lay a cloth ouer them. If there be no heate thereby but only a manifest drought, then take Hens and Ducks grease, marrow of Harts bones, and Calues bones, and the fatnes of Sheepes woll, of each halfe an ounce, fresh Butter, oyle of sweete Almonds, oyle of Poppie seedes, Dragagant, oyle of Lillies, and oyle of Peach kernels, of each one quarter of an ounce, Myrrh, Starch, Hill dust, Homy, Frankincense, Mastick, Dragons bloud, white lead, and burnt Allome, of each one dragme, Ware one ounce and a halfe, melt all these in the foresaid oyle and fats, and make thereof a salue, this salue asswageth the paine, moystneth and causeth the flesh to grow.

Item, take yellow Ware, oyle of *Sesamum*, Ducks grease, Marrow of Ore bones, the fat of Cammels feete, or (in the stead of them) Goats suet, or Hens grease, and *Bdellium*, of each a like much, melt these together in Muscilage, Linseede, and temper them together, for it is very commodious. Item, take Turpentine, Ducks grease, oyle of Violets, of each two ounces, dissolued Dragagant and Ware, of each one ounce, pouned Dragagant two ounces, temper them by the fire vnto a salue.

Or take muscilage of Licebane one ounce, Hens grease one ounce and an halfe, the yolke of a new layd egge, Saffron one dragme, temper them one with an other, and annoynt the clefts therewith.

Another.

Another. Take Dragagant and Gall nuts, of each a like much; temper them with molten Ore luet, and a little oyle of Roses vnto a salue.

But if the vlcers be deepe, and yeld much stinking matter, then are both outwardly and inwardly sharp waters to be vsed for them, and especially dresse it with the remedies that are described in the first Part and the eight Chapter, of the vlcers of the Nose, or strowe them with Verdigrease, and pownd *Anacardus* for to clense them. But note, that this corrosiue inwardly in the Arsegut is not wholly without danger, vnlesse the Arsegut be drawen out by a boring cup. Afterwards cole and heale them with white lead, or any other coling and healing salue.

Item, take washed white lead, Aloe, Mastick, Frankinsence, and Dragon blod, of each three dragmes, oyle of Roses one ounce and a halfe, Ware as much as is needefull. For this you may also vse the salue that was before described, and made in the leaden mortar, or prepare this following.

Take Pomegranate blossomes and the pils, Mirrhe, washed white Lead, burnt Lead, washed Aloes, sedes of Roses, Frankincense, Mastick, Dragon blod, and burnt Mussell shels, of each one quarter of an ounce, Oliue leaues, burnt Allom, *Alumen plumosum*, Verdigrease, and Litharge of Gold, of each one dragme and a halfe, Ware one ounce, melt this in as much oyle of Roses as is needefull to make a salue: vse this often times, and wash the vlcers twice or thrice a day with water wherein Gals, burnt Allom, Oliue leaues and Roses are decocted. These are very good for all such like diseases, being holden ouer the vapor or dampe of water wherein Mallowes, Hollihocke rotes, Violet leaues, and Beare foote is sodden.

## Of the Fistula and Canker in the Arsegut. §.12.

THis infirmity commeth very sodainly into the Arsegut, and albeit it hath beene accustomed (like as in other the like diseases in the body) to vse incision or an actuall cautery: notwithstanding in this place it must be vtterly omitted, that there be no sinewes hurt. For it might easily thereby befall, that the patient afterwards should neuer stay his ordure, but (against his will) to let his excrements passe from him. The cause of these Fistulaes may be the bad healing of the diseases in the Arsegut, be it of what cause soeuer it may proceede. In like manner also thorowe vsing of the Pyles badly, or any other impostume that hath not been opened in time, but that the matter was left to stinke or putrifie therein, all which may cause fistulaes, as is aboue said; amongst the which there are some that penetrate the Arsegut, others the necke of the bladder, and some that remaine alwayes at a stay. These are hereby discerned, that either the vrin, the ordure, or windes passe thorowe the Fistula. Also if the Muscles be therewith infected, then can he not retaine or stay his excrements, but as sone as it descendeth to this place it passeth from him.

If then these Fistulaes be moyst and matterie, and the matter sharp and stincking, and wareth from day to day bigger, then it is a signe of a depascent Fistula, for the which strong remedies must be vsed to stay the same, that they corrode not deeper: for it hapneth otherwhiles that these depascent vlcers will consume the whole buttocks and all parts adiacent, and bring a body at the last after many miseries to his liues end. But if so be that this Fistula corrode no deeper, then must the same be cured with drying things, so that for a while they neither runne nor swell any more: but if so be then the matter come to runne againe, then must be done as before, and that so long as one liueth. As concerning then the curing of this Fistula, it must alwayes be loked to that the hole be kept open, which may best be effected with the pith of an Alder tree, dryed Gentian rotes, or Briony rotes: afterwards you must vse those things that are set downe in the first part, the eight Chapter, and 11. §. and also afterwards of the Fistula of the eies. Some do commend two or three drops of oile of Sulphure to be iniected into the Arse gut, which will haue a wonderfull operation; and if so be that there follow any inflammation, that it should be delayed with the white of an Egge, or fresh Butter. Fistulaes and such like vlcers, are to be washed with Rosemary wine, for it clenseth and keepeth the vlcers cleane, but of this Fistula will we intreate further hereafter in the fift part.

Of

## Of the itch in the Arsegut. §. 13.

THe causes of the itch in the Arsegut are fower: First, that there remaines somewhat that is sweaty or saltish in the fundament, which causeth the same: Secondly, thorow the wormes *Ascarides*, that haue their being in the end of the Arsegut: Thirdly, some kind of vlcers that are in the lower part of the gut: Fourthly, sharp humors, as it oftentimes happeth thorow some vncleannes that resteth in the Arsegut, and then must the Arsegut be washed with warme water, and be clensed with clothes or wollblade leaues. But if the same come thorow the small wormes, then take a sharp Clister, yet not aboue eight ounces in quantitie: also dip woll or any such like thing in soft Pitch or Turpentine, then do the wormes stick fast thereon; besides, the Pitch doth kill the wormes by nature: or annoynt a great taint with Bird lime, and binde it on a thred that it may be drawen out againe. You may also see in this present part what hath been written for the wormes, but if the same be caused thorow any vlcers, then vse for it the white salue, and others moe: but keepe the vlcers alwayes cleane and dry with fresh cloathes, wash the same oftentimes with water wherein Agrimony, Oliue leaues, and such like are decocted, put also burnt Allom thereto, and plume Allome, and binde clothes ouer it, and keepe your selfe quiet. But if this itch proceede of a sharp matter, then vse Suppositories with *Opium*, Clisters, and others, as shall appeare hereafter for the lacke or losenes of the body.

### *The eleuenth Chapter.*

## Of the inward members of the third part.

IN the beginning of the third part of this our booke of practise, we haue giuen to vnderstand, how that therin are contained the Stomacke, the Liuer, the Gall, the Kidneis, the Bladder, the Bowels, and in women the Mother or wombe; but because we haue hitherto treated of the outward parts and their accidents, therefore will we now discourse orderly of the inward members; and first we will begin with the Stomacke, for that the same is couered with the Lyuer, and lyeth on the top thereof: for it hath not onely his beginning at the mouth of the Stomacke, but is also the meate rome or kitchen of all the other members, and therefore will we (and that by good reason) place it before.

## Of the Stomack in generall. §. 1.

VNder the *Diaphragma* or Midriffe, betweene the Lyuer and the Gall on the right side, and the Milt on the left side, that is, right in the midst of the body, yet a little more on the left side, there lyeth the Stomacke, that is so ordayned by nature, for that the Lyuer might keepe rome and scope. The Stomacke is called of the Greekes *Gaster, Colia*, and sometimes also (although vnlustly) *Stomachus*, and of the Latinists *Ventriculus*. It is ordained for a receiuer of the meate, to dresse the same, and afterwards, like as out of a Cubbord, to impart all that is coked, to each member his due, and that might suffise for his sustentation and nourishment, and to send out all that is vncleane or not fit for the nourishment, thorow the bowels and other naturall passages as a superfluitie. His substance is outwardly hard flesh, inwardly compacted full of vaines, rough, and with many pleites or folds, whereby it draweth the meate vnto it. His forme is long, and round, hollow within, and like a Tunne, to let passe easily that is receiued, wide beneath, and neere the mouth of the Stomacke (which is properly called *Stomachus, Oesophagus*, and by the Arabians *Meri*) it is narrow. In comparison of the bodyes of other beasts, it is not big, so that thereby it doth not much exceede the blind gut *Intestinum cæcum*, and is otherwise not much vnlike to a dogs mawe. With the vppermost end of the Stomacke doth it receiue the meate, and with the lower end doth it let all that is digested fall into the bowels, from whence

all

all superfluities are cast out. Both these ends of the stomacke, belowe and aboue, after that the meate is receiued, shuts vp most wonderfully, least that the concocting and digesting warmth should vanish away. For if in the mouth of the stomacke there were not such closing, then could not the meate be well digested: whereby then must insue a noysome vapour, and a diminishing of a naturall heat. So hapneth also of the lower passage of the stomack when as it, after the meate is receiued, will not be shut vp, a bad digestion and other diseases, as the flire &c. whereof we will hereafter speake more at large. But thus much we would write in generall of the stomacke: Now will we procede forward with particular things.

## Of the necke and mouth of the stomacke. §.2.

THis passage, through which the meate and the drinke descendeth out of the mouth into the stomacke, is properly one pece of the same; therefore will we first write thereof, as of the beginning of the stomacke. The necke of the stomacke is of the olde Grecians, and nowe adaies called by all learned men *Oesophagus*, and vnrightly *Stomachus*, and of the Latinists *Gula*, the which we in English doe name properly the vpper part of the stomacke, the necke; and the neathermost part, the mouth of the stomack, which lieth right in the pit of the hart. So that both these parts haue some difference, and that by reason of their situation and for other causes moe, euen as also *Galenus* maketh two sundry chapters of them: These foresaid necke and mouth of the stomacke, are subiect to many diseases, be it out of heate, cold, drought, moysture, or of anie compounded complection. Also throw the obstruction of those partes, whereby the meate is drawen into the stomacke. Item throw impostumes, vlcers, blowes, wounds, and other inconueniences, all which may hinder the swallowing, whereof much is written in the second part, the first Chapter §.5.

But we will here onely reherse somewhat of the signes, and their difference. When as now then the whole neck hath any disease, then can the meate not be but slowly swallowed. But if the disease be in a certaine place of the necke, then remayneth the meate sticking in the same place. But whether it come of heate or drought, that shall be bewrayed by the drouth and thirst, for that cold water is very acceptable vnto him. But if so be it procede of cold, then hath the patient neither heate nor thirst, but onely an anguish in the throate. If so be that one can hardly swallow through excessiue moysture, then doth the same appeare throw much spettle and whitenes of the tongue. Or the same commeth throw drought that maketh the drought of the tongue and the mouth knowen, for the patient will drink continually, or wash his mouth with colde water. If there be any impostume in these places, then haue you the signes of Squinancie therewith; whereof we in the second part, the first chapter, the 4. §. haue mentioned. Also when he would drinke, then runneth the drinke out of the nose; neither can he addicte himselfe to lie, but seeketh alwaies to sit vp. Then commeth this disease throwe blood *Cholera*, that may be knowen by the pricking paine, also by the thirst, heate and Ague: and to the contrary, when the same is caused throwe colde, then is the paine small, but with drought and the painefulnes of swallowing is felt in moe places then in the place of the tumor. But if this impostume breake out, then doe they cast vp matter, and are very prone to vomiting, whereby also they lose their paine in swallowing.

These impostumes are also to be knowen, if that one doe swallowe dowe, Vineger, or any other sower thing, or that is salt, not onely into the necke of the stomacke, but also euen into the shoulder blade.

Or if the same be caused throw any cricke of the necke, then will the paine also be knowen there: or there groweth a bunch either before or behinde. And if so be that the same be caused throwe the crampe, then shut to the patients mouth. And he shall fele the paine most of all in the Nipples, and on the breast.

But before that we come to the remedies for this infirmitie of swallowing, we must prescribe some common rules: and first, because that the necke and mouth of the stomacke are tender parts, therefore hede must be taken that there be not vsed for it any sharpe or biting things, that thereby they be not grieued nor hindered in their actions. Secondly, if these parts do rancle, or get any maladie (like as often hapneth) then must all sharpe, sower and biting things be eschued,

eschued, vnles the same things be drying withall, yet very little, because such sharpe things doe augment the same paine, doe feeble the naturall power, and enflame the whole throate. Thirdly, if so be that the necke of the stomacke be ouer cold, then must plaisters be laid vpon the shoulders (and there about.) But if this coldnes be in the mouth of the stomacke, then must the plaisters & other things be layd vpon the pit of the hart. Fourthly, if there be a hot impostume with paine and a cholerick body, then must he be let blod, purge, and vse other remedies, euen as hath been said in the description of the Squincie. Fiftly, the remedies that are to be vsed for the healing of the exulceration of the throate, and to incarnate, they are alwaies to be tempered with some tough slimie thing, to the end that they may cleaue the faster in the throate, and thereby also may haue the better operation.

Now to come to the remedies: If that this impediment be onely caused thorow heate, or heate and drought, then purge the patient with sower Dates, Cassia, and Manna tempered in some broth, wherein Prunes, Violets, and Figs haue bin sodden; for all these things doe expell such matter, and moysten the throate and the necke of the stomacke, like as in this disease is required.

Therefore shall the patient (and that oftentimes) vse sirup of Violets, water Lillies, and such like, and swallow the same leysurely.

There may also be made a sirup of Prunes as hereafter followeth: take sower or siue Damaske Prunes, Violets two ounces, sædes of Lettice, Endiue, small Endiue, Purslaine of each halfe an ounce, Sugar 18. ounces, make a sirupe thereof, like as before in the introduction is taught.

Beneath vnder the neck betweene the shoulder blades there must the patient be annointed with cooling oyles, or any such like plaisters layd thereon, that are tempered with oyle of Violets, water Lillies, and oyle of Roses: afterwards take wheate meale three ounces, the muscilage of Fleawort, iuice of Houseleeke, of each one ounce and a halfe, iuice of Purslaine one ounce, stamp them togither vnto a plaister.

Take the iuice of great and small Houseleeke, Rose water, of each two ounces, Melon sæde, Lettice, Gourds, Cucumbers, Purslaine, and both kinds of Endiues, of each one quarter of an ounce: let this sæthe altogether vnto a plaister, then stamp them to growt, and vse it as aboue.

If there be no drought thereby perceiued, then may be put thereto red and white Saunders and Roses, of each one quarter of an ounce, and one ounce of Vineger.

But if there be great drought therewith, then vse the muscilage of Flewort, Dragagant, the sædes of Quinces, Violets, and such like: also he must eate cold herbs (whereof the sædes are here aboue named) fried with Butter, and annoynt himselfe outwardly with all manner of beasts marrow. In like manner are also very good for him conserues of Roses, the cold losings of Dragagant, and *Diapenidion* without spices, and new rere egs.

These ensuing pils are also to be prepared, and to hold them continually in the mouth, and lastly, swallow them downe: Take Dragagant, Gum of *Arabia*, Purslaine sæde, Mallowes, and Quince kernels, of each one quarter of an ounce, Licorice one dragme and an halfe, the gum of Cherry træ a dragme, make thereof flat pils: Barley water and Buttermilke are good drinke for this sicknes, also he may drinke watred wine.

But if this impediment be caused thorow cold (like as most commonly hapneth) and if so be that neede require, then giue to the patient some potions of *Sirupo de Prassio, de Calaminta*, or *de Hyssopo*, and purge him with *Diaturbith*, or *Hiera logodion*, and if it be needefull put a little *Esula* to it.

These tabulates shall he also hold in his mouth, and then swallow downe the iuice of them, to wit, *Dianison, Diatrionpiperion, Diaireos, Salomonis, Diapliris* made with Muske, and such like. Vpon the shoulders must he be annoynted with the oyle of *Costus*, or with the oyle of Rue.

For this is also good the salues *Martiaton, Agrippæ*, and *Altheæ*, whereupon this plaister following is to be applied: Take *Landanum*, the fat of Sheepes woll, *Galbanum* and *Ammoniacum*, of each one ounce, dryed Mints, Sage, Indy *Spica, Spica Romana*, and Cloues, of each one drag. Ware, one ounce, oyle of Spikenard as much as is needefull to make a plaister, spread it ouer a cloth halfe a quarter of a yard, in compas fowre square, then drawe it ouer with Syndall, and lay it after the length from the neck to the ridge of the backe.

Amongst other Medicines may also these be vsed, that shall against a cold stomacke be described

scribed hereafter, whence is to be taken also an order of life.

If that then this impediment in swallowing be caused through excessiue moysture, then is the first described order to be obserued: but that is not needefull to expell such excesse of matter, but to keepe a sober diet in eating and drinking: further, he must vse this gargarisme following.

Take Cypers nuts, and the leaues, of each one handfull, Frankincense and his rines, one ounce of each, burnt Allome three quarters of an ounce, plume Allome half an ounce; sæthe this in a quart of Wine, and gargarise herewith, afterwards wash cleane the mouth, but swallow it not downe: or he shall vse all that in the first part, the thirtenth Chapter, and 6. §. is taught, of the swelling of the tong.

If then a hote or cold impostume, or the Squinancie be approching, then rule you like as it is shewed in the second part, the first Chapter, and 4. §. of the Squinancie, now we will goe forward with the Stomacke.

## To preserue and keepe a good digestion of the Stomacke. §. 3.

HOw much the health of man is sustained through a well digesting stomacke, is sufficiently knowne to all the world: and it is also very true, that if the same receiue no wholesome meate, it cannot digest it well, the which appeareth in the disease of the stomacke, that all meates must corrupt, the which may euidently be discerned through the sicknes that shall hereafter follow.

Therefore it is first requisite and necessarie to prescribe a rule, how to keepe this good digestion in her full efficacie. And although in all places hereafter, whereas shall be discoursed of any of the infirmities of the Stomacke, it shall be taught what shall be eschued or vsed: notwithstanding, it cannot be but auayleable briefely to comprehend the same in these ten rules. The first is, of the motion of the bodie, which (as followeth) is much commended. The motion of the bodie is a preseruation of a mans life, a quickning of naturall heate, and an excitation of sluggish nature, a digesture of all superfluous humors, a strengthning of all the members, an ouerthrowe of the diseases, a medicine for all anguishes, a gayning of time, renewing of youth, of mirth, of old age, a pleasure, a help of health and blessednes, an end of all infirmities, an enemy of sloth and lithernes, therefore do they feare and shun all labour, that will want mirth, and if any body desire not euery day to eate, he may keepe himselfe from all labour.

This motion is most commodious for sober folks before both mealetides, if they moue not aboue their might: for when one beginneth to be weary, then must he rest, and each one must exercise and stirre, according to the abilitie of his bodie. The men of occupations haue exercises ynough about their occupations; but if any one at any mealetide haue surfetted, then must he fast the next day, and vse temperate motions, to consume all superfluitie through abstinence and exercise.

All people that haue great exercise, may much better digest grosse meates, then they that are idle and liue at ease, whereby may easily be discerned the vertue of motion.

The second is of the propertie of meates, that they be not too hote of nature, or too cold, whereby they may not inflame the naturall heate, or might ouercole it, the which is also to be vnderstode of all other qualities of meates. Secondly, prouidence must be had that all meates be well boyled, sod, and rosted, otherwise can the stomacke not digest it as it behoueth.

Thirdly, binding things eaten before other meates. They binde the body, like as if they be eaten after the same, they lose, and are laxatiue. Fourthly, light meates are, Barley well sodden, well baken bread, small Fishes, Partridges, Pheasants, and such like. Fiftly, meates that are acceptable to nature, will be the more willingly receiued by the stomacke, and also digested. But this is only to be vnderstode of healthfull persons, and of them that vse the same moderately: otherwise, that is not allwayes good which is pleasant to the mouth. Sixtly, although the subtile and light meates do lesse molest digestion, and are requisite for health, yet are they neuertheless nothing the stronger or apter for labor, therefore they passe all others herein, that fæde on grosse meates. Seuenthly, would or might any one not eate such healthy meates altogether: then is he notwithstanding to do the contrary as seldome as he may, tempering with some holesome meates, like as men do pepper and wine with Mushrimps, and Spices or Garlick with Fish, &c. Eightly, slimie meates tarry long in the stomacke, before that they passe

into

into the bowels. Bread with his bran goeth much soner into the bowels, than where the bran is boulted out. Ninthly, flesh broyled on the gridiron giueth good nourishment when it is digested: but it goeth slowly towards the guts. Tenthly, Pullet broths do delay the humors more than Hen broth, yea and giueth much more nourishment.

The third rule dependeth on the quantitie of the meates, whereof too much must not be taken in, least they make some griefe or winde in the body. Secondly, much meates do not moysten thorowly, but onely those that be without sharpnesse, sowernesse, saltnesse, and bitternesse. Thirdly, when any body hath taken much meate and drinke, and thereby findeth some weakenesse or drought in the stomacke, he shall then the other day afterwards fast, and keepe the more in a temperate place. Fourthly, a haile man shall take euen so much meate, as shall not greeue him. Fiftly, all they that liue lasciuiously and riotously, do die before their olde age. Sixtly, great bodies haue need of more meate and drinke than small bodies: they require also more heate and vitall spirits for their sustentation. Seuenthly, much and many meates taken at one time, be preiudiciall two manner of waies: first, by reason of the variable digesture, as when light meates are mingled with grosse meates: secondly, for that it is seene, that there is more eaten of that which is pleasant in taste, than with moderate feeding would suffice.

The fourth rule containeth a good diet, whereby the meate is not to be tempered with the medicine, for that it were an vnmeete cost, when as the seedes of wild Saffron, Nettles or wild Time should be mingled amongst meate, that spoyle the meate, hurt digesture, and driue it into the bowels, before the body haue his nourishment out of it.

Secondly, grosse and hard meates are to be eaten alwaies at the first, and afterwards the light meates. Thirdly, if one do eate milde and moyst things at the first, and then afterwardes hard meates, then do the light meates run quickly thorow the stomacke, and leade the harde grosse meates away with them vndigested. Fourthly, all they that be lose of body, are to take at the beginning of their meale tides binding things and spices: and if not, then are they alwaies first to take that which will quickly passe thorow the stomacke, and leade the way to other meates.

To this end are Melons, Peaches, and other fruites to be eaten before one eate bread or flesh: for that when as they which be harder do hinder the passage, then is the digestion spoyled, and so it is with all other kindes of meates. Fiftly, meates which be of this nature that they do not easily passe thorow, or without requisite digestion, then must the grosse meates be first taken, and the light meates last of all: as Mutton before Birds, and Beefe before Mutton. For the bottome of the stomacke by reason of his heate, hath more force to digest the grosse meates first, than the top or vpper part of the stomacke. Sixtly, milke and sower things are not to be eaten aboue once, for that the milke runneth into the stomacke, whereby the digestion is hindered. Seuenthly, Butter milke and Radishes are not meete togither, nor yet with any birds: for the birds hauing subtile flesh, will be spoyled thorow the sharpnesse of the Radishes. Eightly, sodden wheate in flesh broth, or in water, is not to be vsed after Rice, for that both of them be of grosse nourishment, and do obstruct the waies. Ninthly, Vineger, Oyle, and all manner of fatnesse are not at any hand to be kept in Copper vessels, for that they do drawe the venemous nature of the Copper vnto them.

The fift rule containeth the time, that in the winter and spring more meate is behouefull than in the sommer: for that then the stomacke is at the very hottest. Secondly, that there be nothing eaten vntill the former be digested. Thirdly, in the winter, things be not tolerable to be eaten, which do little nourish, as herbes, and such like, but compact and strong meates are to be vsed, which be long in digesting. Fourthly, in sommer is the most fit time to eate before the heate commeth, and in euening when the heate is past. Fiftly, in the spring is one to eate but little at dinner, and in sommer nothing at all. In the haruest fruites do bring many sicknesses with them: but in the winter one may eate his fill.

The sixt rule prescribeth a diet for euery complexion. First, he is not to forbeare meate which is hot and drie of nature: for there is nothing more hurtfull vnto him than abstinence. Secondly, for to preserue and keepe a good digestion, these meates are to be vsed which do best agree with euery ones complexion: to wit, if any be warme by nature, that he then feede vpon meetely warme meate, and so the like for drie and moyst bodies. Thirdly, if so be that heate do increase in any one, then must cole things be taken for it. Fourthly, a melancholike man must feede vpon

moyſt things and ſomewhat warme: A cholericke body cold and moyſt meates. Fiftly, all that be hot and dꝛie of nature, and do much exerciſe, foꝛ them are all light and ſubtile meates very hurtfull.

The ſeuenth rule doth yéld a reaſon of repletion and inanition, wherof is firſt to be marked, that how much the moꝛe you fæde an vncleane body, ſo much the moꝛe doth the ſame annoy and hurt it: foꝛ when the meate is mired with the coꝛrupted humoꝛs, it is then alſo coꝛrupted: the ſame happeneth alſo vnto them, who haue the ſtomacke full of bad humoꝛs. Secondly, no man ought ſo to ouercharge himſelfe with meate, but that he might fæle ſtill ſome hunger. Thirdly, when one hath filled himſelfe well the one day, although he might the next day fæle ſome hunger, yet is he the next day to foꝛbeare as much as is poſſible, and to ſlæpe in a temperate place. Fourthly, when any accuſtometh to eate fleſh and to dꝛinke wine, and doth not labour at all, the ſame perſon (to the end he may be diſcharged) is the oftener to be let blood. Fiftly, there is nothing woꝛſe than when one hath fed on ſtrong meates, befoꝛe they be digeſted to eate againe: foꝛ when as the one meate commeth to the other vndigeſted, then do they both ſpoyle. Sixtly, all they who after dinner take their ſupper vpon it, they muſt then faſt out the ſame. Seuenthly, all that do liue ſoberly, and after much eating and dꝛinking do faſt againe, they liue the longer. Eightly, all rioters and great dꝛinkers muſt ſometimes foꝛce themſelues to vomit, and betake themſelues therewith foꝛ to faſt it out, and to ſlæpe a day times.

The eight rule compꝛehendeth the dꝛinkes: which firſt are not to be vſed ſo much that the meate come not to ſwim in the ſtomacke, foꝛ thereby will the digeſtion of the ſtomacke be ſpoyled. Secondly, albeit ſome be of opinion, that men ought not to dꝛinke to their meate, yet do they ſpeake againſt all ſkill; therefoꝛe be they not to be heard. Foꝛ one ought to dꝛinke, that the naturall heate be not aggrauated. Thirdly, when he fæleth good thirſt, and when as the heate of the ſtomacke requireth the ſame, the which neuer happeneth to ſuch as be haile, but when they do either eate oꝛ do great labour, and after a long Eaſterly winde. Fourthly, all ſharpe, new, groſſe and ſwæte wines. Likewiſe, all they which are kept in Sulphured caſkes, and alſo all Muſt ought to be eſchewed, if ſo be that they be not vſed foꝛ medicine. White, clære, thin, red and pallet wine which is not troubled, and of a good taſte, dꝛunken moderately, is very healthie: but to water them much, is very noyſome, bicauſe that thereby is made gripings in the belly, windineſſe in the ſtomacke, tumoꝛ in the milts, and ſpoyleth the digeſting of the ſtomacke.

The ninth rule is of the cuſtomes. Firſt, all they that be wont oꝛ accuſtomed to eate much, and that of all manner of groſſe meates, ſhall not onely altogither relie on the ſtrength of their ſtomacke: foꝛ they ſhall not be able to eſcape the harme, which they ſhall fæle thereby in time to come, bicauſe that thereby bad humoꝛs are increaſed in the body by little and little. Secondly, the cuſtome of eating once oꝛ twiſe a day, and if that thereby men remaine healthie, it is not good to alter it: foꝛ that cuſtome (as is wont to be ſaid) is nature it ſelfe. Thirdly, good and tolerable cuſtome is to be continued. Notwithſtanding, if one were wont to be dꝛunke euery day, oꝛ to dꝛinke in the moꝛning faſting, who is it that can commend the ſame? Euen ſo is ſobꝛietie to be adiudged of, and faſting. It is alſo to be vnderſtood, that all they who be wont to eate twiſe a day, and would accuſtome themſelues to eate but once a day, that the ſame might cauſe ſome inconuenience vnto them, and ſo to the contrarie: foꝛ the ſtomacke cannot tolerate it. Fiftly, all they that vſe to eate at a certaine howꝛ, and ſhould ſuddenly alter it, do ſtand in danger that the ſame will not pꝛoſper well. Sixtly, although that the accuſtomed meate and dꝛinke be ſuch, that it be not much to be commended: notwithſtanding it ought not ſlightly to be changed into other meates and dꝛinks which be taken to be healthier.

The tenth rule requireth the dꝛeſſing of meates: to wit, that each meate be boyled, roſted and dꝛeſt as it ought to be, ſo that the ſtomack get no loathing thereby, and the ſame meate may the better be digeſted. Thirdly, delicate ſawces foꝛ each meate in particular, pꝛouoketh one to eate moꝛe than is good foꝛ him: thereſoꝛe they ought to be omitted and foꝛboꝛne. Fourthly, ſtinking and putrified meates, be it fruit, fleſh, fiſh, oꝛ whatſoeuer elſe, howſoeuer they be dꝛeſt, they can bꝛing none other but badnes with them.

Hereof is now ſufficiently ſpoken foꝛ the pꝛeſeruation of good digeſtion, and how the bad digeſtion of the ſtomacke is to be amended. Foꝛ that what might faile therein, theſe ſickneſſes following ſufficiently do declare.

Of

## Of the debilitie of the stomacke in generall. §.4.

IF these debilities or infirmities of the stomacke, there be three principall accidents; vnder which are all other comprehended. The first the Grecians doe call *Bradypepsian*, which is slowe digestion. The second *Apepsian*, which is when the stomacke cannot digest. The third *Dyspepsian*, which is when the digestion is vtterly spoyled, and the meates doe turne into bad humors, which is when the stomacke is wholy weakened and departed from his natural actions, and hath lost the same, which default may be prouoked through inward and outward causes: the outward causes be the motions of the minde, as anger, care, sorrowe, rough windes, and grosse meates which be hard of digestion; as old beefe, hard, old, and vnleauened bread, Hasell nuts, old Cheese, cold herbs and fruites whereof hath beene vsed much a long time, as Gourds, Melons, Mushromes and Apples &c. Item all excesse, windy meats & drinks, pottages, Mustes, and all ouermuch watered wine, or water dronken alone (if it be not in great heat) and to eate before the former meate be digested.

Item, blowes or fals in and bout the stomacke, bathing in very hot or cold times: also inward and outward heate and colde of nature, great exercise, extreme venerie, which infeebleth much, and weakeneth the naturall powers. Likewise ouermuch sleepe and rest: also to study to much, and straight after meate.

The inward maladies of the stomacke be these; ouer great heate, colde, drought, moisture, windes, impostumes, and such like: Also through the infirmities of other parts; as if out of the braines there doe fall any rheumes into the stomacke, or when the hart beateth, the liuer is obstructed with any cholericke humors, the Milt with melancholicke humors, and the stomacke is to much ouer charged. When as then the property of each member is weighed, then may easily be discerned what annoyeth the stomacke.

If then the debility of the stomack be caused through heat, that is to be knowen by the stomacke: also there is euermore thirst with it, and all colde things are welcome to the patient, and hot things are loathsome.

Or if this debilitie doe come through any slimines, then is there heauynes in the stomacke, drought, bitternes, and wambling. When as this proceedeth of colde, that may the stomacke finde: for that the thirst is small, the digestion little, and no desire of meate: warmth is welcome, but colde is tedious vnto him. If it be of phlegme, it is knowen by the drowsines, swelling, much spettle, quicke passage of the meate through the body, and almost after the maner of one that hath taken somewhat doth belch with a sower taste, and such like. But if this infirmity of the stomacke doe come of any melancholy, then is there also drought, heauines, and wambling with it, the tethe will be lose, the patient will be plagued with vnnaturall lust of eating, the Milt doth swell, whereof great heauines doth follow of the minde. If so be that the same be caused through drought, then insueth great thirst therby, drought of the tong, binding in the body, vnlustines, and harme through drie meats. If it be caused through moysture, then is there little thirst with it, but loathsomenes of all moisture; all drought doth good to the patient, and there is much spetting with it. Or if these humors be mired, that is easily to be perceiued through the signes aforesaid; like as euery accident bringeth with it a proper description.

But before we come to any particularities, we will here discouer one thing, which is so renowmed, that it can preserue the stomacke from all diseases, and suffereth nothing to putrifie therein, because it expelleth all humidity and vncleannes from the stomacke, and clenseth the same: they which vse it often get neuer any more paine in the stomacke: it causeth mirth, it strengtheneth the hart and head, it clenseth also the raines and the wombe exceedingly: which are the pils of Amber called *de Succino*, which are thus prepared: Take the white or other Amber and Mastick, of each one quarter of an ounce, Aloe fiue dragmes, *Agaricus* one dragme and a halfe, right Aristology halfe a drag. this being all beaten small and tempered with the sirup of Wormewood, make thereof a masse of pils, and forme seuen pils of one drag. Take alwaies two or three of them when you goe to bed. Pils of Amber.

## Of a weake ſtomacke through cold. §.5.

FIrſt this is to be noted, that (to ſpeake naturally) the ſtomacke in the ſummer and in the haruеſt is coldeſt of all, and that by reaſon that the heate is drawen into the outward members, and therefore is ſo much the weaker about the ſtomacke. Contrariwiſe (as we haue mentioned before) the ſtomacke in the winter and ſpring time is hotteſt of all, becauſe the outward cold driueth the heat inward: and therefore then people are to eat ſo much the more. For in the debilitie of the ſtomack regard muſt be had of the times. Now for to write of the coldnes of the ſtomack, ſo it is that (beſides all the foreſaid ſignes) that the meate will ſcarſe ſettle it ſelf in the bottome of the ſtomack, ſo that the ſame otherwhiles after the patient hath taken them, hath no reſt yer and before he hath vomited out the ſame againe vndigeſted: and although it be digeſted, yet happeneth it ſlowely. Alſo if one fæle with the hand thereon outwardly, then may it be perceiued to be cold there: It is alſo full of winde which is expelled vpwards and downewards. There be yet moe herebefore other ſignes reherſed of a cold ſtomacke: When as then the colde of the ſtomacke is ſmall and of no continuance, then is the patient euery morning to take *Trociſcos de Roſis* two or three dragmes in an ounce of *Mina citoniorum*, wherein Comin and *Ameos* be boyled.

Trociſces of Roſes.

The aforeſaid *Trociſci* are thus to be prepared: Take Roſes three dragmes, *Lignum Aloes*, Maſticke, Indie *Spica*, Cally wood, Squinanth and Wormewood, of each one drag. beaten altogither ſmall, and tempered with old wine, and then formed. Theſe *Trociſci* are very good taken with halfe an ounce of the ſpirit of wine.

They are alſo to be fed with light meates, which haue but little moyſture and ſuperfluitie: Alſo their meate muſt be ſtrowed with Galingall, Pepper, Ginger, Cloues, *Ameos*, and ſuch like.

Before meate the patient is to exerciſe himſelf well: they that vſe this water, muſt alwaies drink more thereof after meate than before. After meate he muſt ſlæpe much, & drink neate olde Rennith wine; but eate leſſe than he was wont, for the weaknes of the ſtomacke cannot digeſt much meate. Meates which be requiſite for him are Muttons, Kids, Hens, Pullets, fowles, Partridges, Feſants, Pigeons, Quailes, and ſuch like; yet rather roſted than boyled, and dreſt with ſpice: alſo rere egs and ſuch like. But if this weaknes of the ſtomacke hath long continued, then may be vſed one of theſe Sugar plates following (which one will) one quarter of an ounce or more at once. Or if ſo be that it be made after the maner of a conſerue, then to take one ounce at a time daily with wine: viz. *Diatrion Pipereon*, *Diagalanga*, *Dianiſon*, *Diamentha*, *Caryophilatum*, *Roſata nouella*, *Diacyminum*, *Diaolibanum*, alſo the warme Dragagant cakes, the which alſo do ſtrengthen the ſtomacke & procure digeſtion. But eſpecially is the Confection *Diacinamomum* commended for a bleſſed medicine, for all moyſt, bad, & ſpoiled ſtomacks as that conſumeth all ſuperfluous humiditie, helpeth digeſtion, and ſtrengtheneth the eyeſight, therefore be there two ſortes here deſcribed.

### Confectio Diacinamomi.

Diacinamomum.

TAke of the moſt pureſt Cinnamom fiftæne drag. groſſe Cinnamom, Comin, and Elecampane, of each halfe an ounce, Galingall ſeuen drag. Cloues, long Pepper, *Cardamomum*, Greines, Ginger, *Lignum Aloes*, Mace and Nutmegs, of each three drag. Saffron one drag. white Sugar fiue drag. When you will make Tabulates thereof, then take one pound of Sugar, one ounce and a quarter of the foreſaid ſpices, and ſæthe the Sugar in Wormewood water as behoueth. Another with Rubarbe.

Take excellent Rubarbe one quarter of an ounce, *Angelica*, *Rapontica*, of each halfe a drag. Cinnamom three drag. Nutmegs one drag. and a halfe, Cardamome, long Pepper, white *Diptamus*, and Zeduary of eace halfe a drag. Galingall two ſcruples, Calmus halfe a drag. Ginger two ſcruples, Pimpernell rootes, Maſticke and Cucubes, of each one ſcrup. Saffron ten greins, Sugar eight ounces, boyle the Sugar with Wormewood water, and caſt a plate of Sugar of it.

In

In like manner is the confection of *Aromaticum rosatum* not only commended for the debilitie of the stomack, but also for many other diseases, like as here and there the same be discouered, for which purpose it is also prepared after sundry sorts, like as be some heere expressed.

### *Confectio Aromatici rosati.*

TAke fiftéene dragms of red Roses, Licorice seuen dragmes, *Lignum Aloes* and yellow Saunders, of each thrée dragmes, Cinnamome, Mace, Cloues, of each two dragmes and a halfe, *Gummi Arabicum*, and Dragagant, of each one quarter of an ounce, Nutmegs, Cardamome, Galingall, of each one dragme, Muske one scruple, Indie *Spica*, and Amber, two scruples, temper them all together: and if you will, then cast a plate of Sugar of it, take one ounce of these Species, and twelue ounces of Sugar, decoct them in Rose water as is accustomed. Thus is this confection at the Apothecaries made, and not only for his pleasantnes, but also for his commodiousnes vsed daily; for that besides this, it doth strengthen the weake stomacke, and comforteth the hart, the braines, the head, and the Liuer; it driueth out also the bad and superfluous humors of the stomacke: it helpeth the digestion of the stomacke, and especially in them which be afote againe after a long continued and lingring sicknes.

### Another which is common at *Augusta Vindelicorum.*

TAke Roses one ounce, Licorice thrée dragmes, Cinnamome two dragmes and a halfe, Cloues, Mace, of each one dragme, and ten greines, red Corall, Cardamome, Galingall, of each halfe a dragme, *Spec. Diarrhodon Abbatis* one scruple, Indie *Spica*, long Pepper, of each ten greynes, *Lignum Aloes* one dragme and a halfe, Greynes eight greynes, shauen Iuorie one dragme, Gum, Dragagant, of each thrée scruples and a half, Nutmegs two scruples, Muske ten greynes, Amber one scruple, make a subtle pouder thereof. Or if you will haue Sugar plates of it, then do as before. Item, take beaten *Calmus* half an ounce, the iuice of Wormewood as much as is needefull to make plates of Sugar: and if you desire to haue this strong, then sethe it in Wine, and giue it him at two or thrée times.

Or take Cinnamome one quarter of an ounce, Ginger, Nutmegs, Cardamome, Galingall, Cloues, of each one dragme, Mace, *Lignum Aloes*, of each halfe a dragme, Annis one dragme, the skins of Hens mawes washed with Wine and dryed, thrée dragmes, White Sugar 34. ounces: sethe the Sugar in good Wine, and thereof cast Sugar plates.

### Another.

TAke Cinnamome thrée dragms, Galingall one dragme, Sugar fiue ounces, but boyle the Sugar with one ounce of Rose water, this Confection doth make also good appetite to meate. In like manner you haue also in the first part the twelfth Chapter, and 12. §. a confection *Diamargariton Calidum* which is very good for this. Item, take Ginger one dragme, Cloues and Galingall, of each halfe a dragm, Pepper, prepared Coriander, of each one scruple, Annis, Fennell, *Ameos*, *Spicanardi*, Cardamome, of each thrée scruples and a halfe, confected Citron pils one ounce, Rose water one ounce and a halfe, Licorice halfe a dragme, Sugarcandie halfe an ounce, Corans one ounce: powne all that is to be powned, but chop the Citron pils and Corans very small, then sethe the Sugarcandie, and ten ounces of white Sugar with Rose water, and so make tabulates thereof.

Confected Annis seeds are also very good for all debilitie of the stomacke, it helpeth digesture, it expelleth the paine and winde of the stomacke, the same doth Fennell seede also. But there is yet a better for this, to wit, confected Comin and Caruway seede, for that the same haue also power to warme the stomacke.

### Certaine Powders for meate.

TAke prepared Coriander, and Cinnamome, of each halfe an ounce, long, white, and black Pepper, Cloues, Galingall, and Ginger, of each one dragme and a halfe, Annis, Fennell,

of each three dragmes, Saffron one dragme, Sugar as much as all the rest: make a powder thereof, or a confection, which you had rather haue. Item, take Cinnamome, Mace, Cloues, Pepper, Cypers rotes, of each alike much, Sugar as much as you please. Item, take Cinnamome two ounces, Nutmegs one dragme, prepared Coriander sedes, Roses, red Corrall, of each one scruple, Sugar fowre ounces, temper them all together: it is of a temperate nature. For this may also things be vsed, which are described in *Aromatico rosato*, beaten to powder.

Here follow now certaine stomachicall medicines against all coldnes, windines, and humidities of the stomacke, and all other inward parts of the bodie: Take Annis, Fennell, and prepared Coriander, of each one ounce, Caruway halfe an ounce, Licorice (beaten small) one ounce and a halfe, Ginger, Calmus, of each three dragms, Galingall, Zeduary, of each one dragme and a halfe, Cloues one dragme, temper all together. One may take thereof euery morning the waight of two dragmes.

Some do take the fowre sedes confected with Sugar: other do let them to be all together confected with Sugar, that it might be so much the more pleasant to take. Some temper amongst it cut Cucumber rotes, because that they (besides all their vertues) cause the windes to depart, and to dry vp bad humors. Item, take Licorice cut small one ounce, Galingall one quarter of an ounce, Calmus halfe an ounce, Mace three dragmes, Cinnamome and Nutmegs, of each one dragme and a halfe, confected Annis sedes fowre ounces, Caruway, Fennell, prepared and confected Coriander, of each two ounces: cut all that is to be cut, and temper all together. Or take cut Licorice, prepared Coriander, Fennell, and Caruway, of each one quarter of an ounce, Gentian, Calmus, and Ginger, of each three dragmes, Pimpernell rotes, or the sedes, and Rue sede, of each one dragme: cut all that is to be cut, and temper them all together, as before.

These foresaid stomachicall compositions are very commodious for the common people, and also commodious for all the foresaid infirmities, but especially the Gentian doth expell all slime and venemous matter of the stomack. This is to be vsed in the morning on toasted bread, mollified or soked in Wine, and to fast three howres afterwards.

In like manner you shall finde before in the first part the twelfth Chapter and first §. a good Medicine for the stomack, which may be well added vnto these, Calmus and Cinnamome tempered together are also speciall good for this purpose.

This Confection following is also highly commended for all feble, cold, and moyst stomacks, as also for the strengthening of the Liuer, Milt, Hart, Braines, and whole bodie: it increaseth Venerie, maketh fat and merrie, and is also good against the beating of the Hart. It is called *Electuarium de Citro*, or confection of Citrons: Take Citron pils, Zeduary, *Doronicum*, Amber, and red Corrall, of each one dragme, Silkewormes nests cut very small, red and white Behen, *Lolium*, Rosemary floures, and *Calmus*, of each fiue dragmes, two Harts bones, and Perles two scruples, Rubins, Jacincts, Smaragdes, Marierom gentle sedes, and Stechas floures, of each one scruple, small filed Gold and Siluer, Bugloss floures, Tormentill, red Stirar, burnt Iuorie, Basill sede, and long Pepper, of each halfe a dragme, Muske and Amber, of each one scruple, dry Mints, and Mastick, of each two scruples and a halfe, conserue of Bugloss one ounce, white Sugar 18. ounces: seethe the Sugar meetely thick in Bugloss water, and so make a confection thereof. Marmalade with spices (as hereafter in the last part it is described) is also commodious for this, for that it strengtheneth and warmeth the stomacke maruellous well.

Electuarium de Citro.

Another. Take Ginger one dragme, Cloues, Galingall, and Cinnamome, of each halfe a drag. Zeduary, long Pepper, prepared Coriander, of each one scruple, Annis, Fennell, Ameos, Spikenard, Cardamome, and Mace, of each fiue greynes, confected Citron pils, and Raisons (the stones taken out) of each one ounce, Sugar twelue ounces, decocted in Rose water: cut and beate the Citron pils and Raisons, and temper the rest amongst them. Item, take prepared Coriander and Cinnamome, of each halfe an ounce, long, white, and black Pepper, Cloues, Galingall, and Ginger, of each one dragme, Annis, Fennell, of each three dragmes, Saffron one scruple, Sugar twelue ounces, make it (as before) vnto a Confection.

Take the whites of 24. Egs sodden meetely hard, Honny twelue ounces, stirre them apace a good while together, vntill it ware thick, afterwards put thereto halfe a dragme of Zeduary, Cinnamome, Cloues, Spica, Licorice, Ginger, Pepper, Galingall, Roses, and red Saunders,

of

of each one drag. beaten small. Hereafter shall be described in the description of the grauell a conserue of Horse radish rootes, which is also very good for a cold stomacke.

Item, take clarified Hony twelue ounces, clarified iuice of Quinces one ounce and a halfe, Wineger three ounces, seethe all these together vntill they be meetely hard, and temper amongst it halfe an ounce of Pepper, Ginger one drag. vse thereof about the waight of halfe an ounce alwayes before meales: with this also ensuing may be made a plaister to lay ouer the stomack, to wit, Mithridate, Treacle, and *Diatessano*. They are also good for a weake stomack, for that they dry and further the digestion of the stomack, if one take thereof one drag. in a draught of Wine.

All confected things, as Rootes, Fruits, and all such like, which be warme of nature, are good for a cold stomack, as is confected Ginger, which not only warmeth the stomack, but also all inward parts, and doth restraine the vapors from ascending and drawing vp towards the head. *Calmus* is passing good for a cold stomack. Elecampane rootes also strengthen the stomack, help digestion, driue out all venemous humidities, and warme the same. Confected Nutmegs do consume all moysture of the inward members, they do warme and strengthen the stomack, and are good for the digestion of the same. The like do also confected Orange pils, Citron pils, rootes of *Eringus*, and Walnuts, all which be described in the last part of this our booke of Phisicke. The herbs and floures which be warme by nature, are Eyebright (which is also very good against all Agues that be caused of putrifaction.) Conserue of Betonie, and of Gillofloures do the like also, if that one take thereof halfe an ounce or more daily before meales. They do also stay the ascending vapors of the stomack, and strengthen the same. The like also doth conserue of Marierom, Hyssop, Piony, Sage, Lauender, Spikenard, and Rosemary. conserue of betonie

All aromaticall Wines are much commended for this, not only for the stomack, but also for all other parts to be vsed outwardly: They do also take away the insaciable hunger. Secondly, there can be thought no better thing for the stomack then good old strong Wine for common drinke: But if the same cannot be had, then may be vsed in the stead thereof, some Meade, or Hony water. In like sort also *Mina Aromatica*, and other sirupes moe, which shall be described hereafter.

The rich and very daintie persons may also get Hippocras made, whereof you shall finde many kinds described in the eight part: especially this following (called *Stelladia*) is vsed much in *Italy*. Take Cinnamome, and Cloues, of each one drag. Pepper, Graines, and Galingall, of each one drag. and a halfe, Cardamome one drag. and a halfe, one quart of Wine, Sugar or Hony, as much as you please: make Hippocrasse thereof, as is taught in the eight part. Stelladia.

Amongst the most vsed Wines made of Herbs, are these ensuing, warme of nature, Wine of Eyebright cleanseth the stomack of all humiditie, and withstandeth the Ague, and is of a temperate nature.

The Wine of Hyssop warmeth also the stomack, and all inward members. The like do also Rosemary wine, & Marierom wine, which also prouoke appetite. *Asarabacca* wine, & Wormewood wine, are very good, especially if there be any Mastick decocted in the common wine. Betonie wine and Gillofloure wine are very good against windines. The herb Bennet wine and Clary wine, are also very good for this purpose. Item, take Must as much as you thinke good, let it worke fower dayes one after another, then put therein a small bag, with the leaues of the right wilde Vine, and let them also worke together as before, whereof will be a very pleasant wine. You haue the like before in the second part the first Chapter and 5. §. of the panting of the hart through cold, a spiced wine, beginning thus: Take Ginger two ounces, &c. What a vertue also the Elecampane wine hath (which is very common) shall be amongst other discouered in the eight part.

Heere haue you also some mo such like drinks for a prose: Take sirrup of Mints one ounce, Cinnamome water three dragmes and a halfe, oyle of Cloues two drops, oyle of Vitrioll, three drops, temper all together. The oyle of Vitrioll is very sharp and perilous, as is rehersed in the description thereof.

Take water of Currans fower ounces, temper therein as much Saffron as the bignes of a Pease, drinke it lukewarme in the morning, likewise also after none and after supper: it is especiall good against all paine of the stomacke. The wine may also be tempered with Currans water. Item, seethe Wormwood in wine or water, and drinke it: it is very good for powre folkes.

Item, in the second Part the fift Chapter and 5. §. you shall haue a pectorall water, beginning: Take new Figs, &c. which also doth clense the stomacke from all excessiue humiditie. In like manner doth also a forcible Capon water in the second Part the first Chapter, and 4. §. which doth strengthen the stomacke and the hart maruellous mightily. Charuell water, Larks spur water mixed, or each apart, strengthen the stomacke.

The vitall waters and other waters are very requisite also for this, whereof many be described in the eight Part.

Of Sirups which do strengthen the stomacke. Sirupe of Citron péles doth strengthen and helpe digestion, sirupe of Wormwod doth make appetite, sirupe of Mints is good for all diseases of the stomacke which procéde of colde, sirupe of Fumitorie helpeth all obstruction. *Oxymel Compositum* and of Squils be good to breake all tough slime. Ginger and *Calmus* steéped in wine or vineger are also very good, if one eate a spoonefull thereof. Some do put Gentian rootes vnto it, for such as can away with bitternes. Also twice a day you may eate fiue or eight péeled Almonds, therewith to drie the stomacke, and euery third day once to eate a few water Cresses tempered with wine. Also if there be any new Figs to be had, then eate fower or fiue in the morning fasting.

Amongst all these foresaid remedies there be many which may be vsed as well to the olde, as the new diseases of the stomacke, like as each one may knowe for to rule himselfe thereafter.

What then belongeth to the order of life, we haue spoken thereof at the first: but if néede were (whether it be of superfluous moisture, binding the bodie, or other debilitie of the stomack) to purge, then must good héede be taken of such things as be contrarie to the stomacke, and might distemper it: to wit, through wilde Saffron séede, Polypodie rootes, and séedes of *Palma Christi*, (which are enimies to the stomacke, and accounted but Quacksaluers remedies) but in this is prouidently to be dealt, and after the taking of some preparatiue potions, he is to vse the last mentioned Sirups, or these insuing, and such like purgations. Take *Hiera Picra* one ounce, Turbith halfe a dragme, Ginger one scruple, and three ounces of the before mentioned wines. Make also a potion thereof: also there may be put into this a little Cinnamome for the tastes sake.

## Another.

TAke of the Confection *Diacatholicon* fiue dragmes, *Diaphenicon* two dragmes, sirupe of Ireos and Rubarbe, of each halfe a dragme, *Spica* two graines: both beaten small, temper them with *Decoctione Fructuum* (which is described before in the third Chapter 5. §.) wherin some Spikenard is decocted. If you had rather vse pils, then take pils *De Agarico, Hiera Picra*, or *Indæ*.

Item, other that be lesse laratiue, and do strengthen the stomacke. Take *Mirobalani Chebuli* and *Indi*, Rubarbe, Cinnamom, Cardamome, Cloues, and Galingale, of each one dragme, Aloe one dragm and a halfe: these being beaten small togither, temper them with the iuice of Mints wherin *Agaricus* hath béene fower and twenty howers steéped: of these pils may one swallow two or three morning & euening, especially if the paine of the stomacke haue long endured. These following do strengthen and asswage the paine of the stomacke: Take *Pillulæ Alephanginæ* one dragme, *Opij* and Beuercod, of each one graine, make fiue pils thereof with *Oxymel*. Item take walht Aloe one scruple, and make two pils thereof: take them one hower before meate, and especially before that he be purged.

## Pils which will not purge, but onely strengthen.

TAke beaten Mastick and the iuice of Wormwod, of each a like quantitie, set it (couered close) in a warme place, vntill it be drie, that one may make pils of it, whereof euery day two howers before none, you may take one pill.

Now we will declare what is to be vsed outwardly for such bad stomackes: for which we haue exprelled many plaisters, as hereafter do follow. Take Pitch and Rosin, of each one ounce, Mastick, Mints and Cloues, of each halfe an ounce, *Trociſci de Bolo*, and *De Terra ſigillata*, Amber, Bloudstone, Dragon bloud, *Hypocistis* and Mommy, of each one dragme, *Gallia Muſcata*

and

and red Styrax, of each halfe a dragme, the iuice of Quinces, as much as is needfull for to make a plaister with it. This is not onely good for the stomacke, but is also much better for that flure which cannot be stopt nor staied.

Another. Take red Styrax, *Spica*, Squinant, Wormwood, *Calmus*, Mastick, of each a like much, temper them with olde wine and the iuice of Quinces vnto a plaister, and lay it on the stomacke. Item, take Mastick, Galingale, Zeduarie, *Ameos*, Mints and Wormwood, of each halfe a dragme, Turpentine and Ware, of each halfe an ounce, temper them with the oyle of Mastick to a plaister.

Or take oyle of Mastick, oyle of Wormwood, of each one ounce, oyle of Mirtles halfe an ounce, Cloues, Cinnamome, Galingale, of each halfe a drag. *Lignum Aloes* and Ginger, of each one scruple, vineger one spoonefull, Ware as much as will suffice. Another: Take Bayberries and Mastick, of each one drag. Cinnamome, *Lignum Aloes*, Cypers rotes, Saunders and Cubebes, of each halfe a drag. Mints, Wormwood and Roses, of each fower scruples, *Spica*, Mace, of each one scruple, *Gallia Muscata* one drag. Galingall, *Calmus*, Comin, Frankincense, of each two scruples, *Laudanum* one quarter of an ounce, Rosine and oyle of Mastick, as much as sufficeth to make a plaister: then spread it on a peece of leather, and so lay it vpon the stomacke.

Item, take Wormwood and Roses, of each one handfull, Mints halfe a handfull, *Calmus*, *Lignum Aloes*, of each one drag. and a halfe, yellow Saunders, Galingall and Nutmegs, of each halfe a drag. washt Turpentine with wine, two ounces, Mastick three drag. and oyle of Mastick, as much as is needefull to make a plaister.

Another: Take the iuices of Mints, Wormwood and Marierom, of each two ounces, Frankincense and Mastick, of each halfe an ounce, Cloues, Mace, Nutmegs, of each two dragmes: temper them with Turpentine vntill they be thicke, as a plaister ought to be, then spread it on leather, and couer it with red Syndall: you may also temper a little *Laudanum* amongst it, and so lay it thereon. Item, take Mints and Wormwood, of each one dragme and a halfe, red Corall halfe a drag. *Laudanum* three drag. Ware one ounce, Turpentine halfe an ounce. First, melt the Ware, Turpentine and *Laudanum*, and then mingle the rest amongst it. Item, take the vppermost leaues of Wormwood, Mints, Roses, of each halfe an ounce, Cinnamome, Galingale, Mace, Nutmegs, *Lignum Aloes*, of each one drag. Mastick one quarter of an ounce, Frankincense one drag. and a halfe, and Marmalad three ounces: poune all small which are to be pouned, and afterwards temper the rest in it with Malmsey. This so tempered, spread it on leather (as is said) and sprinkle it with beaten Cloues and Mastick, of each halfe an ounce; then with oyle of Mints make a plaister thereof.

Yet another: Take Mastick, Cinnamome, Cloues, Violets, *Spica*, *Lignum Aloes*, *Gallia Muscata*, *Calmus*, and Galingall, of each one drag. and a halfe, red and white Saunders, prepared Coriander and Sorrell seedes, of each one dragme, *Laudanum* halfe a drag. boyled Pitch (as is taught in the Introduction) one ounce, Muske two graines, and then make it to a plaister with oyle of Mastick.

Another: Take Mastick three ounces, Galingale, *Ameos*, Zeduarie, of each halfe a dragme, dried Mints and fresh Wormwood, of each one drag. Turpentine halfe an ounce, poune them all togither, and temper them with the oyle of Mastick vnto a salue, and spread it then on Fustian.

The plaister of Bayberries, which is called at the Apothecaries *De Baccis Lauri*, is also specially commended for a colde stomacke, and is made as followeth: Take Frankincense, Mastick & Myrrhe, of each halfe an ounce, new pouned Bayberries one ounce, Cypers rots, *Costus* rotes, of each three quarters of an ounce, clarified Honie eight ounces: seethe it till it be thicke, and then temper all the other things amongst it, and so make a plaister thereof. This foresaide plaister is not onely good against all paines of the stomacke, but also for the bowels, for the liuer, kidneies, bladder, belly, and all other parts of the body, where is any paine through cold winds. And how much more Cypers rotes you put vnto it, so much the stronger do you make it to expell the windes, and especially it is very good for the dropsie called *Tympanites*, a Tympanie. Plaister of Bayberries.

Item, take Cloues, Mastick, *Spica*, Galingale and Long Pepper, of each one quarter of an ounce, Ware, *Laudanum*, *Ammoniacum*, of each one drag. oyle of Spikenard as much as sufficeth for a plaister.

Here

## Here followeth now all that is to be outwardly applyed vpon the Stomacke.

TAke a great Dinion, and make it hollow, and put therein Saffron floures about one dragme and a halfe: this Dinion muſt then be wound in wet towe, and afterwards roſted in aſhes. This being done, you are to make it cleane, and ſtamp it to pap: lay thereof vpon a cloth the thicknes of a finger, and then lay it vpon the pit of the ſtomack, and as often as it is cold, then take another againe which is warme. This is paſſing good for a cold ſtomack.

Alſo you may ſæthe Maſtick in Wine, and of this Wine muſt you lay vpon the ſtomack with a cloth, as warme as you can ſuffer it.

Item, vnwaſhed Shæpes woll kemmed muſt you let ſoke vpon thick red Wine, wherein is oyle of Spikenard, and ſo layd warme vpon the ſtomack, the ſame taketh away the paine of the ſtomack. Or ſtæpe the foreſayd woll in oyle of Maſtick, oyle of Wormewood, or oyle of Spike, then wring it out, and ſo lay it very warme vpon the ſtomack.

Another. Take Ginger, Mints, Southernwood, *Coſtus* rotes, to wit, the ſwæte rote, Wormewood, wilde Thyme, and Maſtick, of each halfe an ounce, Frankincenſe one quarter of an ounce, Spikenard, Cloues, *Lignum Aloes*, Caſſy wood, of each halfe a dragme: let all theſe ſæthe together in nine ounces of Sallet oyle, and three ounces of good Wine, vntill the Wine be cleane conſumed: afterwards ſtraine it thorow a cloth, and then lay it vpon your ſtomack like as is before ſayd.

For this is alſo very good Pellitorie of the wall, with oyle of Spike, of Maſtick fryed, one drag. of Saffron put thereto: likewiſe a Swallowes neſt boyled in Wine, vntill it be cleane thorow mollified and diſſolued, and ſo layd warme vpon the ſtomack. Or take water of Mints, Wormewood and Malmſey, of each fiue ounces, Cloues, Mints, Cinnamome, *Lignum Aloes*, Galingall, of each halfe a drag. temper them all together, and make a peece of felt wet therein, and ſo lay it warme vpon the ſtomack, like as is taught before.

Item, carrie vpon the ſtomack a yong naked Child, or in ſtead of him a yong naked Dog: they do both of them warme the ſtomack, & ſtrengthen the ſame. The ſame doth alſo a Cuſhion of fine feathers: likewiſe alſo a warme hand holden vpon the ſtomack. It is alſo found good to rub the ſtomack with vitall waters. One may alſo make a cloth wet therein, and ſo lay it warme vpon it.

## Bags to be layd vpon the Stomack.

TAke Mints, Wormewood, wilde Vyne leaues, Roſemary, and Penyroyall, of each one quarter of an ounce, Cloues fowre ſcruples, Nutmegs, Mace, Maſtick, of each two ſcruples, Galingall halfe a drag. Roſes and prepared Coriander, of each two ſcruples, *Gallia Muſcata* one drag. beate them all together groſſe, and make a bag with it.

Another: Take Wormewood, Mints, wilde Vyne leaues, and white Mints, of each one drag. Cloues one drag. and a halfe, Nutmegs and Mace, of each two ſcruples, Galingall halfe a drag. prepared Coriander and Roſes, of each two ſcruples and a halfe, Maſtick, Cinnamome, *Calmus*, of each one ſcruple, *Gallia Muſcata* fowre ſcruples, *Laudanum* one quarter of an ounce: make thereof with red ſilke a bag to apply vnto the ſtomack. Or take this next following: Take *Lignum Aloes*, Wormewood, white Mints, Betony, Maſtick, Frankincenſe, Cypers rotes, *Coſtus* rotes, Caruway, Fennell, Roſes, and Briony, of each one drag. Iuiubes, Mace, Cinnamome, Cloues, Spica, Nutmegs, white & long Pepper, of each halfe a drag. *Calmus*, Caſſy wood, and red Corrall, of each two ſcruples: this being all beaten groſſe, make a bag thereof for the Stomach.

## Oyntments and Oyles for all cold Stomacks.

TAke oyle of Maſtick, Wormewood, Spikenard, of each one ounce, Cloues, Maſtick, Ameos, of each one drag. beate them well together, and make an oyntment thereof. Item, take oyle of Maſtick, and of wormewood, of each one ounce, oyle of Mirtles halfe

an

an ounce, Cloues, Cinnamom and Galingall, of each halfe a drag. *Lignum Aloes* and Ginger, of each one scruple; make an oyntment of it with a little Vineger. Or take Roses fiue drag. Wormewood one quarter of an ounce, *Spica* one drag. Cloues two scruples, long Pepper halfe a drag. Mastick, rumpled Mints, of each one drag. these being well beaten, then take oyle of Mastick three ounces and a halfe, oyle of Roses fiue ounces and a halfe, Ware one ounce and a halfe, (but the oyle and the ware must be leysurely molten togither) and then temper the rest togither vnto an oyntment, wherewith you are to annoynt all the breast very warme. And if it be in winter, and that the party must goe abroade, then lay vpon the breast annoynted two or three leaues of writing paper, for it preserueth naturall heat and defendeth the stomack from all outward colde.

leaues of Paper good to keep out cold.

Another: Take distilled oyle of Mastick; or in the stead therof oyle of Cammomill, Wormewood, Mints, Quinces, and Roses, of each one ounce and a halfe, Mace, Mastick, Nutmegs, Cloues, Cardamome, Greines, Galingall, and *Lignum Aloes*, of each one quarter of an ounce, red Coral, prepared Coriander, Roses, Mints, Wormewood and Cammomil, of each two drag. and a half, crums of new Rie bread which haue been steeped 24. howers in sharp Vineger, fower ounces; take them out and beat them to pap: afterwards melt three ounces and a half of Ware in oyle, and then temper it vnto a salue.

Another which is vsed in Italie: Take oile of the blossomes of Orenges one ounce, powder of Benseine one drag. and a halfe, Cloues, Mace, of each halfe a drag. *Laudanum* one quarter of an ounce, temper all to a salue.

Another: Take oyle of Quinces, of Spikenard and Mastick, of each two ounces and a half, red Syrar, Squinant, Cipers rotes, red and white Coral, Roses, Mastick, of each one quarter of an ounce, Cloues, wilde Vine leaues, of each halfe a drag. Ware and Rosin, as much as is needfull for to make a salue. This doth strengthen the stomack, withstandeth the wambling, and is also good for all humidity of the stomacke.

Item, take oyle of Mastick, Spike, oyle of Quinces, of each three ounces, oile of Wormewood one ounce and a halfe, Mastick, Cloues, Nutmegs, wilde Vine leaues, Mints and Mirtle seedes, of each one quarter of an ounce, wormewood, Roses, red and white Coral, of each one drag. with a little Ware, and make an vnguent thereof.

Another. If one can get none other thing, then take greene or drie Wormewood, seethe it in Sallet oyle with a little Wine, vntill the wine be consumed, and annoynt therewith the stomacke.

Oyle of Mastick is thus prepared: Take oyle of Roses fiue ounces, good wine fower ounces, of grosse beaten Mastick one ounce and a halfe: let this seethe togither vntill the wine be decocted: This oyle doth not onely strengthen the stomacke, but also the braines, the sinewes, ioynts, and the Liuer, asswageth all paine and all swellings in all the parts of the body.

Oile of Mastick.

## To make oyle of Quinces.

THis oyle of Quinces is also (next to the oyle of Mastick) very highly commended; for it is costly and good for all debilities of the stomacke, it alayeth all wambling, it strengtheneth the digestiue vertue, and also the sinewes &c. and it is thus prepared: Take Quinces that be yet scant ripe, cut them with the pils in peeces, and take out the seedes; then take the iuice of Quinces, of the one as much as the other in a glasse, and powre into it as much oyle as there is of the iuice, but rather vnripe oyle then other: this being bounden tight, then set the glasse the space of fifteene dayes in the Sun, afterwards let it boyle two or three howers in water, and then wring it hard thorow a cloth: this must be done three or fower times one after another, and so kept close stopped.

For a conclusion of this weakenes of the stomacke through colde, some doe vse this briefe meane, First, they doe ordaine a Clister made in this manner following: take Linesede and fresh butter, of each fiue ounces, of well washed Turpentine dissolued in wine or any decoction (wherein be much Annis seede sodden) one ounce; let the patient also drinke much of some decoction of Cloues, Galingal, Cinnamom, Balsam fruits, and Calmus: Lay then lastly this plaister following vpon the stomacke. Take Rue one ounce, Wormewood fower ounces: this being beaten togither, temper it with hony, and then lay it warme vpon the stomacke.

Of

## Of the debilitie of the stomack through heate. §. 6.

IF so be that this weakenes of the stomack, and bad digestion of the same be with great thirst, without appetite, with sowre soule belchings, and with great drouth of the mouth, it is then very easily to be adiudged, that the same is caused through heate. If there be *Cholera* mingled amongst it, then followeth wambling and parbraking, and that after the taking of light meates, as egs, fowles, and other good flesh. The mouth is bitter, and sometimes there commeth a shooting paine: he desireth all cold things, and all which is hote goeth against him. The digestion of the stomack is strong, if the heate indure not too long, which otherwise spoileth the same. These are the signes of the Gall or *Bilis*, which troubleth or inflameth the stomack, and (as is sayd) molesteth the same with vomiting and a sharp scowring. Now for to remedie this paine of the stomack, it is to be marked whether the sick person were not wont to cast, and if he were, he is then to vse this syrupe, which is necessarie for it: Take the iuice of sowre Quinces eight ounces, white Sugar sowre ounces, Vineger two ounces, sæthe them to a syrup; this syrup doth not only cole vnnaturall heate of the stomack, but also strengtheneth it for to effect her worke, and expelleth the windines of the same. For this, is also very commodious the syrup of Veriuice, or *De Agresta*, which doth also the same. Item, the syrup of Peares, Peaches, and especially of Apples, which is described in the second part, the first Chapter, and 4. §. which be also these following, that be made of the iuice of Bayberies, Sorrell, Roses, water Lillies, Limons, Citrons, Myrtle sædes, and of the iuice of Pomgranats. Item, *Oxysacchara*, Julep of Roses and Violets, syrup of Orenges are also highly commended for this, which be euery where described.

Item, syrup of Roses laxatiue, *Oxymel*, syrup of Endiue and of Vineger, or these following: Take Endiue, small Endiue, and Lettice, of each one handfull, the sæds of Melons, Cucumbers, Gourds, and Pompeons, of each one quarter of an ounce, Wormewood one handfull, Roses, Violets, of each one ounce, pæled Barly one handfull, the iuice of Pomegranats sowre ounces, Vineger three ounces, Sugar as much as you thinke good, make a syrup thereof. Item, Hony of Roses expelleth all cholerick matter from the stomack, and doth strengthen the same: and if it be nædefull to vse any purgation for this, then shal you finde good instructions for it where we shall treate of *Cholera*, but chiefely is Cassie commended for it, because her cooling operation is very fit and mæte for the stomack, for it clenseth the same from all moysture, and therefore are the confections of Cassy and Manna which be described hereafter in the binding of the bodie, estæmed very mæte.

Item, the Tabulates *Diaturbith cum Rhabarbaro*, and a certaine powder more, which is expressed in the same place. Amongst the Simples, are Sene leaues the very principall, which haue a great propertie to purge the hote *Cholera*; the like doth also Aloe, Coloquinte, the iuice of wilde Cucumbers, *Epithymus*, and twenty or thirty sædes of *Palma Christi*, which be very good, but that they be somewhat preiudiciall to the stomack.

*Esula* is somewhat too strong, for if the same be not well prepared, then is it venome in the body. Lawrell and the floures of *Mezereon* be exceeding sharp and perilous to be vsed. The Polypodie rote is very safe, but yet somewhat hurtfull to the stomack. The yellow Mirobalanes aboue all other do purge *Cholera*, and loseth very necessarily. There be of such laxatiue simples many mo, but we haue only recited here these simples for example, whereby to chose that which liketh him best, and to forbeare that which is to be eschued. When he hath purged, then is it counselled by diuers that this Potion following be taken after it. Take Fumitorie, Violets, Wormewood, of each one ounce; let these sæthe so long in water, vntill about foure ounces do remaine of it. You are then to stæpe in this decoction one quarter of an ounce of yellow Mirobalanes the space of a whole night, and being wrung out, then are you to temper amongst it one drag. or one quarter of an ounce of *Hiera Picra*, and in the morning yerely to drinke it warme.

## The order of Dyet.

THe patient is to be sustained with such meates as be somewhat sowre, and that haue also an astringent vertue, as flesh boyled with vnripe Pomegranats, or for sauce for his meate

Veriuice

Veriuice, wine of Pomgranats, iuice of Oranges, Limons, and Prunes of Damaske, Lettice, Purslaine, both of them made sowre with Vineger, and so vsed.

Barly pap, Quinces, rosted Peares, or stued Peares strowed with Fennell or Annis sæde, eaten after meales, do shut vp the stomacke: The like do also wild dry Peares.

Before in the first part the twelfth Chapter, and first §. you haue an especiall good stomachicall powder which is very good for all paines of the stomacke, which proceede of *Cholera*. Item, take Roses ten drag. burnt Iuory three drag. prepared Coriander sædes fiue drag. giue him halfe an ounce thereof with sirupe of Pomegranats, or sirupe of Quinces. For this, are also good these confections following, as *Triasantalon, Diarrhodon Abbatis, Rosata nouella,* and *Aromaticum rosatum*, which is wholy of a temperate nature.

## Confected things which do coole the stomacke.

THe Conserue of Raspes and of Lettice are both of them good for to cole the stomack: they make also a desire for meate, and do quicken the appetite. Huske peares do stay the vaporing or fuming vp into the head. All preserued Cherries, Barberies, Cicorie rotes, vnripe Grapes, for what they be good, and how they are to be confected, shall sufficiently be taught in the last part. Item, take new conserue of Roses fowre ounces, sirrup of Apples as much as you please; temper them all together, and take halfe an ounce fasting in the morning. Or take Mastick one drag. Roses, burnt Iuorie and Hints, of each halfe a drag. prepared Coriander one quarter of an ounce, red Corrall one drag. and a halfe, Marmalad fiue ounces; make these with the sirrupe of Apples a little soft, and stampe them all together in a mortar, and mixe them all well together. Marmalades without spice (whereof be diuers described in the last part) be also good remedies for the stomack, they stay the Flix, strengthen all the inward parts, and make appetite. The conserue of Peach blossomes is also good. Conserues of Roses delayeth the sharpnes of the cholerick matter, which causeth vomit. Conserues of Cicorie is also made for this.

Of the Trocisks these are speciall good, *De Spodio, Diarrhodon, De Camphora, De Barberis.*

And as touching his drinke, he must eschue all strong Wine, and drinke a small thin Wine.

Chery wine coleth and moysteth the stomack and all inward parts, through his temperate nature. *Iulep* of Violets, and all other cooling potions may be vsed. Hereafter in the treatise of Melancholy, there shall be described a very pretious wine, beginning thus: Take pickt Corans, &c. which may be also very commodiously vsed for this.

Now for to come to the things which one may vse outwardly, we will speake first of the plaisters, and describe some of them.

Take the iuice of Plantaine and Rose water, of each fiue ounces, Vineger one ounce, red and white Saunders, red Corrall, and prepared Coriander, of each one quarter of an ounce, Quince kernels, Sorrell sæde, of each one drag. this being beaten small together, make a plaister thereof with Barly meale, yet let it not be too hard, and lay it on the neck of the stomack.

Another. Take red and white Saunders, Sorrell sæde, Bay berries, Quince kernels, and the iuice of Quinces, of each one quarter of an ounce, oyle of Mastick one ounce; poune all that is to be pouned, sæthe it by a milde fire or on hot ashes vntill the iuice be wasted, then strain it thorow a cloth, and make thereof a soft plaister with Ware, as much as is nædfull for it. This plaister following is cooling and astringent.

Take Roses, burnt Iuory, Mastick, Coriander, Mirtle kernels, and the iuice of Sloes, *Sandaraca*, & Dragon blod, of each half a drag. *Laudanum* one quarter of an ounce, *Gallæ Muscatæ* halfe a drag. Pitch and Rosin, of each three quarters of an ounce, Ware as much as is nædefull for a plaister; let all these be molten togither in fower ounces of the iuice of Quinces, and sæthe it slowly vntill all the iuice be consumed, and it will be like to a soft plaister: it strengtheneth the weake stomacke of heate, of *Cholera*, and of an Ague; it quencheth thirst, stayeth excessiue vomiting, scowring, and also the paine of the stomacke.

Out of all the forsaid things may you make salues with oyle of Roses, Violets, Quinces, and Mastick (which you please) vntill that the salue be soft enough. In like maner is the salue of Roses also especially good for the heate of the stomacke. The stomacke is also to be annoynted with this oyle following; as oyle of Quinces, oyle of Mastick, and chiefly when there be Vine tendrels decocted therein.

Of

## Of Bags, of Applications, and Fomentations for the stomacke.

TAke red and white Saunders, red and white Coꝛrall, and Citron sæde, of each one dꝛag. pꝛepared Coꝛiander one dꝛag. and a halfe: these being all stamped together grossely, make a bag thereof.

Take Rose water, Endiue water, and water of Mints, of each twelue ounces, the iuice of sowꝛe Quinces two ounces, of red and white Saunders, pꝛepared Coꝛiander, red Coꝛrall, and Roses, of each one quarter of an ounce, Wꝛormewood halfe a handfull, wherewith you may foment, and put the decocted herbs in a bag, and so apply them to the stomacke.

## Of the debilitie of the stomacke through drought. §.7.

WHeresoeuer is any weakenes of the stomack caused thꝛough dꝛouth (whereof hath bẽn spoken at the first) it causeth great thirst, dꝛouth of the tongue, and falling away of the whole bodie, as also contrarywise they finde ease, when they finde moyst things. In this disease is the patient to dꝛinke Milke, and Barly water, foꝛ the same do cole, moysten, and cause the body to increase againe. In like manner he is also to be fed with moystning herbs, as Lettice, Mallowes, and such like: also with Veale, Lamb, Riuer fish. Egs dꝛest with Wine are also good foꝛ him, foꝛ that they yæld good nourishment. Item, there be very good and commodious Pullets bꝛoth dꝛest with coling herbs, Capon waters, Marchpane, and other things moe, which beforꝛe in the Consumption oꝛ *Phthisi* in the second part of the fifth Chapter and 22. §. and afterwards in the first part of the Ague *Hectica* are expꝛessed, all which be pꝛepared foꝛ to moysten. He shall also oftentimes bathe beforꝛe meales and after meales, but a good while after. His dꝛinke must be small Wine. Rest is good foꝛ him, and much motion is hurtfull, he is further to rule himselfe in all things as foꝛ the Consumption, and as is taught foꝛ the Ague *Hectica*. But in case there strike great heate into it, then vse the salue of Roses and Saunders, the coling salue *Galeni*, oyle of Roses, of Violets and waterlillies and such like. But this plaister following is highly commended: Take new sliced Gourds, Purslaine, and Willow leaues, of each two ounces, white Saunders one quarter of an ounce, Camfer one dꝛag. Rose water as much as is needefull: temper them, and lay them vpon the stomack: you may lay also a bladder of cold water vpon the stomacke.

But this is hẽre to be noted, that the coling things must be layd vpon it in such manner, that the places adiacent about it, to wit, the Midꝛiffe, the Liuer, and the Milt, may not thereby be harmed, and lose their naturall action: foꝛ which, it is also aduised that when the same is pꝛeceiued, that the same place be annoynted with warme oyle.

## Of the skalding in the throate, and of the hartburning. §.8.

ALthough this hartburning be caused diuerꝛly, yet neuertheles doth the same come alwayes foꝛ the most part thꝛough heate, oꝛ thꝛough ascending vapoꝛs, thꝛough strong Wine dꝛonken, Spices, and fat meates, and such like, against which, these things insuing are to be vsed, to wit, conserue of Betonie, Gilloflowres, and the wine of both these: also the first stomachicall medicine described aboue in the 5. §. Item, Marmalade, and pꝛeserued sowꝛe Peares. Some do hang about their neck foꝛ this disease the herb Agrimony. Other do hold in their mouth the stone in the Carps head. Other do eate fiue oꝛ sixe Peach kernels, oꝛ bitter Almonds vpon it, &c. of which euery one may chose that which liketh him best.

## Of Inappetencie or lost appetite, and whereby it may be remedied. §.9.

OF all the foꝛesaid debilities of the stomacke, like as also in all diseases incident vnto it, the Appetite commonly is alwaies taken away, except the infirmitie of the vnnaturall hunger. Yea there is sometimes such loathing of meates therewith, that they cannot abide

abide to smell them. The causes thereof are diuers: the first is heate, wherein the patient hath very small desire to eate, but great lust to drinke, with drouth of the tong, and loathing of all warme things. If it be mingled with *Cholera*, then is there alwaies bitternes with it, with a wambling. Or if so be that there be any *Phlegma* with it, then doth the patient alwaies finde some kinde of brackishnes in the mouth.

Secondly, this may also be caused through colde, whereby the constringent vertue and taste of the stomacke are destroied. These are the signes: small thirst, much spettle, and other filth about the mouth of the stomacke; the patient doth feele heauines or pinching. Other whiles he parbraketh some *Phlegma*, be it swéete or sower, he shall feele it in the mouth. All warme things are welcome vnto him; cold things go against his stomacke. This disease may also be well caused by eating too much cold fruit, or by drinking of water.

Thirdly, the hot Agues do also take away the appetite. Fourthly, impostumes of the stomacke, of the liuer, and of the milt, which be not without an Ague. These may be perceiued by swelling, and paine of the same parts, whose remedies are taught in the description of the selfesame members. Fiftly, this is also caused through a tough slimie matter, which lieth in the mouth of the stomacke, and there doth take away the appetite. The signes of them are these: if one do cast vp againe all that he hath taken, be it sower, swéete, hot, cold, like as Oliues, and such like. And albeit they do remaine in the stomacke, yet do they make great paine and dissension. Sixtly, there appéareth a certaine debilitie of the retentiue power in the flesh, in the small vains, in the muscles, and other members, whereby (as behoueth) they cannot drawe their nourishment vnto them, so that the stomacke may also thereby beare the lesse meate. The signes whereof are these: the patient is métely desirous of meate, but when the same is set before him, then can he eate but very little of it. Seuenthly, it is sometimes caused, for that melancholie very slowly or nothing at all hath his course towards the mouth of the stomacke, which was wont there to excitate appetite to meate; which may well be perceiued hereby, if he be giuen to eate sower meates: by which meanes the appetite partly returneth againe. The cause may also be wormes, whereof shall be spoken hereafter. Ninthly, it may well happen, for that the Melancholie to abundantly runneth towards the mouth of the stomacke, whereof the signes be vomiting of melancholike humors, sowernes of the mouth, blacke colour of the face, debilitie of the stomacke and hart. The tenth cause is, when women begin to beare, whereof the signes be sufficiently knowen. Eleuenthly, the ouerhot time and aire may likewise cause the same, like as doth also exceéding colde and much watching; which causes and signes may be learned of the patient, and demanded of them that do tend him. Twelfely, through great perations of the minde, as anger, sorrow, care, anguish, great ioy, desire of Venerie which cannot be obtained, as well as that which may be obtained. Thirtéenthly, this lack appetite may be caused through any corruption in the stomacke, which may be perceiued through stanch of the breth, or through the ordure. This is also otherwhiles caused by reason of the scowring called *Diarrhæa* with intolerable stench. There be also many mo causes: but the abouesaid shall be sufficient vnto vs for this time. Now we will procéede to prepare remedies for those lost appetites, whereby otherwise people might perish at length.

First, if so be that this lack appetite procéedeth through heate and *Cholera*, then is the patient to be brought to vomiting, for that by reason that the matter is light and liquid, therefore may it easily be expelled, and for to prepare for the same, let the patient take *Oxysacchara* and sirupe of vineger, which shall immediately hereafter be described, and thereupon vse this milde and gentle purgation.

Take Fumitory and Wormewood, of each two ounces, put them in water vntill that there remaine about sower ounces; then stéepe therein one ounce of grosse beaten Mirobalans, one whole night, afterwards wring them well out, and so giue it him.

Also one may purge with the confection of *Triphera* & Rubarb. This sirupe following is very much welcome vnto the stomacke: Take the iuice of Apples that be somewhat sower, and the iuice of Quinces, of each eight ounces, (both well clarified) then sethe them togither with 8. ounces of Sugar vnto a sirup, whereof euery morning and euening giue him two ounces at one time. Also Marmalade may be vsed alone. But if you will haue it stronger, then take eight ounces of the forsaid confection, and temper it with a little wine; and when the same is a little colde againe, then mixe amongst it one ounce of beaten Roses, *Species Triasandali*, halfe an ounce,

*Spica*

*Spica*, and *Lignum Aloes*, of each one quarter of an ounce. For this be also good, Seruices, Peares, sirup of Mulberies, sirup of Vineger, *Oxysacchara*, *Oxymel*, confected Coriander, Melon seede, and all that is sower.

On the outside shall you apply as followeth: Take a Quince peare, cut it very small and take out the coare, and let the same boyle in oyle of Roses; afterwards beate it very small, and temper therewith the seedes of Butchers broome, Barberies, Roses and red Saunders, of each one quarter of an ounce, the pils of Grapes three dragmes, beaten small, then spread it on a leather, and weare it on your stomacke.

Vineger eaten with Lettice is also very good: so are also Quinces, a little Sorrell, Veriuice, Limons, the iuice of Citrons, Orenges, sower Apples, Pomegranates, and Mulberies that are and all yet scant ripe.

Also all they that haue lost their appetite of eating must beware of all fat flesh and meate, that is drest with much oyle and butter.

You shall haue also a further resolution or aduise in the first part, where we speake and discourse of Agues, what is needfull to be done for the defect of appetite.

But if so be that this lost appetite do proceede of colde, then are these preparatiues to be vsed. The sirup of Citron pils, Mosmewood and Mints of each halfe an ounce, tempered in Barley water, and so dronken sower or fiue mornings one after another.

For to purge, vse the *Pillulæ stomachicæ*, *Hiera Picra* sharpened with a little of the *Trociſci Alhandali*: this is passing good if one haue a fowle matter stinking in the stomacke. Afterwards he may take any of these confections ensuing, *Diaciminum*, *Aromaticum Rosatum*, *Diatrion pipereon*, *Diacalamintha*, and sometimes some Treacle: also Marmalade with spices, greene Ginger, and *Chebuli*: The stomachicall powder which is described in the first part, the twelfth chapter, and first §.

Salsamentum Regium.

In like maner also the *Salsamentum Regium*, which is thus made: Take Fennell & Parsley seede, Cinnamom, Cloues, of each a like quantity; let them sethe well in Vineger, then put vnto the broth a good deale of Sugar, and so vse it for all other meate in steade of a sauce: This hath an especiall operation to quicken the appetite.

For this may also be vsed Onions, Garlicke, spices, confected Cinnamom, and Annis seeds, rosted and stued Peares stucke full of Cloues. And this salue for the stomacke may also be made thus: Take Sallet oyle fiue ounces, Mints, Mosmewood, Marierom gentle, and marsh Mints, of each one ounce, Nutmegs, Cipers nuts, of each one quarter of an ounce, Annis, Fennell, Cloues, of each halfe a drag. white wine fiue ounces; cut and beate all grosse togither, and so let it sethe vntill the wine be decocted away: afterwards wring it out hard thorowe a cloth, and annoynt the place therewith warme. Afterwards strow this powder following vpon it: Take Frankincense and Mastick, of each halfe an ounce, Cipers rootes one quarter of an ounce, Mints, Mosmewood, and Nutmegs, of each one dragme, and then apply vnwasht sheepes wooll vpon it meetely warme.

Syrupus Acetosus simplex

Forasmuch as not onely here, but in other places moe, the sirup of Vineger is specified: therefore we will here describe it after two sorts, like as the same is vsed at the Apothecaries: the first is called *Syrupus Acetosus simplex*, and is thus prepared: Take good sharpe Vineger three ounces, Sugar fiue ounces, clarifie it with the white of an eg, and let the Vineger be decocted to a sirup. This sirup is very good against all corrupted humors: for it doth attenuate all thicke slime, and causeth all tough matter to auoid, softeneth the hard, and expelleth all bad humors: it openeth all obstructions, and prouoketh vrine. In fine, it is good for all bad corruptions of the body, and is also very good for all pestilent Feuers, for it quencheth the thirst.

Compositus vel cum Radicibus.

The other sirup of Vineger doe the Phisitions call *Syrupum Acetosum compositum*, or *Acetosum cum Radicibus*, and is made thus: Take faire Well water about one quarte, the rootes of Fennell, Smallage and Endiue wel clensed, of each one ounce and a halfe, Annis, Fennell, and Smallage seedes, of eache halfe an ounce, beaten grossely; let them sethe vnto the halfe, then wring out hard all the liquor, and put thereto eightéene ounces of white Sugar, twelue ounces of strong Vineger; sethe them to a sirup. This sirupe doth cause grosse humors to auoide; and chiefly the cholericke slime which will hardly be expelled from the Lights: It openeth also all the oppilations of the Liuer, Lights, and Kidneies.

Of

## Of the wambling, and the loathing of meate. §. 10.

ALl they that haue lost their desire and appetite to meate, haue commonly such a loathing of all meat, that they can neither abide to see nor to smell it. This debilitie of the stomacke do the learned call *Subuersionem, Fastidium, Nauseam,* and the Grecians *Anorexian,* which is, when all things do go against the stomack, and hath no delight in any, after which followeth wambling, and then *Atrophia,* when the patient cannot sustaine himselfe any longer. Also when one careth for no meate, and when the stomacke is molested with continuall wambling and parbraking, and yet notwithstanding cannot cast vp, the bodie falleth away, and doth vtterly come to the Consumption *Tabes:* for this *Atrophia* is a spice of a Consumption. So that these things, as inappetencie, or losse of appetite, wambling & lothsomnes, do commonly depend on each other, and are almost caused of one manner of cause, therefore haue we described them beside each other. The causes which prouoke this losse of appetite and wambling, may well be these hereafter following, to wit, when one beholdeth some lothsome thing or any other filth, as when another vomiteth, whereby the imagination is moued, and the stomacke also vrged to vomit, and yet neuertheles cannot by any meanes parbrake at all; as it commeth often to passe, when as any be stricken hard vpon the stomacke. Also the same may be caused through ouergreat heate or cold: Also if one haue ouercharged himselfe with meate or drinke, and chiefely with Porke, with Eeles, with water Fowles, and with excessiue Wine, or such like, and then thereupon followeth no exercise, whereby such crudities might be digested.

These diseases may also be caused through some bad and slimy humors which are in the stomacke, whether it be through mixture of heate, *Cholera,* or cold *Phlegma,* or otherwise; the which notwithstanding, how late soeuer that it be, do trouble the stomacke, cause wambling, but not so forcibly that the stomacke is able thereby to expell them.

The signes thereof are for the most part apparant to the eye, and to be enquired by the sicke person. If it be long of the stomacke, then is some heate to be perceiued in the feeling of the stomack, which also is by the complexion augmented, as old age, the time of the yeere. And if otherwhiles there be somewhat parbraked or vomited vp, and that the same commeth through cold, then causeth it neither thirst nor heate, the patient desireth rest and quiet. If so be that it do come through heate and cold, then do come all things for the most part by the foresaid feeblenes of the stomacke, for which are the remedies heere expressed to be therefore vsed: yet is this heere especially commended.

But if so be that this wambling or lothsomnes do procede of *Cholera,* with heate and bitternes of the mouth, drouth of the throate and tongue, then prepare the matter with sirrup of Vineger, and with *Oxymel Simplex.* The vomiting and purging must be brought to passe through these meanes following: Take Violets, Burrage floures, and Bugloss floures, of each halfe an ounce, 15. or 16. Damaske Prunes, seethe them together with 18. ounces of water vnto the halfe, then lay it to steepe therein a whole night, halfe an ounce of yellow Myrobalanes, Rubarb one dragm or more, afterwards wring it out very hard, and drinke it betimes in the morning. After purging strengthen the stomacke with sirrup of Apples, of Pomegranats or of Quinces which is made of Sugar. And for this is to be vsed also the confection *Triasantalon,* conserue of Roses, or *Rosata Nouella.* First, he must eate Lettice, Purslaine, and Sorrell, with Vineger, and Strawberies if they be ripe. His meate must be tempered with the iuice of Sorrell, Oranges, and the iuice of Limons.

But if this wambling or lothsomnes do procede of colde, then must the matter be prepared with *Oxymel diureticum,* or with sirupe of Wormwood, and with wine of Wormwood, and afterwards must the patient be constrained to vomit.

For to purge must be taken *Diaturbith* or *Hiera Picra,* which is sharpened with a little *Esula* & Mastick: after purging, Marmalad with spices is to be vsed, and *Aromaticum rosatum, Diaplurs* with Muscus, or *Letitia Galeni.* Also make a sauce of Parsley, Sage, Mints, Cloues, beaten togither, and tempered with vineger. Moreouer, all manner of other meanes are to be vsed to quicken the appetite. Outwardly is the stomacke to be annoynted with the oyle of Mastick and of Wormwood.

Plaisters and other things mo which be fit for this, are to be found in the treatise of the debilitie of the stomacke. But if this disease be caused through repletion of the bodie, then is the cure to be begun with letting blood, and afterwardes to purge (whether it came through heate or colde) and so to proceede with other things.

## Of wambling or vomiting through weaknes of the Stomacke. §. 11.

So we haue spoken of the lothsomnes of meate: so we will nowe make mention of the third, which is of the vomiting. This is partly a desire, and partly a constraint of vomiting. But to speake aduisedly of it, there be two kindes of vomitinges: to wit, that which is called of the Grecians *Anastrophe*, and of the Latinistes *Inuersio* (which is a turning vpside downe of the stomacke) wherein all that is beneath in the stomacke is yelded vpward by vomit; the other manner of vomiting is called *Cholera*, or *Cholerica passio*. The which not onely with parbraking, but also with a strong scowring doth take one, whereof we will now write. Concerning the first kinde of vomiting, it is thus described: Vomiting is a motion of the stomacke, whereby it doth cast vpwardes that which is grosse, and all that is hurtfull vnto it. The causes of this casting are many: namely, to strike on the stomacke, to fall, and such like, or vpon any other parts, which haue some sympathie with the stomacke, as the braines, and other strong motions. Item, when it happeneth to those that are vpon the boysterous sea. Or if there fall into the stomacke any corrupted humors, and there destroy the digestion of the stomacke. Also this parbraking may be caused through some kinde of meate, which prouoketh vomit, as we haue shewed heretofore. Item, all things whereof nature hath a loathing, as Frogs and Snailes, &c. Also the Cough may otherwhiles be to strong, and so prouoke one to vomit. Likewise also impostumes, tumors of the stomack, or the Lights: for nature cannot suffer nor abide any matter. Lastly, all such vomits do come also through debilitie of the vertue retentiue, & violence of the vertue expulsiue, or if any one haue take nesling rots, or any such like.

The signes of the parbraking are these: when one beginneth to feele a wambling, and when the lower lips begin to quiuer, the vppermost intrailes begin to stir, and feele the paine of the head, and hart, giddines, and when the mouth is full of slime: the which be for the most part all the signes, that the stomacke is charged with *Cholera*. But if the causes of parbraking proceede of outward things, then are they to be demanded of the sicke person, and of them that be with him. Or if any do come of any stinking matter which is in the stomacke, that is to be perceiued by the stench of the brine, or by that which is cast vp, or by the stench of the ordure, wherewith the matter is otherwhiles admixed, and the patient shal well feele the same in his mouth, like as we haue sufficiently spoken thereof already.

But before we come to the remedies of these diseases, it is first needefull to adde some common rules for this parbraking.

Whereof the first is, that whensoeuer the parbraking doth chaunce naturally, and the patient findeth ease by it, that it is not then to be prohibited, in case that the naturall strength be not thereby enfebled, which is then to be holpen by all meanes possible.

The second rule is, when nature beginneth to expell by vomit all that is hurtfull for hir, that then it is yet more to be procured. Thirdly, persons that be narrow in the breast, and haue a long leane necke, weake sight, and feeble braines, they are by no meanes to be brought to this vomiting. Fourthly, if one would haue any body parbrake which is very hard to be brought vnto it, then is he first to eate much meat and other things, which causeth the humors to be lose, and also to drinke much, whereby the vertue retentiue is weakened, and the expulsiue strengthned, whereby the vomiting may be the more easily effected, but this is of no value for the Ague. Fiftly, rough and grosse things taken are not to be expelled through parbraking, that the throate (through which the same is to passe) be not thereby bruised. Sixtly, the vomiting is very dangerous for the stomack. Seuenthly, in them that haue an impostume in the stomacke, it is very dangerous to prouoke vomiting. Eightly, odoriferous things be very acceptable vnto the stomacke, and assisting, especially when they be admired with alimentall meates, therefore be they commonly ioyned with those things which prouoke vomit. Ninthly, to withdrawe the matter

matter and humors of these excessiue vomitings, are the outward members to be bounden, to wit, the armes and legs, and also to set the féete in warme water. Tenthly, when it is séene that this vomit hapneth in a violent disease, after the manner of a *Crisis* or ending of the disease, then is the same not to be stayed at any hand, yet if it so be that it come not too vehemently, whereby nature might be weakened, but then is the same to be cured with his contraries. Eleuenthly, for this vnmeasurable and excessiue vomiting, may the matter be conueniently drawne downewards by Clisters.

These now be rules which are to be obserued in all maner of vomiting. When as the vomiting procédeth of hote causes, which is presaged by the bitternes of the mouth, desire and longing for cold things, then is the matter to be prepared with *Oxysacchara*, or such like sirrupes, and to prouoke vomiting by drinking warme water, and oyle of Violets, and by putting a feather into the throate. But if the same will not be, then are you to purge, especially with yellow Mirobalanes, and afterwards to strengthen the stomacke, whereof we haue giuen good aduise before.

If the patient be of a plethorick constitution, then must there be no neglect of opening the *Basilica*, for thereby shall the matter be diminished, and the whole bodie cooled.

But the principallest things that be requisite for this, are Roses, Saunders, prepared Coriander, Violets, sowre Apples and Peares, Peaches, Quinces, Camfer, blossoms and pils of Pomegranats, Corrall, Bolus, Dragon bloud, the rinds of a Medlar trée, Quince trée, Oke, and Plum trée; Vineger, the iuice of Sorrell, sodden iuice of Quinces, the iuice of Medlars and of Seruices, sirrups of Roses, Violets, Kalpes, Citrons, Limons, Oranges, and such like, &c. Of the foresaid things you may if you please make Confections, Conserues, Sirrups, Potions, or any thing else what you please. It is especially obserued, that Purslaine eaten with Vineger, taketh away the parbraking through heate. But there is to be layd vpon the out side of the mouth and of the stomacke and pit of the hart, this plaister following: Take the pils and blossoms of Pomegranats, the séedes of Butchers broome, and of Mirtles, of Roses and Bayberies, of each halfe an ounce, Mastick, Mints, of each two drag. and a halfe, *Lignum Aloes* one drag. the iuice of Quinces and of wild Peares, of each alike quantitie, or so much as is néedefull for to make a plaister with it. And to the end this may be the more piercing, mixe therewith one ounce and a halfe of Vineger, and then spread it on a cloth, and lay it thereon, as is sayd. But if the iuice of Quinces and wild Peares be not to be gotten, then take the iuice of Plantaine in stead thereof: Or heate Vineger, and wet therein a péece of felt or a spunge, and so lay it ouer the stomack either hote or cold, and then lay on the top thereof a Rosecake, which is made wet ouer the vapor of Vineger: but annoynt the stomacke before with the iuice of Mints, and then strowe the powder of Roses and Mirtle séede vpon it.

Here before in the twelfth rule is spoken of a Clister, whereof you haue one here for example: Take Mallowes, Hollyhock rootes, Violet leaues, and Béetes, of each one handfull, péeled Barly and Bran, of each halfe a handfull, eightéene or twenty Prunes, let them séethe, then take 16. ounces of this decoction, and put therein one ounce of Cassie, and of *Succo Rosarum* half an ounce: temper all together, and vse thereof two or thrée one after an other, vntill that the body be well opened.

But if the parbraking be caused through cold and *Phlegma*, and the patient do not vomit much nor often, and that nature be not much diseased, then must first be giuen to the patient *Oxymel* of squils, *Syrupus de Calamintha*, or warme water, wherein Dill, field Mints, and Sage are decocted. And afterwards he is to purge with *Hiera Picra*, which is sharpned with a little of the *Trociſci Alhandali*, or with pils of *Aloe lota* or *Stomachicis* tempered together, or each apart.

Vomiting must be furthered or procured, and although that to this end there be many medicines described, notwithstanding is this hereafter following not to be omitted: Take the iuice of Squils, the iuice of Onions, of each one ounce and a halfe, Sugar thrée ounces: séethe these so thick that it will make Tabulats, or Sugar plates, each of the waight of thrée drag. When you will vse them, then dissolue them, and drinke them, and then looke if you can vomit afterwards, the Squils haue an especiall power to moue vomit.

When as then the matter is thoroughly purged, then comfort the stomack with sirrupe of Quinces, with *Mirta*, and with sirrupe of Mints and Wormewood. His meate must be dressed with good Spices, his drinke shall be good old and pleasant Wine. He must annoynt the sto-

macke with the oyle of Mastick, and with the oyle of Spike tempered together, or each alone, then strowe thereon powder of Mastick, and lay a cleane cloth vpon it.

This plaister ensuing may also be made and prepared for the same: Take white bread so hard that you may powne it, and temper it with Vineger, and the iuice of Mints, put thereto one ounce of Mastick more or lesse, according to the quantitie of the white bread, make them warme, and then temper therewith a little oyle of Spike and Mastick, and so lay it warme on the pit of the stomacke. Or take tosted bread as before, and temper it with the iuice of Mints, and strowe halfe an ounce of this powder following vpon it: Take Mints, Ginger, Worme-wood, Cypers nuts, Cinnamome and Spike, of each one drag. Frankincense, Mastick, of each halfe an ounce, and make a powder thereof, it warmeth, strengthneth, and astringeth. There may also be made of this foresayd powder Confections, Plaisters, Oyles, and all whatsoeuer one will.

It happeneth also sometimes that with this vomiting a laske or flixe is adioyned. For to stay the same are these things following good, parched Cresses seede, Cipers, Nut leaues, Mirrh, *Lignum Aloes*, red Styrax, Amber, *Laudanum*, Indie Spica, *Spica Romana*, Calmus, Cloues, Mints, Wormewood, Citrons, Limons, Oranges, Frankincense, Mastick, Rue, *Agnus Castus*, tosted bread, *Gallia Muscata*, and *Alipta*, and almost all kinds of Spice. Also Treacle taken with the iuice of Mints, stayeth vomiting.

Item, make a plaister of Mastick, with a little sodden Turpentine, and lay it on the stomack, for this also are you to set boring cups vpon the shoulders.

For this also is Marmalade with Spices very good, and preserued Quinces, and these are the common meanes against the vomiting through a weake stomacke, be it through heate or cold. You shall also finde many mo described in other places of this booke, amongst diuers sicknesses, as before in the second part the fift Chapter and 2. §. is discouered for the spetting of bloud, and such like. We will now passe ouer to another manner of parbraking through *Cholera*.

## Of parbraking or vomiting, with the laske or scouring. §. 12.

THis maladie do the learned name after the humor, whereby it is caused, *Choleram*. The later Phisitions call it *Cholericam Passionem*, and it is thus described: *Cholera* is a very sharp, troublesome, and heauie disease, which immediately molesteth one with the Rheume, whereby vomiting, great flixe, or scouring, Collick, paine of the bowels, and an Ague is bred. Or, *Cholera* is a violent sicknes, with vomiting, great scowring or laske, with Cramp in the Sinewes, Thighes, and Legs, whereby all outward members are cold, and the pulse is small and slowe.

Or, *Cholera* is such a maladie, whereby one immediately doth scowre and rid vpward and downeward many kinds of humors and slime, with the meate; so that he detaineth nothing in his bodie. This sicknes commeth first of spoyled and corrupted meate, which remayneth too long in some place of the bodie, as in the stomack or bowels, and there causeth a bad alteration, and also giueth little nourishment. Also this sicknes is sometimes caused of cold and waterish humors, which gather themselues together in the bowels, and in the stomack, that do debilitate the retentiue vertue of the stomack aboue and beneath. But the sicknes for the most part is caused through much *Cholera* and red gall, that do so lye and bite in the stomack & bowels, that within the space of one howre the parbraking & going to the stoole do so haunt a bodie, that otherwhiles the strongest bodie on the third day is depriued of his life, and this is worse then all other. The signes of a cold cause are these, before the sicknes be vpon one, much windnes is felt in the bowels: also some dayes before the sicknes, he feeleth paine and shoting about the Nauell, whereupon presently ensueth a vehement laske, or flixe, with vomiting of much slime, and of other illfauoured matter. This is also the soner caused, if the patient haue vsed great store of phlegmaticall meates.

That which is caused through heate is hereby knowne: there falleth much *Cholera* into the stomack and bowels, with great and mightie parbraking, and also with great thirst, and if one drinke cold water, then doth the vomiting stay vntill that the water be warmed in the stomack. The Flure is so vehement, that the patient sometimes thereby swouneth, and also vtterly loseth

loseth the pulse, with an vnstedfast heate, and bereauing of his senses.

When as then it happeneth that one feeleth a continuall paine in the stomacke or bowels, with great heauines of mind, and perceiueth parbraking & vomiting; then is such verily to be taken for *Cholera*: for this, there is to be giuen to the sick body lukewarme water to drink very often. And if so be that this parbraking & scowring continue still, then giue him warme water to drink againe, as before, and that so long till you find that he haue auoyded some corrupted meates, slime, or some of the gall. This will free the patient of moe other sicknesses.

For this are moe other things to be vsed; to wit, that expell this sharpe matter: so that *Phlegma* with things necessary for it, and *Cholera* with those that helpe it, might be taken in hand, because parbraking will be cured by parbraking, and scowring by scowring. When as then the scowring is staied of both ends, then is the patient to bathe one hower long; afterwards to eate a little, and that light meate, because the stomacke is very much weakened. After that, he is to eate a little Marmalade, which is tempered with prepared Coriander, and so go sleepe. He is to vse of this Marmalade as long as the scowring or parbraking endureth.

His diet must be Hen broth, decocted with Ueriuice, steeled Goats milke, Barley and Otem paps, sodden Lettice and Purslaine; but principally if there be any heate and bitternes of the mouth remaining. But if so be that there be any cold in the stomacke, then are these herbes at no hand to be vsed. When as the patient beginneth agayne to fede well, then be good for him all field foules, and chiefly Partridges which haue a proper hidden vertue to strengthen the stomacke. Amongst other meates may well be vsed Limons, Citrons, Orenges, Ueriuice and such like. Item, all sower fruits, Seruices, vnripe Medlars, sower Peares, Apples and Quinces. Also he shall eate (although he did not gladly) sops of white bread in the iuice of Pomegranates: and if so be that he vomit vp the same, yet must he take more againe, and doe this so long till that he doe hold and retaine it.

As long as he is not thorow whole, then is he to drinke steeled water with sirup of Quinces, or old conserue of Roses. When he beginneth to be whole, then is he to drinke good relished wine, which is tempered with the iuice of Pomegranates. And if so be that he parbrake it vp, then let him drinke of the same againe, but a little at once, that the stomacke be not ouercharged.

Here followeth now what is to be vsed for this scowring and parbraking, and chiefly when it is seene that these diseases doe increase. For which one is not to be discomforted, but much more bestir him to helpe the sicke person with these remedies following: First, you must giue him one or two dragms of *Trociscos de Olibano*, with water or iuice of Pomegranats: and afterwards to binde his legs fast, like as is taught before against the parbraking, when the vomiting getteth the vpper hand; so must his armes likewise be bounden, when the scowring getteth the mastery. But aboue all, sleepe is passing good. Item Rose water layd very cold ouer the legs, or from the vpper part of the legs downeward wetted and washed therewith, and the feete set in it, is also very good.

In like maner is this plaister ensuing forcible to allwage the pain, and to warme and strengthen: Take rindes of the Medlar tree, of Quinces, and of an Oaken tree, the seede of Butchers broome, blossomes and rindes of Pomegranates, Mirtle seed, *Sarcocolla*, Masticke, Cammomill, and Melilot, of each a like quantity: make a plaister thereof with the iuice of Quinces, or of wilde and sower Peares, and spread it on a cloth. But if the scowring be stronger than the parbraking, then lay it warme vpon the belly. But if the parbraking be forest of all, then lay it vpon the stomacke. Others doe make two plaisters, as hereafter followeth.

Take *Laudanum*, Mastick, of each one ounce and a halfe, Frankincense halfe a drag. red and white Saunders, red Corall, seedes of Butchers broome, of each one scruple, yellowe Rose seede, the iuice of Sloes, *Hypocistis*, blossomes and pils of Pomegranats, of each halfe a scruple, beaten small togither as much as is needefull for a plaister; spread thereof vpon a cloth, and lay a great plaister thereof ouer the stomacke, before and behind vpon the backe about the Kidneies. Item, take the iuice of Plantaine and Rose water, of each three ounces, Uineger half an ounce, Mastick, Frankincense, of each halfe a dragme, Lentill meale as much as is needefull for to make a plaister withall.

Another called *de Crusta panis*: Take Mastick, Mints, burnt Iuory, red Corall, red and white Saunders, of each one dragme, Crusts of white bread two ounces; steepe them halfe an hower in Uineger, afterwards beate them all togither, and temper amongst it oyle of Mastick De Crusta panis.

and oyle of Quinces, of each one ounce, Barley meale as much as doth suffice for a plaister, and lay it warme vpon the stomacke. This taketh away the parbraking within the space of halfe an hower.

Hereafter follow moe salues and oyles.

TAke oyle of Mastick and oyle of Roses, of each a like much, temper therewith a little Vineger, and annoint the stomacke with it. Item, take oyle of Mastick, of Quinces, and of Mirtles, of each halfe an ounce, Roses, red Corall, and Mints, of each halfe a dragme, Nutmegs, Mirtle seede, of each two scruples, and a little Vineger; temper them all with Waxe, and make a salue of them or a plaister. You haue a salue also here before in the tenth Chapter, & the 5. §. beginning thus, Take Comin and Caruway &c. which is especiall good against parbraking being rubbed warme vpon the stomacke, and the Nauell. You may also rub alone vpon it the iuice of Plantaine tempered with Rose water: but to make it thicke, mingle therwith Lentill meale. Take oyle of Wormewood one ounce, oyle of Quinces, Mints, and Mastick, of each halfe an ounce, Malmesey fiue dragmes; let them boyle vntill the wine be wasted, and when it is almost cold, then temper therewith *Species Diagalangæ, Aromatici rosati, de xylo aloes,* of each one dragme, and Waxe as much as sufficeth for a plaister. Item, take red Saunders & Roses, of each one quarter of an ounce, *Gallia muscata*, and Camfere, of each one dragme, Rose water fiue ounces; temper, and then lay it on the belly: for it asswageth and coleth. Item, Rose water alone made colde in snowe, and laid vpon the belly, and when it is warme, layd cold againe vpon it, is very commodious for this purpose.

Another. Take Bay berries, Medlar leaues, Frankincense, Tormentill, grosse Marierom, (or them that one can best get) of each halfe an ounce; cut and sæthe it in red wine, and afterwards lay it as a warme plaister vpon the stomacke with Towe wetted therein: This is especial good for all them that cannot kæpe in their meate. This ensuing is also accompted to haue a maruellous operation: Take the iuice of Crabs, make a double cloth wet therein; if his body be hot with an Ague, then lay it cold vpon it: but if the body be colde, then apply it luke warme vpon it. Item, take tosted bread beaten small fower ounces, Mastick one quarter of an ounce; make it mætely hot, and lay it warme in a bag vpon the stomacke: It taketh winde away, and also the Collicke in the belly.

Another. Take Roses, blossomes of Pomegranates, of each one handfull and a halfe, *Gallia muscata* one dragme and a halfe, the iuice of Sloes, Mirtles, Frankincense, of each one drag. Wormewood, *Hypocistis*, Cipers rotes, Cloues, Mastick, of each halfe a drag. red and white Corall, *Spica*, of each one scruple, tosted bread halfe an ounce, Camfere halfe a drag. beat it small togither, and then put it into a bag, and so apply it.

In the mixture of other things is often times mention made of the *Trocisci* of *Gallia muscata*, or *Alipta muscata*: And because that their description is but briefe, we will hære ad it vnto the rest.

Gallia muschata.

*Gallia muscata* is made thus: Take *Lignum Aloes* fiue dragmes, Amber three dragms, Muske one dragme, Dragagant dissolued in Rose water, as much as sufficeth for to make *Trociscos* with it, and kæpe them well.

Alipta muschata.

The *Alipta muscata* is thus prepared: Take pure *Laudanum* foure ounces, liquid Styrax one ounce and a halfe, red Styrax one ounce, *Lignum Aloes* halfe a drag. Amber one dragme, Camfere halfe a dragme, Muske halfe a scruple, and a little Rose water, and prepare them thus: In the Dog dayes must you set the Styrax and *Laudanum* with the Rose water togither in the Sun, let them there drie togither vntill they be as hard as dowe; afterwards stamp them in a mortar, and temper the rest amongst them, then forme Trocisces of them, and kæpe them very well, like as you doe the other. For this parbraking is also vsed fomenting vpon the stomacke: therefore make or chuse your selfe that which you desire of these things which be prescribed. Take the things which we haue ordayned for the first bags beaten grossly, sæthe them in the iuice of Quinces, and in Rose water, of each fire ounces, red thicke wine eight ounces, Vineger two ounces; make therein a cloth or spunge wet, wring it well out, and hold it very warme vpon the stomacke.

Another. When the stomacke is vtterly spoyled, so that the patient can neither abide meate nor drinke, then may it be strengthened againe with these fomentations ensuing: Take Balme,

Wor me-

Wormewood, grosse Marierom, field Mints, Fennell, and Dill seed, of each a handfull, Mastick, Galingall, Nutmegs, Squinant, Mirtle seede, and Coriander, of each three dragmes, wild Vine leaues and the blossomes halfe a handfull; beate all grosse togither, and sæthe them in thicke red wine, and vse it as aforesaid. Item, take garden Mints, Balme, Wormewood and Roses, of each one handfull, Cammomill, wilde Vine leaues, Betony, Rosemary, of each halfe a handfull, Calmus halfe an ounce; beaten all toigther grosse, put it into two bags, each one a quarter of a yarde long: then sæthe them in red wine, and a little water, and then layd vpon the stomacke, sometime the one, and sometime the other. This fomenting must be so continued the space of a quarter of an howre, and afterwards are you to vse the prescribed salue with the spices, and weare one of the foresaid plaisters vpon it.

But if so be that the scowring or laske of the belly will not stay, then must boring cups be set vpon the shoulders vnpickt, and taken off and on. The like is also to be done for continuall vomits, and to set a great cup vpon the Nauell, to the ende thereby to drawe the matter downewards: And in case that the sicke body can slæpe with these cups so fastened, it is so much the better. There is also often times to be holden before his nose, Sanders, Roses, & such like things for to smell vnto them. Also some doe counsell to take for this scowring (if it continue) the stalks of Tamariske being scraped cleane, and to powder them, and then put thereto as much Harts tong as these foresaid powders, the quantity of two handfuls, powring then vpon it three pints of wine: of which wine he is alwayes to drinke his first draught sitting at the table. This wine is also especiall good for the Milt or Splæne.

If there befall any swouning, then must there be giuen to the sicke body two greins of Muske tempered in wine: for this strengtheneth much the vitall spirits. In like maner is Hen broth and Lambe broth good for him, tempered with a little of the iuice of Quinces. Let the patient also haue rosted Pullets cut in peeces vnder his nose; for the smell thereof doth much comfort. Also let him chew Frankincense, and swallow downe the same treatably. At the last temper togither fine Bolus and Camfere, of each one scruple, and temper them with old wine and drinke it: it doth cole and strengthen the stomacke.

All that is hitherto rehersed, is to be vsed whilest the parbraking yet endureth. But if it stay, and the stomacke begin to retaine the meate, then is the patient to drinke good old strong wine, and compose himselfe to slæpe, and also to take of the *Trociscos de Olibano* the waight of halfe a dragme, which is thus prepared.

Take fine Bolus and Frankincense, of each one ounce and a quarter, Cucubes, Cardamom, of each two dragmes and a halfe, Camfere, *Gallia muscata*, Cloues, of each three quarters of an ounce; make thereof *Trociscos* with old wine: these are especiall good against parbraking. Item take the iuice of sower Pomegranates as much as you please, and when it hath stode one night and the cleare is powred off, then sæthe it to the thicknes of hony. When it is taken from the fire, and whilest that it is hot put some Mints vnto it; so let it cole, and then take out the herbs againe. This may be vsed warme or how one will, and is called at the Apothecaries *Rob de granatis*. After the same manner you may also make *Rob* of the iuice of Quinces. For this is also requisite the sirupe of Veriuice, and of Mirtles. But if so be that there cannot be gotten anie of the foresaid thinges for the foresayd sirupes, then take Wine, Plantaine, and Rose water.

Troci sci de Olibano.

Rob de granatis.

Now for as much as in this our methode we are come to the Laske or flixe of the belly, which is commonly caused through a weake stomacke and diseased Liuer, therefore it is now requisite that we discourse of all other sorts of Lasks whatsoeuer: but first of all we will make a generall discourse of them.

## Of the Flixe, Laske, or scowring by stoole. §. 13.

FIrst, it hapneth often in haile people, who haue a plethorick bodie, and do eate and drinke much, that they get a Laske, which commeth not often vpon them, continueth not long, also not otherwise then of a strong nature, who seeketh to vnburthen her of superfluities, like as it commeth to passe, that thereby the patient findeth great ease. This scowring hath no næde of any remedie, vnlesse it be caused of ouergreat weakenes, for the which the same counsell is to be vsed

which is prescribed against the flixe of the belly *Lienteria*, so that at this present there is nothing more to be written thereof. If so be then that this scowring of the belly be taken for a disease, then is it first to be vnderstood, that the same is caused through many inward members of the body, and also of diuers other causes, like as shall be hereafter taught immediately, that the same cannot be ascribed to any one thing. And for that we should not describe this kind of laske by peece meales here and there, we will now here ascribe this flixe to the stomacke (as is alreadie expressed:) the which if it be no euident cause of this scowring, yet notwithstanding it is a great help to the same: we will then afterwards adde vnto it all that appertaineth vnto it, as the constraint to the stoole, and binding of the body, and all that is good for it. But first of all we must here reherse certain rules which are to be obserued for all sorts of laskes: wherof the first is, that no scouring or laske is to be staied before the fourth day, if so be that the patiēt be able to suffer the same without extreme faintnes. Secondly, when you will euer vse astringent remedies, then must ỹ same be alwaies done before meat, to the end that the meat which is taken after thē might be stayed vntill it were digested. Thirdly, this is to be noted of all binding meates, of Chestnuts, and such like. Fourthly, when the laske is of heate, then are the remedies to be vsed which are cold of nature, and for the scowring of cold, contrary remedies. And because that in the cold scowring the digestiue vertue is very feeble, warme things are to be vsed, according to the importance of the case. Fiftly, if so be that there do come a cough to this scowring, then are all sowre things to be forborne, and all those which binde much. Sixtly, it is very good for all laskes to force the bodie to sweating, and to annoint it much with oyle of Cammomill and Dill, thereby to drawe out the matter, and to open the pores. Seuenthly, cups are to be set vpon the belly, and kept vpon it fowre howres long. Eightly, he is to be restrained and kept from all Fruits, except Chestnuts, which may binde if they will. Ninthly, rest and sleepe are especiall good for all flixes: so is also contrarywise bad, great labour, and other motions of the body. Tenthly, when as in the red or bloudie flixe the vppermost guts are excoriated, then is the remedie to be ministred in at the mouth: and if the lower guts be perished, then must Clisters and suppositories be ministred beneath. Eleuenthly, if the Excoriation of the bowels be aboue and beneath, then are the remedies to be vsed aboue and beneath.

And that we may come to the originall, the learned do name three Species of flixes or laskes: as namely, *Lienteriam Diarrhœam*, (vnder which is contained the flure of the Liuer) and *Dysenteriam*: but what difference is betweene these laskes, that shall in their proper description be declared.

First, this is here alwayes to be noted, that all laskes be moued of inward or outward causes, as vnhealthie meates, vnruly life, eating of any venemous things, also heate or cold of the time. The inward causes may proceede out of the head, as if any humors do fall out of the head into the lower parts of the body, be it into the stomacke, or into the vppermost or vndermost bowels: likewise also into the small vaines *Mesaraicæ*, into the Liuer, Milt, and sometimes also into the whole bodie, like as when the same is too full of humors, or too much walled away, euen as it may be seene in the consumption *Phthisi*, *Hectica*, and in the pestilent Feuer, out of all which the expert Philitions do take and discerne sundry signes and obseruations.

## Of the Laske, *Lienteria*, of *Cholera*, and Heate. §. 14.

THis is an infirmitie of the retentiue vertue of the stomacke, with the slipperines of the guts, whereby it hapneth that the meate taken very suddenly without digestion, like as it was receiued, passeth away by the stole.

The cause of this scowring may be great cold and moysture, which doth so benumme naturall heate, that the meate cannot digest, neither can the stomacke retaine and keepe it. Contrarywise, may this laske be also caused through outward heate, which doth so discusse the naturall warmth, and causeth it to euaporate, that thereby the digestion is vtterly ouerthrowne. In like maner also, this flixe commeth through stripes, fals, thrusts, and bathings in cold water, distemperature of the stomacke, and of other parts, debilitie of the retentiue and strength of the expulsiue vertue, a cold complexion, (for that it is seldome caused through heate) impostumes of the stomacke, which expelleth the meate and drinke, as things whereby the stomacke is hurt. Item, it doth also come to passe, that the bowels

els be too slipperie, or that there is too much meate, or that it be hurtfull, whereby it doth make a great disturbance in the guts.

If so be that the meate be not kept or holden in the stomacke, but before the due time, without great alteration, through the laske be expelled, with a gnawing in the stomack, and with thirst, & when before the meat there commeth forth a little corrupted matter; then may it be well concluded that it is *Lienteria*, which is caused of *Cholera*. To cure this, and all other scowrings (of whatsoeuer causes they procéede) this common rule following is to be obserued: to wit, that all those things (wherewith you purpose to stay it) are to be vsed before meate, then doth the same presse the meate downewards, and increaseth the laske, like as in the former 13. §. hath béene taught.

But to procéede with this laske (wherein the meate is not digested) first giue to the sicke bodie the iuice of Pomegranats, burnt Iuorie, and Roses, of each one drag. For this, is also good boyled Veriuice, Raspes, Butchers Broomesœde, and the iuice of Quinces.

Whilst that the bodie is strong ynough, and the sicknes hath not as yet gotten the maistry, and that he may tollerate it, then must the *Cholera* be purged, and especially with yellow Mirobalanes, afterwards he is to vse cooling, astringent, and binding things, and to be forbidden all that is hote. These Sirrups ensuing are passing good, as namely, sirrupe of Veriuice, Quinces, Peares, Apples, Pomegranats, and Raspes, moreouer certaine Simples also which are worthie to be remembred, like as *Hypocistis*, blossomes of Pomegranats, Gals, iuice of Sloes, Roses, Araby Gum, sealed earth, fine *Bolus*, burnt Iuorie, Camfer, Pomegranat sœdes without iuice, Purslaine sœde, sœdes of Sorrell, Coriander, Plantaine, and Mirtles, the yellow sœde of the Rose, Saunders, Corrall, Dragon bloud, Poppie sœde, Horse tailes, Knotgras, wilde Vine leaues, the iuice of sharp Plantaine, and the sœde, and chiefely when they be parched, and such like moe.

The Fruits which are fit for this disease be Quinces, Seruices, Medlars, wilde Peares, black Cherries, vnripe Mulberies, and such like Fruits more which do binde and cole. You may also giue *Trociscos de Spodio*, two or three drag. mingled with the water of Knotgras, or Plantaine, and because that we haue before spoken much of them, and shall be vsed often hereafter, we will héere learne how to prepare them: Take Roses, burnt Iuorie, (which is *Spodium* whereof they haue their name) Sorrell sœdes, the sœdes of Butchers Broome, blossomes of Pomegranats, and Gum of Araby, of each a like quantitie: make thereof *Trociscos*, each of the waight of a quarter of an ounce, and giue it them to drinke, as is sayd, with one ounce of the iuice of Quinces. Trocisci de Spodio.

Another. Take Roses one ounce and a halfe, burnt Iuorie one ounce and a quarter, the sœdes of Sorrell three quarters of an ounce, Purslaine sœde, prepared Coriander sœdes, and pœled Butchers Broome sœde, of each two drag. and a halfe, Starch, blossomes of Pomegranats, and Barberies, of each one quarter of an ounce, parched Gum one drag. and a halfe, temper all together with Veriuice. These Trocisks are good for al Agues which be caused of *Cholera*, and that haue a laske admired, also for all tumors of the stomacke, and continuall thirst.

Other Trocisks. Take fine *Bolus*, sealed earth, Corrall, Saunders, Sumach, Barberies, Quinces kernels, blossomes and pils of Pomegranats, Gals, of each one drag. beate them all small together, and temper them with the iuice of Plantaine and of Wormewood, and then forme them into Trocisces when you will vse them; then take a dragme or twaine thereof with Wilke wherein glowing pibbles are slaked. But if then this scowring and the Ague do not weare away, with all the vse of these foresaid things, then take fine *Bolus*, sealed earth, and burnt Iuorie, of each one quarter of an ounce, Amber, Roses, blossomes of Pomegranats, the iuice of Sloes, *Hypocistis*, and Cinnamome, of each one drag. and a halfe, make them into powder: take thereof fiue drag. Buttermilke fiue ounces, and giue it him at one time, to wit, before none.

If so be that the stomacke be hurt through the choler, (which may be perceiued hereby, if there come any corruption or matter with the stole) then take Barly water and Hony water, of each three spoonefuls, and giue it the sicke bodie to drinke, it clenseth all that is ercoriated. Afterwards he shall vse this following to heale withall: Take Dragagant, Gum, Mastick, Frankincense, Amber, of each one drag. Stamp all these into a subtile powder, and make thereof pils, with the iuice of Wormewood, whereof he is to take twaine euery morning. note

Plaisters

Plaisters are also very requisite for this, whereof here followe twaine: Take the iuice of Medlars, Seruices, græne Pomegranate pils and the flowers, of each one ounce, 15. or 16. Prunes, whereof the stones be taken out, the iuice of Quinces, red Wine, of each fiue ounces, oyle of Mirtles and of Quinces, of each three ounces, Masticke, *Colophonia*, yellow Rose sædes, Sloes, and Rye meale of each one quarter of an ounce, the middlemost pils of Chestnuts, three dragmes, Ware as much as is nædefull, and a little Vineger: spread it on a cloth, and lay it ouer the whole belly.

The second. Take the iuice of Plantaine three ounces, Rose water, Vineger, of each one ounce, Butchers broome sæde, Barberries, Mirobalans *Chebuli, Indi, Emblici, Bellirici, Citrini*, of each two ounces, red Coral, red and white Saunders, yellow Rose sæde, Masticke, of each one dragme, blossomes and pils of Pomegranates, Gals, of each halfe an ounce, Lentill meale as much as is nædefull for to make a meetely soft plaister. This plaister is of a maruellous operation, if there be any vnnaturall heate with the laske.

His diet is to be all maner of sower and cold things, wherewith he must also dresse his boyled and rosted meates. He must temper his drinke with Rose water wherein Butchers broome sæde hath been steeped: parched Rice decocted in Goates milke, and parched Barley sodden in Almond milke are very requisite for him. All that which is hot of nature, and is laxatiue, must he forbeare; as also all that doth augment *Choleram*.

But if this scowring be caused through weakenes of the retentiue power, be it of the stomacke or of the bowels, then are those parts to be comforted, and that with odoriferous and binding medicines, as followeth: Take Cipers rotes, Masticke, Calmus, Smallage, and Comin, (which hath first been steeped in Vineger) Gals, Cipers nuts and the leaues, Mirtle sæde, Raysons stones, dried Pomegranate kernels, Frankincense, and Masticke, of each a like much: make a powder thereof, and giue it in the morning fasting to drinke one quarter of an ounce, with good wine or steeled milke. Outwardly annoynt the stomacke and the whole belly with oyle of Masticke or Wormewood, and weare vpon it a plaister of Masticke: He is also to vse Marmalade.

*to know when y scowring riseth of Phlegm*

But when this scowring causeth no gnawing or griping in the stomacke, nor yet yeldeth any corrupt matter from it but onely a tough slimy substance, and when there is no great thirst with it, but onely some belching; then is it a certaine signe that this scowring is caused through *Phlegma*. For this, the patient is to vse all such things as extenuate and lose this slime, as Mustard sæde, salt fish, and such like. Afterwards shall he force himselfe to vomite, with salt, Vineger, sodden Hony, or with some other thing, which expelleth flegme. And if that will not suffice, then vse this following.

Take Aloes one ounce, the inside of Coloquinte, and Indie salt, of eache halfe an ounce, Turbith one dragme; make pils thereof: and you are to take of these but one Pill at once. For this disease are the purgations commodious, which hereafter be described against the paine of the stomacke through *Phlegma*.

Some other doe write a more proper cure, to wit, Take sirup of Wormewood and Mints, of each three ounces, temper them, and drinke therof at each time two ounces, with three ounces of the decoction wherein Pease, Mints, and Spike were boyled. Afterwards purge with the pils called *Stomachicæ*: Also vse vomiting herewith, like as is before rehearsed; for it is very commodious in this case, if it weaken not to much. For his meates he is to vse all drie things, as rosted fielde foules, and chiefly rosted Larkes, Turtle doues, and such like; as doe not sodainly passe awaie: yet alwayes a little at once, and no more then the stomacke is well able to beare.

This medicine following is not onely for *Lienteria*, but also for the laske called *Diarrhæa*, very good: it detayneth the meates receiued in the sto mace; which also with the bowels, it doth warme, strengthen and drie.

Take Cypers nuts and the leaues, dryed Mints, Masticke, Frankincense with his rindes, grosse Cinnamom, Mace and Galingall, of each three dragmes, Cresses sædes, Comin, and prepared Coriander (all togither a little parched) of each halfe an ounce, *Laudanum*, red Styrax, *Ambra*, Citron pils, of each one drag. and a halfe, *Lignum Aloes* and *Spica*, of each one drag. make thereof Trocisces of the weight of one dragme and a halfe, and giue to the patient thereof at euery time, as well before dinner as before supper, with some milke, wherein pibble stones be

sla-

slaked. Also you may minister of this powder alone one drag. or to make a confection of it with Sugar. This patient is also to vse some sowre and salt things before and after meate, as Capers and Olives, which be requisite also for this purpose. For these cold phlegmatick scourings be these simple, warming, and binding remedies very good: parched Comin, *Ameos*, Annis, Frankincense, Myrrh, Styrax, Mastick, Nutmegs, Cypers nuts, *Laudanum*, parched Rubarb, Wormewood, Mints, *Lignum Aloes*, rootes of Cypers, Bucks and Hares rennet. Of confections and confected things may he vse confected Ginger, *Diagalanga*, *Diatrion pipereon*, *de Cymino*, Marmalad with Spices, also sometimes Treacle and Mithridate. Item, there is also very profitable for this, strong Wine, as Muscadell, Malmsey, and such like, and otherwhiles a good pull, or hartie draught dronke thereof.

But for a common drinke he shall vse cléere white Wine, which is méetely strong, which can well heate and dry the stomacke.

Hereafter be many things described, which may be vsed with aduantage for this scouring, with this condition alwayes, to discerne warmth and cold.

## Of the Laske *Diarrhæa*. §. 15.

THis losenes of the belly is thus described: *Diarrhæa* is a watrish laske, with griping, but without Excoriation of the bowels, and without heate, caused diuersly, whereby the bodie is consumed and diseased. This scouring is caused of all humors of the body, that is, of Bloud, *Cholera*, *Phlegma*, and of *Melancholia*, and procéedeth not alwayes from some particular part of the bodie, but rather from the whole bodie, as through weakenes of nature, in such as let hands and féete fall through great weakenes.

The learned do discouer fiue kinds of causes of this *Diarrhæa*: whereof the first is caused of the Gall and the Liuer: the second of the stomacke only, but sometimes out of the Liuer also, which two are the principallest members, amongst which the other sowre be comprehended. Thirdly, this scouring is also very well caused through the obstruction of the small vaines which are called *Mesaraicæ*. Fourthly, of the Milt. Fiftly, this laske is also sometimes caused of the braines. Sixtly, through windines, whereof we shall hereafter write more at large.

When as now this scowring is caused of the Liuer and Gall, then is *Cholera* very abundant; or if the same be but very little, yet is the same so hote and so sharp, that nature cannot abide her gnawing and heate, but séeketh to expell the same by all meanes possible, so that the perfect digestion might not thereby be weakened: therefore you haue for this first infirmitie these signes following, to wit, when the meate digested passeth away with a subtle, ill coloured, and whitish watrishnes, then it is a signe that the Liuer is féebled and ouercold. For this, there is to be giuen to the patient the confection of Iron drosse, which is *Scoria Ferri*, or some other things, which warme the Liuer, and strengthen it. For which, you shall finde here before sundry remedies, where we haue spoken of *Lienteria*, which do warme and strengthen the inward parts in such like lasks, which you may vse at this present, each alone, or mixed: héere follow the remedies which be requisite for this intent.

Take *Trociscos de Spodio*, Rubarb, and winter Cherries, of each one scruple, beate them all small, and make thereof with Agrimony water fiue or seauen pils, take them euery morning with Smalladge water. Item, take Mirtle séede, and Nut blossomes, of each one drag. Amber, Zeduary, of each one scruple, beate and temper them all together, and part them in fiue equall parts.

This plaister following is also to be prepared: Take Annis, Comin, Cresses séede, parched together, and Frankincense, of each three drag. the iuice of Wormewood one ounce and a halfe, Rose water two ounces, strong Vineger one ounce, beaten Cypers nuts, as much as sufficeth for to make a plaister with it: these being made, then lay it warme vpon the Liuer and Stomack, and vpon the parts adioyning.

You may also vse this salue following: Take oyle of wild Roses one ounce and a halfe, oyle of *Spica* one ounce, Mastick and Rubarb, of each one drag. a little Ware, melt the same in the oyles, and when it beginneth to cole, mixe the rest with it.

Item, take *Spec. Triasantali* one drag. fine Bolus, *Trociscos de Spodio*, of each halfe a drag.

Mastick

Maſtick one ſcruple, oyle of Wormewood, of Capers, of each halfe an ounce, a little Ware, make a ſalue of them.

But if this ſcowring do proceede of heate, then are coling and binding medicines to be vſed for it, like as herebefore in *Lienteria*, where it is ſufficiently diſcourſed, *Triaſantali*, *Diapenidionis*, of each one quarter of an ounce, red Corrall, and prepared Coriander, of each halfe a dragme, Quince kernels, Sorrell ſæde, Raiſon ſtones, of each one ſcruple, Cinnamome, Frankincenſe, of each fiue greines, Conſerue of dry Roſes one ounce, Roſe water two ounces, white Sugar nine ounces: ſæthe the Sugar in the foreſaid water, and make a confection of it. Item, take old conſerue of Roſes, and Marmalade, of each one ounce, ſirrupe of Mirtles, as much as ſufficeth for to make therewith a Confection. Another. Take the Species of *Diarrhodon Abbatis*, prepared Wolues lyuer, and Rubarb, of each halfe an ounce, Sugar which is clarified with Roſe water, as much as you pleaſe: make a confection thereof, or caſt Tabulats of it. You are alſo to mixe amongſt it as much burnt Iuorie as you pleaſe.

Or take at the Apothecaries the confection called *Diacracoma*, or *Diacurcuma*, and Corrans, of each one ounce, Rubarb, prepared lyuer of a Wolfe, of each one drag. burnt Iuorie halfe a drag. *Philonium Perſicum* one drag. *Syrupi de Byzantijs* as much as is needefull for to make therewith a Confection, then take alwayes thereof about the third day one quarter of an ounce, or a little more at once.

This following is alſo very good: Take old conſerue of Roſes fowre ounces, Marmalade two ounces, prepared Coriander one drag. Nutmegs halfe a drag. confected Mirobalanes *Chebuli* one ounce, cleanſed Piſtacies halfe an ounce, Almonds three drag. beate them all ſmall together, and then make a confection of it with the iuice of Quinces: ſirrup of dried Roſes doth commonly ſtay all ſcowrings.

Take cleanſed rootes of Burres, and ſæthe them vntill they be mellow, afterwards fry them in Butter, and eate them. Item, take a Nutmeg be it great or ſmall, let it ſweate well in hote aſhes, and eate it as it is, or ſtrowe it vpon a roſted Partridge, or ſome ſuch like thing. Or take a Turtle Doue, prepare it, and fill it with new Ware, with Mirtles, and Butchers Broome ſæde, let it then be roſted by a milde fire, and afterwards eate it, it bindeth maruellouſly. It is alſo required by expert Phiſitions, that new laid Egs are to be fryed in Ware. Other do take an Egge, and roſt it vpon a hote tyle, and ſtrowe vpon it the powder of Nutmegs.

But if it be not giuen at due time, then doth it bring more dammage then commoditie.

This powder following are you alſo to prepare: Take *Species Aromatici Roſati*, one drag. Cinnamome one drag. and a halfe, prepared Coriander two ſcruples, Roſes and red Corrall, of each one ſcruple, Sugar fowre ounces. Item, take parched Creſſes ſæde and Maſtick, of each one drag. giue him this with the ſirrupe of Quinces. Some do giue Creſſes ſæde alone, with the ſirrupe of Quinces.

We will now recite certaine Potions: Take Mirtle ſæde one drag. giue it him with raine water or Plantaine water three ounces, and let him drinke it. Or take Liuerwort one handfull, Endiue rootes, Fennell, Smallage, Butchers Broome, Sperage, and Parſly, of each two handfuls, Agrimony halfe a handfull, Corans one ounce: cut all that is to be cut, and let it be ſodden in Pullet broth or water, vntill that the third part be waſted, then drinke thereof a cruſe full, and temper amongſt it halfe a drag. of prepared Forelights. Item, take Tormentill one drag. giue the patient to drinke thereof fowre or fiue times in red Wine.

Or take the rindes of a Peare tree one handfull, a good pinte of red Wine: let them ſæthe together ſo long as one may ſæthe an hard Egge, and drinke a good hartie draught of it very warme. But for his accuſtomed drinke he may prepare this following: Take about 50. Sloes, and powre vpon it about a good halfe pinte of ſæthing Wine, afterwards couer it cloſe, and let it be cold together: this being done, then powre all together into three pints of Wine, and drinke thereof a good draught.

A roſted Quince Peare eaten earely in the morning, is alſo very good. Some do ſay that one muſt drinke Beere or Wine, which hath ſtode a while vpon *Bolus*. For this, is alſo ſteeled water good, wherein is ſlaked Steele, Iron, Gold, Siluer, or pibble ſtones; yea, all the patients meate is to be dreſſed with it.

Item, take of the peſell of a Hart as much as you pleaſe, ſhauen, or grated ſmall, and put it in your drinke. Item, take a dryed Otters lyuer, beate it to powder, and drinke thereof the quantitie

titie of a Beane with warme Milke, or with red Wine, it is said that it is tried.

Likewise is commended Plantaine decocted in Vineger, and the broth being dronken. The water also of Daken leaues doth stop much, being dronken warme. The like doth also the iuice of Sloes, with the stones of Raysons being beaten together, and the water distilled thereof and dronken. You haue also in the first part, the first Chapter, and 3. §. a good water of the crums of burnt bread, which is especiall good for this scouring or laske.

This plaister following is also especially commended for this: Take broad Plantaine xii. ounces, the leaues of the Pomegranate tree, Comfrey, Daisies, and the leaues of *Palma Christi*, of each two ounces, (being all greene) the seede of Butchers Broome, Gals, Myrtle seede, of each one ounce, prepared Coriander one ounce, sealed earth halfe an ounce, Dragon bloud one quarter of an ounce, fine *Bolus* three ounces, Saffron halfe a drag. Mace three drag. Gum, Dragagant, both parched, of each halfe an ounce: first beate the leaues, and seethe them in three pintes of water, then put vnto it three ounces of red Vineger, then let it seethe well againe, and strayne the decoction, then stamp that which is boyled with all the rest. Lastly, temper halfe a dragme of Camfer with it, and make a supple plaister of it, and lay it ouer the whole Belly.

If so be that this scouring procede from the stomacke, (euen as it may, as well as from the Lyuer) then hath the same the like cause, to wit, *Phlegma* and *Cholera*. And thereby it may be discerned that it procedeth from the stomacke, if so be that there appeare no feblenes of the Lyuer, and if so be that which the patient doth auoyd be very white and thin, and that the stomacke be grieued. The chiefe cause is, that many superfluous humors do aggrauate the same: or, that there is much meate and drinke together in the stomacke, and especially when as both these things do concurre, to wit, many superfluous humors, and much meate and drinke. So that then the meate and drinke is of necessitie for a time expelled out of the stomacke, be it through weakenes of the retentiue, or through the efficacie of the vertue expulsiue, or that the digestion be of it selfe so faint, that the meate thereby as halfe digested must passe through the stomacke. And to finde good aduise for this, the stomacke must be strengthened and heated, for which is very meete Marmalade with Spices, but especially this powder following: Take dry Pomegranat kernels parched and beaten small, one drag. Caruway, Coriander, both steeped in Vineger, dryed and parched, of each two ounces and a halfe, *Lignum Aloes*, blossomes of Pomegranats, and Butchers Broome, of each one drag. make a powder of all these, and giue a drag. of it at one time.

Item, take *Mirobalani Chebuli*, which be a little parched, one quarter of an ounce, Myrtle seede one drag. sirrupe of Myrtle one ounce, vse this as occasion serueth. Item, take the shales of yellow Mirobalanes which be parched one quarter of an ounce, beate them small, and giue them to drinke with two ounces of Plantaine water. In fine, all sorts of Mirobalanes a little parched, are good for all scourings of the belly, of whatsoeuer cause they do procede.

Afterwards, you are to vse the confections of *Diacalamintha*. In like manner also Annis seede, and rosted hasell nuts. Of the foresaid hasell nuts one may make milke with steeled water, and also the same being confected with Sugar. Afterwards you must annoynt the stomacke with oyle, as namely with oyle of Mastick, or Frankincense, and so couer it warme. The patient must seethe Mastick with red Wine, and drinke the same, if so be that the same go not cleane against him.

But if this scouring do come through *Cholera*, it may be perceiued by the yellow excrements which do smart much in the fundament, as also by the thirst, and by the Ague: Then are you to giue him *Trociscos de Spodio*, with parched Barly broth, which is made as followeth: Take parched Barly beaten, and powre so much water vpon it vntill it be well couered, then let it boyle vntill it be very thicke, and afterwards wring it out. Of this decoction are you to take foure ounces, and two or three dragmes of these *Trociscos*, and then mingle it with so much Iuorie and Gum, as one can drinke at one time. Item, take one drag. and a halfe of yellow Mirobalanes, *Chebuli*, and *Indi*, of each one scruple, parched Rubarb foure scruples, Dragagant halfe a drag. steepe all these in two ounces of the iuice of Quinces, one ounce of Endiue water, and halfe an ounce of the water of Pellitory, wring it out hard, and take it luke warme.

Item, take Rubarb one drag. or one and a halfe, parch it, and poune it to powder, and drinke it with three ounces of Plantaine water.

Take of the best Rubarb one drag. and a halfe, parch it, and beate it to powder, the pils

of

of Mirobalanes *Chebuli* one dragme, Mastick three dragmes, the iuice of Quinces halfe an ounce, the water of broad Plantaine three or foure ounces: temper them together, and drinke it fasting in the morning.

Some that be prone to this scouring, do accustome euery weeke two times to eate one drag. of Rubarb parched. Item, take the confection of *Micleta* one ounce and a halfe, *Trociscos de Spodio* one dragme, temper it with three ounces of raine water, and drinke it earely in the morning. Take yellow Mirobalanes and Rubarb, of each one dragme, Dragagant and Gum, of each one scruple, parched together, Cucubes, fine Bolus, of each halfe a scruple, beaten small together, then temper with it sufficient sirrup of Mirtles, and when as then you will vse of it, breake it as is aforesaid.

A powder wherewith the patients meate is to be strowed: Take good Rubarb one dragme and a halfe, yellow Mirobalanes one quarter of an ounce, both parched, fine Bolus one dragme, yellow Saunders, red Coral, of each one scruple, prepared Perles one dragme, *Trociscos de Spodio* one dragme, make thereof a subtile powder. You may also take the waight of one drag. and a halfe with Plantaine water.

For this be also Clisters requisite, as hereafter follow: Take the broth of a Lambs head and a Calues head one pinte, seethe oaken leaues in it, broad and picked Plantaine, of each one handfull and a halfe, parched Barly halfe a handfull: let them seethe vnto the halfe, then take of this decoction, and put vnto it the yolks of a couple of Egs, brayed well, oyle of Roses two ounces, oyle of Violets two ounces, and then minister this Clister warme.

Item, take prepared Coriander, Mirtle seede, Acorne cups, the seedes of Plantaine, and iuice of Sloes, of each one handfull, Fennell, Comin, and Annis, of each halfe a handfull, pils of Pomgranates two handfuls; let them seethe together in sufficient water: then take of this decoction twelue or sirteene ounces, oyle of Roses three ounces, Hony of Roses one ounce, Deere suet two ounces: melt it, and make a Clister of it. Also the decoction of Rice is good, if the cause of this laske be in the lower guts.

Hereafter be described commodious pils: Take the stones of all Mirobalanes, beate them when they be well parched, Rubarb parched, fine Bolus, and Amber, of each alike quantitie, make a masse of pils of it, with Dragagant and Gum, dissolued in Plantaine water: but if there be an Ague with it, then vse Barly water.

Or take one quarter of an ounce of Rubarb, which is parched, burnt Iuorie one dragme, make pils of it as is before said.

Item, filed steele one dragme, Cipers nuts one quarter of an ounce, Mastick, Amber, Cumfrey, Daisies, Plantaine seede, of each one scruple, Gum and Dragagant both parched, of each halfe a drag. Cinnamome, Galingall, and Graines, of each two scruples: make pils thereof with the iuice of Plantaine, for they do binde much.

Others moe: Take vnsalted Deeres rennet one dragme, *Trociscos de Spodio, De Carabe, De Terra Sigillata*, of each one scruple, well parched Rubarb, Plantaine seede also parched, of each halfe a scruple, beate them small together, make pils of them, with the iuice of Plantaine: when they be tempered with the sirrup of Mirtles, then do they binde the more.

Item, take *Hypocistis*, blossomes of Pomgranats, Butchers Broome, Barberies, Sorrell seede, of each one dragme and a halfe, Purslaine seede, and Plantaine, both parched, of each one quarter of an ounce, Dragon bloud, Wormeaten Galles, the iuice of Sloes, yellow seedes of Roses, of each one quarter of an ounce, Henbane seede one scruple, *Opium* two scruples and a halfe: make pils thereof with the iuice of Plantaine, and fourme seuen of a dragme. But note yet, that they be very strong, and that one must not vse many.

This following is more gentle: Take Gum, Mastick, Frankincense, Amber, of each halfe a drag. temper them with the sirrupe of Roses vnto pils, and take alwayes thereof twice a day, a little or much before meate, according as the scouring is violent.

For this scouring is alwayes good all rost meate, fryed Egs, Rice, and Lettice, (if it be with great heate) Calues feete, conserue of Roser fruits, Muske Peares, before meales old conserue of Roses, conserue of water Lillies, Marmalade, preserued Bayberies, and also preserued Sloes.

The drinke for this patient must be steeled water, wherein Mirtle seede is decocted, also Harts tong, Wine dronken warme. These Sirrups following are very good, as namely, sirrup

of

of Mirtles, dried Roses, Mints, and also hony of Roses: for it hath a milde binding, and an astringent vertue, like as veriuice hath also.

The smoke or reke of Frankincense is also very good. Milke put into Clisters when it is stœled is commended for this purpose. Note ye, that all that we haue sufficiently written of before is also good for the red or bloodie flixe, whereof we wil shortly hereafter speake and discourse.

## Of the scowring which proceedeth of the Liuer and stomacke. §.16.

IT commeth also verily to passe, that the Liuer and the Stomacke do cause this scowring, which is then very dangerous. So that the dropsie called *Tympanites* is wont to follow it. Therefore is an order made and ordained, what one ought to obserue for this. Wherein first it is nedefull that he forbeare all meates and drinks which be laxatiue, or do in any wise molest the bodie, as Spinage, Beets, Mallowes, Mercurie, well boyled Coleworts, and such like.

He must also be restrained from new wine, and them that be not very olde. Likewise also of all sharpe, salt and sower things, as Radishes, Dinions, Garlicke, hard meates, vnleauened bread, and that which is not well baked. And he must eschew fruits, and especially them that be laxatiue, as Figs, Grapes, Prunes, and such like. In fine, for this sicknes the patient is to be kept very sober in eating & drinking, and to fede onely vpon that which is light of digestion. He must also abstaine from all violent motions, and that chiefly after meate, from venerie, much watching, and anger. All his meates (be they sodden or rosted) must be drest with Dære sewet. Secondly, he must beware of many kindes of meates, especially against night. Thirdly, before euery meale he must eate a rosted Quince peare, or sower or siue Medlars. Fourthly, Lentils are very haile meate for him, if they be drest after this manner: Let them first sæthe a little in vineger, after that boyle them with two parts of water, and one part of vineger. Fiftly, euery euening he is to take three of these pils ensuing: Take parched Dragagant & Gum, of each one dragme, Butchers broome sæde, Mirtle sæde, Acorne cups, burnt Iuorie, Squinant, Roses, Cypers rotes, of each two scruples, whereof make pils with the iuice of Daisies before none. He is to vse this confection ensuing: Take Marmalade without species three ounces, prepared Coriander and Mastick, of each one dragme, temper them with the iuice of Quinces, and vse at each time halfe an ounce or more.

Also once euery eight daies take two of these pils: Take *Trociscos de Spodio* one quarter of an ounce, parched Rubarbe halfe a dragme, burnt Iuorie and parched Dragagant, of each one scruple, Hares rennet, or the rennet of a yong Goate or Kid, one dragme and a halfe: make pils thereof, and vse them as all the rest.

This plaister also following is to be made, and worne vpon the nauell: Take two ounces of Rosin, Cypers nuts one dragme and a halfe, Plantaine sæd, the iuice of Sloes, burnt Iuorie, Roses, Iron dosse that is prepared, of each one dragme, Mace two scruples, but the Rosin must be boyled in red vineger. When it is sufficiently sodden, and almost colde, then temper all the forsaid Species with it, spread of it vpon a pece of leather the quantitie of a quarter of a yarde sower square, and lay this plaister vpon the nauell downwards. As often as the patient goeth to stole, he is to fume his fundament with this powder ensuing: Take *Colophonia, Gallia Muscata* and red Styrax, of each halfe a dragme, *Lignum Aloes* one dragme, red Corall, burnt Iuorie, *Sandaraca* of each two scruples: poune them all togither, and temper them all togither. Afterwards strowe some of it vpon hot coles. It is also good aduise that there be alwaies boyled in his meate, as much Comfrey as the bignes of a great finger.

Lastly, he must continually weare this bag ensuing vpon his stomacke: Take Mirtle sæde, prepared Coriander, Marierom and Nep, of each one handfull, Mace halfe an ounce, Mastick, *Gallia Muscata*, red Styrax, red Corall and *Sandaraca*, of each one quarter of an ounce, *Lignum Aloes* one dragme and a halfe, parched Comin halfe an ounce, temper them, & vse it as aforesaid.

Thus far haue we spoken of this Scowring and of both the causes of it, as of the stomacke and of the liuer, and also how they both do come togither.

The third cause of this *Diarrhœa* is the obstruction of the small vaines, and are called of the Grecians *Mesenterion* or *Mesaræon*, for that as the stomacke and the entrailes haue done their duties,

duties, so if these vaines do not sucke out the nourishment, then doth nature expell the meate in manner of a thicke pap, with paine in the right side and in the bowels, and so out of the bodie, especially if one haue eaten much grosse and swéete meate before. Also this scowring may be well caused of an impostume, which might be about the small vaines, or about the vpper guts, at which time is commonly perceiued an ague, heate and paine: which obstruction doth also proceede for the most part, of grosse and tough humors.

For this disease vomiting is one of the best remedies. Also this strupe following is to be vsed: Take the rotes of Smallage, Parslie, Butchers broome, Sperage, grasse and Cicorie, of each one dragme, the séedes of Smallage and of Parslie, Comin and Fennell, of each one ounce: let this séethe well togither, and wring it out, and to this Colature adde halfe a pint of honie, and boyle it againe, and clarifie it as behoueth. Giue thereof to the patient euery morning fower or fiue ounces. Also the séedes of Smallage, *Ameos*, and Parsly decocted in wine, may be vsed for this, being giuen the patient to drinke: in like manner parched Rubarbe with wine or Endiue water. This patient shall also oftentimes, but at each time eate a little, & take euer after it some penetrating things, as *Diacalaminthum* one dragme and a halfe before meate, and halfe a drag. after meate. His drinke must be likewise old white wine. Also to take otherwhiles some Treacle is very commodious. It is also very good, that the belly be strongly rubbed before and after none with a rough cloth.

scowring from the milt.

The fourth cause of this laske procéedeth from the milt, the which may be knowen hereby, to wit, when his excrements are a blacke and darke gray, if the paine be in the left side, if the patient be melancholike, quiet and tractable. When the matter is very sharpe and blackish, then is there great danger with it. But if it happen in the end of a quartaine ague, or of any other sicknes, then doth it bring ease with it, and is a signe of health. What is fit for this, you may sée hereafter, where we shall discourse of the Milt.

frey braine.

The fift cause procéedeth from the braines, which may be discerned by the paine of the head, also by the rheume, and by the slime of the mouth, which after slæpe runneth out of the same, and is also expelled by stole. These diseases are to be cured like as all other rheumatike diseases, whereof you finde sufficient discourse in the second Part, the 12. Chapter, and 2. §. But it is especially commended, that parched Melilot shall be laid vpon the forehead. Otherwhiles a bag with Cammomill and Roses, and so to gouerne himselfe, as aboue said, in the second cause of the stomacke.

of windinesse.

The last cause is windinesse, which puffeth vp the stomacke, spoileth digestion, and prouoketh a scowring, like as hereafter shall be taught in the description of windinesse of the stomack. It is also counselled to euery such patient (like as is often shewed before) that he must be very sober in eating and drinking, yea he must suffer hunger as much as is possible, and that he exercise himselfe well before meales, and vse the Confection *Diacyminum* or *Diacalamentha*, which do strengthen his stomacke, and let him gouerne himselfe in all things else, as hath béene said before in *Lienteria*.

## Of the Laske *Dysenteria*, called the red Flixe. §. 17.

THis name *Dysenteria*, is of the Grecians so called, being an vlceration or excoriation of the Entrailes, and is thus described: *Dysenteria* is a paine of the Entrails, which enflameth, fretteth, and excoriateth the same: so that with the matter of the scowring, blod is auoyded; and it causeth much gnawing, which maketh the patient to goe often to the stole.

Or thus: *Dysenteria* is a scowring, with an exulceration of the bowels, which is increased through outward causes, as heate, cold, drinke, hard meate. The causes of this noysome scowring are sharpe humors, which passe through the bowels, and there exulcerate the same, fret and take away their fatnes. Item by the taking of too sharpe medicines, as *Diagridion*, *Esula*, and Néesing wort, or when too much of these hath béen taken at once.

Also this scouring is occasioned, when the body is ouercharged with *Cholera*, *Melancholia*, or *Phlegma*, of which superfluities, if the expulsiue vertue be strong, nature séeketh to vnburthen her selfe. Likewise also, when the meate in the stomacke, or humors in the vaines doe putrifie.

In

In like maner also of great and long alteration of the ayre, be it in hote ayre, dry ayre; or when these mete togither: like as drye ayre it selfe is wont to cause *Choleram.* Item, of the vse of such fruits which doe quickly putrifie: therefore it is not commendable, and especially that children should eate the same.

The signes of this red scouring or bloody Flixe are these, which doe not come sodainly vpon one: also before it getteth the masterie, it prouoketh paine and gripings in the bowels, and also round about the stomacke. This scouring likewise burneth and pricketh sore, whereupon doth first followe the scraping of the bowels, mixed with a little blod, vntill it corrode somewhat deeper into the bowels; then is the paine felt most aboue the Nauell: and if so be that the disease be in the great guts, then is the paine felt most vnder the Nauell. Also the scraping of the lowermost guts are much fatter then of the vppermost: and it doth come also in greater abundance, with many moe such like demonstrations.

But there be described two sorts of *Dysenteria*, whereof the first is here before discouered: The second hath the name of *Dysenteria* vniustly, by reason that it without scraping of the bowels, and very sodainly falleth vpon one, with much blod. This with good right is to be called rather an Hepaticall Flixe than *Dysenteria*: but we will here first of all write of the right *Dysenteria*, and afterwards, of this Flixe of the liuer.

If we desire to preuent this red Flixe or *Dysenteria*, then is the same to be done both through outward and also inward meanes. But first we will shew what is best to be vsed inwardly for it: wherefore you are first to keepe in your memory the common rules which haue been rehearsed before in the Laske *Lienteria*, to wit, that all those things wherewith you will stay this scouring, be alwaies ministred before meates, for that after meate these binding medicines cause a sicke body to scoure the more.

For this scowring or red Flixe all expert Phisitions doe vse commonly at the first parched Myrobalans, and chiefly the yellow, steeped in Plantaine water, and put also vnto it parched Rubarbe, beaten to powder. But the same must not be infused but in substance and powder, like as you haue seene before in some potions, for the scouring of *Cholera*. Item, take parched seedes of Fleawort two ounces and a halfe, seedes of Plantaine one ounce and a quarter, Gum, fine Bolus, of each three dragmes, in the iuice of Quinces defecate.

Or take dried Quinces, beate them to powder, and giue thereof one dragme and a halfe, with Plantaine water, once or twice a day, wherwith you may also temper parched Nutmegs, and the seedes of Plantaine. Item, take parched Gum one ounce, sealed earth three quarters of an ounce, fine Bolus halfe an ounce; make powder thereof, and giue of it one dragme and a halfe at once. Item, take Shepheards purse, S. Johns wort, and Pennyroyall, of each a like quantity: make a powder of it, and giue two dragmes thereof at one in the morning early, with a new layd eg: this stayeth the scouring euidently. Burnt Harts horne washt in Rose water or Plantaine water, a dragme, or a dragme and a halfe, taken with wine wherein a little Dragagant is dissolued, is a very expert medicine, if it be taken twice a day. The like also of one drag. of the rennet of a yong Hare taken with wine.

Another: Take broade Plantaine seede, and Colombine seede, both parched and beaten to powder, of each a like quantitie, and giue each time thereof two scruples or one dragme, with red Wine: Item, take small beaten Bloudstone, well washed in Plantaine water, three drag. red Corall one dragme and a halfe, rotes of Tormentill, and *Trociscos de Spodio*, of each one dragme, shauen Iuorie, burnt Harts horne, of each two scruples, prepared Perles one quarter of an ounce, fine Bolus halfe a dragme: beate them all small, and take two dragmes of this powder in the morning with Wine. You may also strow the meate with the same.

Item, burne Frogs to ashes in a pot, and vse thereof as before, for they haue a maruellous operation to staunch bloud.

In like sort may for many purposes be vsed Myrtle seede, the seedes of Butchers Broome, Pomegranate kernels, sealed earth, fine Bolus, and other binding medicines, which are to be beaten to powder, and as the case requireth, may be vsed well ynough for the red flixe.

Here followeth now a notable confection against all species of scouring, and the same may be vsed after what sort one will. Take pils and blossoms of Pomegranats, Gals, and Acorne cups, of each one quarter of an ounce, Reyson stones, Myrtle seedes, burnt hasell nuts, dry Pomegranate kernels, yellow Rose seede, the iuice of Sloes, Butchers Broome seede, of each two ounces,

ces, red Coꝛall, Frankincense, Mastick, white and black Poppie sæde, parched Gum, the sæde of Fleawoꝛt, Starch, Dꝛagon bloud, of each one dꝛagme and a halfe, Sugar sire ounces; temper them well together, whereof you may make a confection with Sugar, oꝛ with Plantaine water, oꝛ Tabulates; oꝛ strowe the powder alone vpon the meate. You may also make pils thereof, which are to be vsed in the moꝛning betimes, and in the euening two howꝛes after supper: but of the confection may be vsed thꝛée oꝛ foure times a day, like as necessitie requireth, at each time one quarter oꝛ halfe an ounce.

Here followeth yet another, which may be vsed after the same manner: Take Butchers Bꝛome sæde, fine Bolus, and Gum, of each thꝛée dꝛagmes and one scruple, Dꝛagon bloud, and burnt Iuoꝛie, of each one dꝛagme and seuen greines, Cloues strigs, Annis, of each foure scruples, *Hypocistis* one scruple and thꝛée greines, Bloud stone two dꝛagmes and a halfe, red and white Coꝛrall, of each two scruples, Amber one quarter of an ounce, Comfrey, Daisies, Roses, of each one quarter of an ounce and one scruple, blossomes of Pomegranats, Dꝛagagant, of each one dꝛagme and seuen greynes, Mirtle sæde thꝛée dꝛagmes and one scruple, Quince kernels, white Poppie sædes, of each fiue dꝛagmes, Knotgras, Soꝛrell sædes, yellow Rose sæde, bꝛoade Plantaine sædes, and Calmus, of each one dꝛagme and seuen greynes, one pound oꝛ moꝛe of Marmalade, dissolued with Sugar oꝛ Hony, and the other spices tempered amongst it.

Another. Take Marmalade boyled with Hony and white bꝛead well tosted, of each foure ounces, red beaten Saunders one ounce, then put thereto a little red Wine, and poune them all together, whereof the patient may take otherwhiles the waight of halfe an ounce. Spꝛead it also vpon a cloth, and lay it vpon the stomacke. This hath bæne oftentimes appꝛoued: Take olde conserues of Roses, and Marmalade, mixe them both together vnto a confection made with stæled Goats milke.

Item, take confected Quince Peares, oꝛ Marmalade, thꝛée ounces, Mastick, Pints, and Mace, of each one dꝛagme; temper them all together with a little of the iuice of Quinces, and make Trocisks thereof halfe an ounce in waight, and you shall alwayes take one of them befoꝛe meate. Oꝛ take old conserue of Roses thꝛée ounces, Marmalade two ounces and a halfe, red Coꝛrall one dꝛagme, Toꝛmentill, *Bistorta*, *Trocisci de Carabe*, fine Bolus, of each halfe a dꝛag. pꝛepared Bloud stone one quarter of an ounce, temper all together with the sirrupe of Mirtles.

Item, take old conserues of Roses thꝛée ounces, Marmalade two ounces and a halfe, conserue of Bugloss and Burrage, of each one ounce, pꝛepared Bolus one dꝛagme and a halfe, Coꝛrall and Roses, of each halfe a dꝛagme, pꝛepared Perles two dꝛagmes and a halfe, *Bistorta* one dꝛagme, Toꝛmentill two scruples; beate them all small, and make a confection of them with the sirrupe of Quinces.

It is to be noted, that the old conserue of Roses is very good foꝛ all manner of lowsenes of the belly. Some commend that which is made with Sugar alone, and not with Hony. Others vse both kinds, accoꝛding as the scouring is with heate oꝛ with cold.

Rob de Cornubus.

Conserue of *Cornus*, called at the Apothecaries *Rob de Cornubus*, hath great foꝛce in binding, foꝛ all kinds of lowsenes of the belly, and also foꝛ womens excessiue menstruall flures, and foꝛ all other soꝛts of bleedings, and it is thus pꝛepared: Take ripe *Cornus* fruits, boyle them so long in red Wine vntill that they may be dꝛiuen thoꝛow a hearne Searse oꝛ strayner, and then let that which is strayned seethe vntill it be thick by a milde fire, stirring it about continually, vntill it be a thick conserue, and pꝛeserue the same.

Withꝛidate and Treacle do also stay the scouring, like as doth also the conserues of water Lillies, if there be great heate with all. In like manner conserues of Barberies vsed with meate in manner of a sauce.

Hereafter follow yet other things moe, which may be taken foꝛ this confection: Take *Trociscos de Carabe* thꝛée dꝛagmes, Dꝛagon blod and fine Bolus, of each halfe a dꝛagme, Plantaine sædes oꝛ Endiue sædes halfe a dꝛagme, Sugar fower ounces: seethe them all togither with Rose water, and make tabulats of it.

This ensuing is taken to be a very good and appꝛoued remedie. Take a Nutmeg, burne it at a Waxe candle vntill the oyle dꝛop out, poune it to powder, and temper with it the whites of two Egs, and as much Beane meale that will make a dough. Afterwards make pellets of them as big as a Nut, and put them on a sticke, and rosse them softly vntill they be thoꝛowly dꝛie, whereof giue to the patient in the moꝛning and also at euening. But if you will haue the scow-

ring

ring spedily stopt, then take the more Nutmeg and the lesse meale.

In like maner are also highly commended hard sodden egs eaten out of vineger, and strowed with powder of Nutmegs. But some preferre rather rosted egs alone.

Dried Peaches boyled in water and eaten, do stay the red flixe. Others do confect Peaches in this manner: Cut the Peaches in two peces, and take out the stones, tie them to a thred, and drie them in an Ouen. And when you will vse them, then infuse them in water. Then be they good for the stomacke, stay the scowring, quench thirst, moysten the throte and drouth of the tong. Peaches preserued.

Concerning the drinke and such like, skeled milke is very good for childzen. Item, Rose water sixe ounces, Cloues, Mastick, Butchers broome seede, of each one dragme: poune them smal, and put it into a glasse, and let it sethe in water, and giue the childzen a sponefull of it.

Another drinke: Take Glew that is burnt in a baking Ouen fower pound, poune it small, and powre faire fountaine water vnto it; let it sethe a waume or two. Lastly, slake thre or fower times in it glowing steele: afterwards straine it cleere out, and make Almond milke with it. Item, the iuice of Sloes and of Barberies are very commodious, each apart or mingled togither, or drunken with wine, like as is taught in the 15. §. of the scowring *Diarrhœa*, and of the Sloes. You haue also in the first part and 3. §. another water of Sloes, which may be vsed also for this red or blodie flixe.

Sirupe of Mints is much vsed for all loseneste of the belly: therefore it is not amisse to shew at this present, how it is made after two manner of waies. Take the iuice of ripe Quince peares, the iuice of sweete, meetely sweete, and of sower Pomegranates, of each fower ounces and a halfe, infuse therein fower ounces and a halfe of rumpled Mints the space of fower and twenty houres with halfe an ounce of Roses, afterwards sethe them all togither by a milde fire vntill the halfe be boyled away, & then wring it thorow a cloth. Further, put good honie vnto it, or Sugar, sixe ounces, and let it sethe well & thick: lastly, hang in it a pece of silke with *Lignum Aloes* fiue graines, Amber thre graines, Muske one graine. This sirupe doth not onely stop all scowrings, but is also good for all diseases of the stomacke which proceede of colde, and it doth also take away all wambling and vomiting. Sirupe of Mints.

The other is made thus: Take clarified iuice of Mints, sweete and sower iuice of Pomegranates, let this sethe all togither with sufficient Sugar vnto a sirupe.

The sirupe of Quince peares is also of the same efficacie, which is also made diuersly, as followeth hereafter: Take the seedes of broad Plantaine two ounces, Cypers nuts, the middle rindes of an Oken tree, Chestnut tree, and Butchers broome, of each two handfuls, Mirtle seede one handfull, sower Quinces, Seruices and Medlars, of each sixe, the iuice of Sloes halfe an ounce, *Hypocistis* one ounce: sethe them all togither in Plantaine water, and make thereof a sirupe with sirupe. Sirupe of Quinces.

Another: Take raine water or Rose water sixteene ounces, and sethe therein one ounce of Mirtle seede, Roses, Sumach, the iuice of Sloes, *Hypocistis*, blossoms of Pomegranates, burnt Iuorie, of each halfe an ounce, ten or twelue vnripe Seruices, Licorice, Dragagant and Gum, of each halfe an ounce: poune all that is to be pouned, and when it is sodden away vnto twelue ounces, then straine it thorow a cloth, and put a pound or twaine of Sugar vnto it: then let it sethe againe togither, clarifying it vnto a sirupe.

The third sort of sirups is called at the Apothecaries *Miua*, which is also made two manner of waies, as followeth: Take of the iuice of Quinces strained well, twelue ounces, sethe it away vnto the halfe, and then powre good wine vnto it, and nine ounces of Sugar, then let it boyle againe vnto a thicke sirupe. This sirupe staieth the laske, and comforteth the stomacke. Miua.

The other sort of *Miua* is called *Miua Citoniorum Aromatica*, for that it is prepared with good spice, like as followeth: Take the iuice of sower Quinces seuen common pounds, old wine halfe as much, clarified hony two pound and fower ounces, or one may take Sugar in stead of hony: let them sethe away scumming it, and afterwards hang in this sirupe bounden in a cloth Cinnamome, Cardamome, of each one dragme and a halfe, Cloues one dragme, Ginger, Mastick, of each two scruples, Saffron one dragme, Mace two scruples, Muske halfe a dragme, *Gallia Muscata* one dragme: this being all beaten grosse togither, wring it often out, that the force of these may come into the sirupe. This sirupe is much warmer than the other, and therefore it is not to be vsed for the loseneste of the belly which commeth through heate: otherwise

it strengtheneth the stomacke, the lyuer, and all inward members: it causeth appetite to meate, it helpeth digestion, and taketh away the vomiting.

Sirupe of Mirtles. The sirupe of Mirtles will we adde vnto it, for that the same is very fit for all scowrings or fluxes. Take Mirtle sæde twelue ounces, the iuice of Sloes and Butchers broome sæde, of each fiftéene graines, Roses one ounce, burnt Iuorie and *Hypocistis*, of each one quarter of an ounce, Mints one dragme: sæthe them all togither in raine water vnto the halfe, then straine it thorow, and put vnto it sixe ounces of the iuice of Quinces, hony twelue ounces (but clarifie it well) and let it boyle vnto the consistence of a thick sirrupe.

Another, which is very common at the Apothecaries. Take Mirtle sæde ten dragmes, White Saunders, Butchers Broome sædes, blossomes of Pomegranates, of Barberies, of each fiftéene dragmes, Medlars sixe ounces and two dragmes, iuice of Pomegranates, iuice of Crabs, of each twelue ounces: boyle the foresaid simples in these iuices, and with thirtie ounces of Sugar make a sirrupe of them.

For this is also fit these vsuall Sirrupes following, viz. the sirrupe of Raspes, *Oxysacchara*, of dry Roses, and of Peares, for therewith will the sharpnes of the matter be delayed.

Clisters are also fit for this disease (whereof some be héere set downe.) First, they are to be made, which the Phisitions do call *Lauatiua*, which be those that do wash the bowels, for which there is none other to be vsed but Barly water only. Secondly, if it be desired to haue them clense more, then temper with it some hony of Roses, or a little slight Sugar. The third sort is binding and asswaging the paine: Take a handfull of parched Barly, sæthe it well in water, take of this decoction twelue or sixtéene ounces, slight Sugar thrée ounces, oyle of Roses two ounces, and two yolks of Egs. This Clister may be often vsed.

It is to be noted, that there is to be taken for it oyle of Roses, which is made of Rose buds, for that it is better for this purpose. You haue also a Clister before in the fiftéene §. which was made of the broth of a Lambs head. For such a one you may vse stæled water, and to sæthe therein the sædes of Plantaine. But if so be that then the scrapings of the bowels passe not away withall, there must then be tempered amongst it one ounce of Dære suet, and a dragme of Dragons bloud.

For to know whether the vppermost or the vndermost bowels in the red or bloudie flixe be perished, take a handfull of Dogs dung, and dissolue the same in stæled Wilke, and giue this to the patient, then, if so be that he presently with paine, with purulencie and bloud auoyd the same againe downeward, and be mixt with the excrements, then it is a sure signe, that the disease is in the lowermost bowels. But if he goe much to stole after the paine (the bloud being separated from the excrements) and if the paine be about the Nauell, then it is a signe that the place of this flixe is in the vppermost bowels.

If you desire to stay this bloudie flixe, then are these things following to be vsed, to wit, stæled water, the iuice of Plantaine, the iuice of the herb Mullin, and the iuice of Sloes, wherewith one may temper a few paper ashes, and one or two yolks of Egs sodden hard, the powder of sealed earth, or fine Bolus, and the oyle of Mirtles, of which you may chuse that liketh you best, and can get soonest.

This Clister ensuing dryeth and healeth. Take vnwormeaten Gals, Butchers Broome sæde, and Bolus, of each one quarter of an ounce, Dære suet or Goats suet, one ounce and a halfe, two hard sodden yolks of Egs well beaten one ounce, of the iuice of Plantaine and rayne water, as much as is nædefull for to sæthe the premisses in it. Or take the decoction of butchers broome sæde. This Clister is the patient to kæpe with him as long as euer he can.

Another. Take pæled Lentils, Millet, Roses, blossomes of Pomegranats, and Gals, of each one handfull: sæthe these together in a pinte and a halfe of water vnto the halfe, take thereof ten ounces, of the oyle of Roses one ounce, paper ashes one dragme, and Dære suet one ounce, and the yolke of a rosted Egge, and make thereof a Clister.

Suppositories: Take white Henbane sæde, *Opium*, white Poppie sæde, burnt Iuorie, blossomes of Pomegranats, and Frankincense, of each a like quantitie, boyled Hony one ounce alwayes to a dragme of the premisses, make Suppositories of it. They be strong, they thicken the humor, procure slæpe, and take away the paine: but they be not to be vsed, but when the paine is intollerable. These Pessaries may be made for women to be vsed in the Mother. Take Frankincense, Linsæde, and Saffron, of each one dragme, temper them well together,

and

and bind it in a fine cloth with a threede at it, that it may be well pluckt out againe. In great extremities may the Stupefactiues be vsed, which doe numbe the sinewes, yet are they not to be vsed vnlesse all inward and outward remedies haue beene applyed. But first of all are outwarde medicines, and afterwardes inwarde to be adhibited. Likewise the remedies which be ministered by the mouth, are first to be tryed, and afterwards from belowe.

Pils for all maner of fluxes of blod.

For this are these pils ensuing also vsed: Take the blossomes and pils of Pomegranates, Mirtle seede, Comfrey rootes, Dragon blod, fine Bolus, the iuice of Sloes, Roses, Argall, *Hypocistis*. Butchers browme seede, and Saffron, *Gallia muscata*, Gals, Cinamom, burnt Iuory, Mace, and Gum, of each one dragme, *Opium* one dragme and a halfe; make of them with the iuice of Plantaine, as small pils as Hempseedes, and giue thereof nine, or eleuen at one time. Item there was a woman that voyded eightéen pound of blod at three times, and she was cured with *Philonium Persicum*, which was tempered with the iuice of Plantaine, and parched Rubarbe. But in these waighty matters, an expert Phisition is to be sent for, because (as we haue tolde already) there is no iesting with this *Philonium*.

## What ought to be outwardly vsed for this disease.

FIrst of all it is good to binde the armes, but not the legs; then is also a bath to be made, wherin be decocted the leaues of Quinces, Peares, Medlars, Seruice tree, Cornus leaues, Butchers browme, Gals, Mirtles, Acorn cups, Roses, and such like binding things, wherein the sicke persons are to be set euen vp to their Nauels. Thus may you also séethe the foresaid things, and wet clothes in the decoction, and then lay them warme vpon the belly: or in the steed of them, to vse the iuice of Plantaine, or any other iuices of binding herbes; as Butchers browme seede, or Mirtle seede: and temper also of the powder amongst it, whereof be made *Trocisci de Terra sigillata*.

These sicke persons doe complaine also of great paine, when the sharpe humor scowreth thorowe the excoriated bowels. Now for to asswage the same, you are to take of the first mentioned things, which you will: but you must put alwayes Cammomill and Melilot vnto it, and afterwards let them séethe in wine or stéled water, and then lay them with a cloth wrong out, or with a spunge vpon the paine. You may make also threé or fower bags of the foresaid things, and séethe them in wine, and so lay them warme vpon the paine, and when the one is cold, then to lay another vpon it againe.

There be also fumigations vsed for this sickenes, for which is to be taken Cypers nuts, Mirtle seede, Butchers browme séed, Pomegranate pils, and wormeaten Gals, of each one handfull, the iuice of Sloes, prepared Coriander, *Hypocistis*, Plantaine séede, Roses, Frankincense, *Sandaraca*, *Gallia muscata*, Bloodstone, and Marierom, of each one handfull, Cinnamom, Mastick, and parched Caruway seede, of each one dragme, *Colophonia* one ounce and a halfe; make a powder of them and strowe thereof vpon the coles, and receiue the fume from belowe.

Another: Take Marierom, séedes of Butchers browme, Mirtle and Coriander, of each one handfull and a halfe, blossomes and pils of Pomegranats, *Hypocistis*, and yellow Rose séedes, of each halfe a handfull, rootes of the herbe Mullin, rootes of *Carduus Benedictus*, the rindes and roots of the Mulbery tree: make al these to powder, and then make also a bag for to sit vpon, and take therewith the first aboue mentioned things, and boyle them in wine.

For a plaister: Take a shiue or twayne of Rye bread, tosse it well, and besprinckle it with Vineger or red wine; afterwards beate it, and put vnto it Gals, Acorne cups, the blossomes and shales of Pomegranates, and the rindes of the Medlar tree, of each two ounces, Roses, Starch, the iuice of Sloes, fine Bolus, sealed earth, and Dragon blod, of each one ounce; make them all to powder, and put it then amongst the foresaid bread. Further, make a plaister with a sufficient quantity of the oyle of Mirtles, Roses, and Rose water, with as much Vineger as sufficeth, and so lay this plaister warme vpon the stomacke.

This patient may also vse such salues for this disease, as doe hereafter follow: Take oyle of Roses, of Mirtles, oyle of Quinces, and of Mastick, of each halfe an ounce, Gals, Roses, blossomes of Pomegranates, Mirtle séede, fine Bolus, Dragon blod and Mastick, of each one scrup. Ware as much as is néedefull for to make a salue. This following is stronger: Take Mastick fiue ounces, oyle of Quinces and of Mirtles, of eache three ounces, Mastick, the iuyce of Sloes,

and Dragons blod, of each thre quarters of an ounce, red Corall, Amber, sealed earth, of eache halfe an ounce, the innermost pils of Chestnuts, prepared Iron dross, of each one quarter of an ounce, fine Bolus, Pomegranate pils and Frankincense, of each one quarter of an ounce, Rosin halfe an ounce, Ware as much as sufficeth for to make an oyntment thereof, wherewith the belly must be annoynted 3. or 4. times a day. This vnguent is speciall good against excessiue flowing of the flowers in women, the same being layd vpon the Hips and vpon the Thighes.

Item, take Rosin thre ounces, the seds of Butchers broome, prepared Coriander, and Pirtle sede, of each halfe a dragme, Masticke two scruples, *Hypocistus*, red Saunders, of each halfe a dragme, oyle of Mirtles and of Quinces, of each one ounce and a halfe; melt the Rosin in Vineger, and make a Plaister of it, or a salue, and annoynt therewith the whole Belly, and about the Ribs.

Boring cups are also very mete for this purpose set on vnpickt vpon the Nauell, vpon eyther side of the Nauell one: this will drawe back the blod. Let them also remaine thereon the space of fower howers.

Some also do aduise for to open the Mediam other the Liuer vaine, thereby to delay the sharpnes of the humor, and to withdraw it, and also to cole the Liuer with it: but it is somewhat dangerous, and ought not to be effected at any hand, except it were for some great cause, and therefore is here the counsell of a learned Phisition to be required.

For a Lotion of the fete you are to take of the forementioned things, and therewith to rub the shins and the legs.

In fine, what simples soeuer are to be vsed for this red or blody Flixe through heate or cold, are these; to wit, in heate, take the blossomes of Pomegranates, Gals, Butchers broomeseedes, the iuice of Sloes, Roses, Barberries, Quince kernels and the rindes, Pomegranate pils, sealed earth, Bolus, burnt Iuory, *Hypocistus*, Pomegranate kernels, Sorrell sede, Plantaine sed, Raisons stones, and all binding fruits; as vnripe Melons, vnripe Mulberries, vnripe Sloes, Medlars, Seruices, the fruits of Cornus, and of such like. Of compounded things be *Trisantalon*, *Diacodion*, olde conserue of Roses, and many other moe which are before mentioned. Simples which bind and warme, are Nutmegs, Cipers nuts and the leaues, Frankincense, Myrrh, *Laudanum*, red Styrax, Amber, *Ameos*, Cinnamom, parched Annis, and such like. The compounded be *Diamentha*, *Diacinnamomum*, and all that are of the like nature.

## The other kinde of *Dysenteria* or bloody Flixe. §. 18.

IT hath bæn shewed before, that the learned haue described yet another manner of blody flixe, the which by the vnskilfull is wrongly called by the name of *Dysenteria*, for it commeth without any scrapings of the guts, and with much more blod than the former. Wherefore it is rather to be taken for a flixe of the Lyuer than for ought els. This flixe is also thre folde: first, idle persons that are full of blod, and that eate and drinke much; also they that omit their wonted exercises, are very subiect to this infirmity, for these of necessitie must haue ouermuch blod, which nature seeketh to expell as she doth all such things, that in any way are troublesome vnto her, but especially in the Liuer, albeit that some other inward partes might cause the same.

The signes of this flixe are first cleere blod, which with a great quantity doth sodainly passe away at one time, and returneth againe afterwards. It may also be well caused of sharpe medicines, which may be vnderstod and knowen of the patient.

Secondly, it may also happen through weaknes of the retentiue vertue: for if there be no perfect digestion, then seemeth the blod like vnto water wherein flesh had bæn washed and so is auoyded with the ordure by stole. In like maner it may be caused also very well through melancholy, and in the scowring is the blod blacker. But if it come through the inward Pyles, then is the blod cleere, yet somewhat blackish. Sometimes it is caused through some vaine, which chaunceth to breake within the body: And then doth this scouring come very sodainely, little or much, according to that the vaine so broken is great or small. The difference betwæne all these fluxes of blod is, that the Hepaticall flixe is without paine, where to the contrary, all other are not without paine and anguish of the place, from whence the blod issueth.

Thus

Thus for to cure this bloudie flixe, phlethorick persons who be infected with this scouring, must betake themselues to all manner of sobrietie in eating and drinking. Open a vaine, vse some exercise, and purge, if néede require. But if so be that the same be caused through any sharp medicine receiued, then is this scowring to be stayed by taking three dragmes of Cresses séede with stéeled Milke, or through any other binding medicine before mentioned.

This plaister following is to be applyed on the Liuer: Take Roses, red Saunders, of each halfe an ounce, Spike one dragme, Barly meale, two ounces, Wine and Vineger, as much as will suffice for to make a plaister, lay this warme vpon it. If this scouring procéede through heate, then giue him *Trisantalon:* Or if it come through cold, then giue him some warming Confection, and other things moe which be rehersed before. Secondly, if there run any black bloud amongst it, then open the Median. It is also good for this, that the bodie be well rubbed morning and euening about the place where the disease is, so that those things whereby these parts are nourished, might be drawne thither. But if so be that there be any vaine broken, then looke what is written of the casting vp of the bloud, which is caused through a broken vaine, in the second part, the fifth Chapter, and 18. §.

## Of all bloudie Flixes in generall. §. 19.

For a conclusion of all these bloudie Fluxes, there is to be added vnto them, to wit, if so be that through any excessiue scouring, (of whatsoeuer occasion it be) the patient fall into a swoune (like as it often happeth) what is then to be done in it. First of all, he is to be cherished with water, and moe other meanes are to be vsed for it, as in the second part, the sixt Chapter, 2. §. hath béene sayd of swouning.

Further, the patient is to be nourished with good meate, and Wine, to wit, with rosted Pullets, Turtle Doues, and other Doues, Cloues, Rose water, Galingall, and *Lignum Aloes*, which be very méete for him. When as then the swouning is past, then are all meanes to be sought for to stay his scouring, and to bring the patient to rest and slépe. There is also to be giuen vnto him one dragme of Treacle, or *Philonium*, and if so be that he can abide it, then let him bathe, euen as is herebefore admonished.

Item, we will moreouer adde hereunto a generall rule, how a man is to gouerne himselfe in these bloudie fluxes. First, he must beware of all moyst meates, because that thereby the moisture of the bodie is augmented; but there is much rather to be vsed all that is dry, like as hard baked Egs, and such like, without much salt, and much fat. Also all things are to be drest with Stéeled water, Oaten pap, Barly pap, and Pullets broths are not forbidden, neither yet thiues of bread baked in fat or butter. He shall also eate white bread: red Wine is better for this sicknes then white: but if you can get no red Wine, then take old white Wine which is not so sower, and temper the same with stéeled water, temper therewith some parched Gum, Bolus, and burnt Iuorie. In like manner also temper some iuice of Barberies in his drinke, or in stead thereof, vse wine of Barberies.

Almond milke made with stéeled water may he also drinke, but not to drinke much is best for all loosenes of the belly.

And whereas in this sicknes the patient commonly loseth his appetite, yet are there some Phisitions who permit the patient to eate what he most longeth for, albeit they do counsell most of all for bread and other meates which be most necessarie for this sicknes. Betwéene meales be conserue of Roses and Marmalade very commodious to be eaten.

For in this sicknes is the patient to be kept quiet, warme, and well couerd, and rather to let his ordure and excrements in a boll vnder him, then to rise often, for the lesse that he is stirred, the soner will the scouring be stayed.

All that is too hote and loseth much, is forbidden in this infirmitie, whether it be Spice, or any herbs: likewise also very strong Hony, Milke, Fruit, Chéese, Fish, and all doughy meates.

## Of the Conſtipation or binding in the body. §.20.

WE haue hitherto diſcouered many kindes of things, which doe ſtay the flure or laske. But it is well knowen to all men, that the health of man is oftentimes neglected, through conſtipation of the body, and when the excrements haue not their naturall courſe: therefore it is the principall determination of all famous Phiſitions, to kéepe open the body for all manner of ſicknesſes, whereby the ſuperfluous matter and bad humors may be auoyded, euen as euery where may be ſéene throwout this whole booke. And albeit this binding of the bodie procéede of diuers cauſes; yet it is not nédefull to diſpute further thereof, becauſe that in certaine ſicknesſes which be cauſed through this conſtipation, is ſufficiently ſpoken of it. We will here therefore ſpeake of the binding of the body in healthy perſons.

For this is firſt nédefull a common and neceſſary rule, to wit; all that is taken to loſe the body, it be done faſting, that is, when the ſtomacke is emptied of other meates, and that one faſt an hower or twaine after it: for if ſo be that the meate be mixed with the medicine, then can it not performe his operation as it behoueth; for it will thereby be hindered and enfébled. Secondly, to begin alwayes with the weakeſt and eaſieſt things: and if they worke not ſtrongly enough, then are after that more forcible things to be vſed. And becauſe no ſafer things can be vſed, than Suppoſitories and Cliſters, therefore we will firſt of all begin to ſpeake of them.

### Suppoſitories to prouoke Stooles.

THere be made many kinds of Suppoſitories, whereof theſe are the eaſieſt: Take Honie as much as you pleaſe, ſéethe it hard, and to proue if it be ſodden enough, let a drop fall vpon a cold ſtone, or vpon an Iron, which being cold, will ſpring in péeces if you ſtrike vpon it; if that it doe not cleaue, then it is ſodden enough. Afterwards temper amongſt it ſalte & meale, and powre it on a ſtone table, or on a Tin trencher, & roll vp the Suppoſitory as thicke as you will haue it: then cut it off and make both the ends ſharp and euen by the fire or candle, and afterwards reſerue it in Sallet oyle, or in Lyne oyle. Theſe Suppoſitories are to be put into the fundament, and to be kept therein as long as is poſſible. In like maner doth alſo this enſuing: Take two parts of meale and one part of ſalt; make a Suppoſitory thereof with the white of an eg, and kéepe it drie.

Other ſome vſe in ſtéede of this Suppoſitory, that which followeth hereafter: They beat the white of an eg, and ſtir a good deale of ſalt amongſt it, and a little Swte: they put the ſame in a fine cloth the quantity of a Nutmeg, and bind it faſt, and let a thréede hang at it; being annoynted with fat or oile, put the ſame into the fundament, and when you will goe to the ſtoole, then plucke it out againe.

Stronger Suppoſitories, which are to be vſed at the Apothecaries, are theſe: Take *Species Hieræ ſimplicis* one dragme, Salt halfe a ſcruple, Honie one ounce; ſéethe theſe all togither hard, and make Suppoſitories of them. Theſe may be vſed with all ſafety. But if you will haue them yet ſtronger, then put halfe a dragme of *Sal gemmæ* vnto it.

Species Hieræ.

The foreſaid *Species Hieræ* be thus made: Take Cinnamom, Maſtick, *Aſarabacca*, Balſam fruit, Saffron, Balſam wood, & Caſſie wood, of each one drag. Aloe two ounces; make a powder of them. There be alſo Suppoſitories to be made (if there can nothing els be gotté) of ſalt Larde cut in long ſlices; of Allom cut alſo of the longeſt faſhion, & of Venice ſope &c. For yong children are alſo Suppoſitories made of freſh Butter, Figs, and Béete rotes, and ſuch like. Alſo there be made for eſpeciall ſicknesſes many kinde of Suppoſitories, which be not here ſpecified.

The Cliſters be maruellous requiſite to open the Conſtipation of the body, and of more effect than the Suppoſitories: becauſe that through their moyſture and ſlipperynes doe enter further into the bowels, and do there ſupple, ſoften, and prouoke the going to ſtoole. Of theſe Cliſters we haue euery where deſcribed diuers in this our booke: yet we will recite here certaine moe, which doe open the body without any paine. Take Mallowes three handfuls, Béetes, Mercurie, of each two handfuls; ſéethe them togither and wring them out: then take of this decoction twelue or ſixtéene ounces, three yolkes of egs, oyle of *Seſamum*, or of Lineſéede fower ounces,

ounces, *Sal gemmæ* halfe a dragme, temper them together, and minister it warme.

Item, take Mutton broth, Veale broth, or Hen broth, as much as before, melt therein fresh Butter, and Ducks grease, of each one ounce, Saffron halfe a dragme, oyle of Dill and of Lillies, of each one ounce and a halfe, Indie salt one dragme, and then temper them together, this is somewhat stronger.

There may also be taken in stead of the foresaid oyle S. Tho. Sugar, and oyle of Violets, of each two ounces: but if so be that the paine be great, then may be tempered with it one dragme of *Philonium*, and one ounce of the oyle of Mandragora. In fine, all common Clisters be fit for this which be made of fresh broth, Sallet oyle, oyle of Violets, boyled Mallowes, Bætes, Pellitory of the wall, Cammomill, Melilot, and such like suppling things.

Some do vse also these things following in the stead of suppositories: Take new Milke and Butter, of each two spoonefuls, make it warme, and vse it as a Clister.

There be also many easy Conserues and Confections which do also lose the body, like as conserue of Pellitorie, which by long continuance doth lose if one take it alone. First, you haue before in the first part, the twelfth Chapter, in the second §. a conserue of Cozans, and others which be very requisite. How commodious also the Cassia is, hath in many sundry places bene seene. Yet hereafter ensueth a very notable and safe confection of Cassie and Manna for to keepe the bodie open. Take Damaske Prunes one ounce, Violets one dragme and a halfe, faire well water nine ounces, sethe them together vnto the halfe, and temper in this decoction Cassie two ounces, sowre Dates halfe an ounce, Manna one ounce, sirrupe of Violets two ounces, Sugar candie, and Sugar pennets, of each halfe an ounce: bruse the sowre Dates in the decoction, and then boyle them thicke with other confections, powre then the dissolued Manna vnto it, that through sething it lose not the force. This confection is requisite for all daintie persons which be bounden in the bodie, for it hath no vnpleasant taste, it doth lose very gently, expelleth *Choleram*, and asswageth an Ague.

A gentle purge in one aqueous haste an ounce at a time.

Also for a gentle laxation one may eate Cassie out of the pipe one ounce, casting away the stones.

For the same purpose are these Confections following also fit: Take a quart of good Rhenish wine, steepe therein the space of fire howres halfe an ounce of Sene husks, and one ounce and a halfe of Sene leaues, let them boyle well: temper afterwards in this wine Cozans pouned small one pound, fat Figs three ounces, rub these thorough a Strainer, which being done, put foure ounces of Sugar candie vnto it, and then let it boyle vntill it be meetely thick. Lastly, you are to mixe with it halfe an ounce of Cinnamome, whereof you are to vse halfe an ounce at a time.

These laxatiue confections following are commonly ordayned in Minerall bathes: Take rindes of yellow Myrobalanes, and of Indie, of each one ounce, bruse them well with Cozans, Sene husks two ounces, Polipody rootes one ounce and a halfe; let this sethe together vnto the halfe in the water of Betonie, Sage and Bugloss, of each fiue ounces, water of Mints three ounces, temper amongst them *Agaricus* one dragme and a halfe, Rubarb one quarter of an ounce, Ginger one scruple, Thyme and wilde Thyme, of each halfe a handfull. When it hath sodden meetely well, then let it stand a night, and in the morning wring it out, then mixe foure ounces of Cassie amongst it, the iuice of Cozans (which is *Looch de Passulis*) two ounces, beaten Cinnamome one ounce, *Spec. lætitiæ Galeni* one quarter of an ounce, Sugar fiue ounces, sethe them with Betonie water vnto a sirrupe, and make a confection of it.

Sowre Dates be also a blessed medicine, for they purge very mildly, and therefore they be seldome vsed alone, but what force and vertue they haue, is sufficiently shewed in the first part of this booke.

The laxatiue confection of Prunes (called *Diaprunis lenitiua*) is very pleasant and meete: it doth not only lose the belly, but delayeth *Choleram*, it quencheth thirst, & is good for all heate, but especially when the Ague is in his prime, and it is thus prepared: Take fiftie Prunes (the stones pluckt out) sethe them in sufficient water, then bruse them thorough a Strayner, that the skinnes may tarie out: afterwards put the broth or liquor into the same pot where they were sodden on the fire againe, and put vnto it three quarters of an ounce of dryed Violets, and let it sethe vp twice or thrice, then strayne out the decoction, and put it vnto the foresayd bruised Prunes. This being done, put fiue ounces of Sugar vnto it, and let it sethe againe vntill it be thickish,

Diaprunis lenitiua.

thickish, and then take some of the liquor remaining, and therewith temper Cassie and sowre Dates, of each one quarter of an ounce: lastly, mixe all together, and let it boyle softly vntill it be as thick as a confection.

Rubarbe conserue of Roses.

Item, take pouned Rubarb halfe an ounce, fresh conserue of Roses two ounces, temper, and vse thereof about one quarter of an ounce at a time.

There is scant any confection which is not only more mete for this matter, but in many other causes moe, then that which is called at the Apothecaries *Electuarium de Sebesten*, and is therefore worthie to be rehersed.

Electuarium de Sebesten.

Take *Sebesten* and Prunes (hauing both of them their stones taken out) of each two ounces and a halfe, Violet water sixe ounces, water of blew floures deluce, and Pompeon water, of each three ounces, Mercury water two ounces, Sugar pennets foure ounces, *Rob de Prunis* sixe ounces, pæled Melon sæde, Pompeon sæde, Gourd sæde, and pæled Cucumber sæde, of each one ounce, *Diagridion* one dragme and a halfe beaten small, boyle these fruits in the waters, then driue them thorow a strayner, and boyle them with the Sugar, and when it is almost cold, then adde the sædes cut very small, and the *Diagridion* beaten finely. This confection is very good for all hot Agues: for it easeth thirst, watching and bitternes of the mouth, and doth cause much vrine to be auoided.

There be also many kinds of Spices prepared, wherof Confections & other things be made, of which we will here describe some: to wit, *Diaturbith cum Rhabarbaro*, which is thus prepared:

Diaturbith cũ Rhabarbaro

Take *Turbith* and *Hermodactyli*, of each one ounce, Rubarbe one quarter of an ounce, *Diagridij* halfe an ounce, white and red Saunders, Violets and Ginger, of each one dragme and a halfe, Annis, Mastick, Cinnamom and Saffron, of each one dragme and a halfe, Sugar foure-tæne ounces and a quarter of an ounce: make of all these premisses a powder or Confection.

Another: Take Rubarbe halfe an ounce, Cloues and Galingall, of each one quarter of an ounce, *Hermodactyli* and white Sugar, of each three dragms, *Diagridij* sixe ounces, Sene leaues one quarter of an ounce, Indy *Spica*, Saffron, Ginger, Annis and Mastick, of each one scruple: lastly, make a powder of it. Both these are fit for to purge all bad humors, be they *Cholera*, *Phlegma*, or *Melancholia*.

Tabulats of Ginger laxatiue.

The purging Tabulats of Ginger be made thus: Take beaten Ginger one quarter of an ounce, Cinnamom and Cloues, of each one dragme, Nutmegs and Galingall, of each one scruple, Saffron foure-tæne ounces, *Turbith* halfe a dragme, *Diagridium* one dragme, Sugar two ounces; make Tabulates of it: exhibit not aboue one quarter of an ounce at once, for they be mætly strong. The like purging Confections you may find very many at wel furnished Apothecaries; to wit, *Diaphœnicon*, *de Succo Rosarum*, &c. Take *Epithymum*, Polypodie rootes, and Thyme, of each one dragme, Sene leaues three quarters of an ounce, Argall three dragmes, Cinnamom and Annis, of each one dragme, the powder of Dill leaues one quarter of an ounce, make them into powder: take a dragme of it, tempered with fresh broth.

The powder Pasaphan.

In Italy they haue a powder called *Pasaphan*, which is there much in vse; and is thus prepared: Take Sene leaues three dragms, *Turbith* one quarter of an ounce, good Rubarbe one dragme, Licorice, Annis, Fennell, of each halfe a dragme, Indy *Spica* fiue greines: these being all powdred, and then giuen one dragme at the most with wine or with any kinde of water.

This powder is very common at some Apothecaries, and is thus prepared: Take *Turbith* halfe an ounce, Cinnamom and Ginger, of each one quarter of an ounce, Galingall, Mastick, Cardamome, Cloues, of each halfe a dragme, Annis one drag. *Hermodactyli*, *Diagridion*, Sene leaues, of each halfe an ounce, Sugar three ounces; temper these togither, and giue him a drag. of it at the most.

Medicamen de Turbith.

*Medicamen de Turbith* is also common, whereof here doe followe two sortes: Take white Ginger, Mastick and *Turbith*, of each halfe an ounce, Sugar one ounce and a halfe; mixe these to a subtile powder.

The other. Take *Turbith* halfe an ounce, Ginger one quarter of an ounce, Mastick ten greines, Sugar three dragmes: this being beaten small and tempered well togither, purgeth slimy humors. Of the which may well be giuen to yong children, women in child bed, old folks and all dainty persons, one dragme at the least at one time. Of which may all be giuen according to the ability of the person, more or lesse.

Sene

Sene powder called *Pulvis Senæ præparatæ*, is not only laxatine, but also purgeth maruellous well the head. Pulvis Senæ præparatæ.

Take Sene leaues one ounce and a half, Ginger and Nutmegs of each two dragmes, Cinnamom and Argall, of each one dragme and a halfe: make a powder of it, and giue one drag. of it at once.

A powder: Take *Turbith* one quarter of an ounce, Ginger, Cinnamom, Mastick, Galingal, Cardamome, Cloues, Annis, *Hermodactyli*, and *Diagridij*, of each one dragme, Sene leaues halfe an ounce, Sugar one ounce; or put vnto them as much Sugar as you thinke good, for without Sugar it is not to be taken aboue one dragme. Item take Sene leaues halfe an ounce, Ginger, and Cinnamom, of each one dragme, Sugar one quarter of an ounce: take the halfe thereof, and strowe it vpon a slice or shiue of tosted bread, that hath béene steeped in wine, and so eate it. But if it doe not loose, then eate another slice of bread and the rest in a morning. It is surely good.

Amongst the things that one doth eate, some mixe Mercury leaues in a Sallet, for they do easily loose them, that be apt to goe to stoole.

Item, Dates, Mirobalanes, stued Prunes strowed well with Sugar, doe loose the body very mildely. Likewise also Damaske Prunes stued with Raisons, doe loose also if one sup vp the broth withall, fiue or sixe Figs eaten before meate, do open the bodie. Item, Corans washt in sweete Wine, and steeped therein, and afterwards dryed and strowed with Sugar, are also very good for this purpose. Or take Reysons (as is sayd) which be steeped, halfe a pound, beate them, and wring them thorow a hearne strayner, Sugar two ounces, Sugar of Roses, and Hony of Roses, of each one ounce and a halfe, sethe them well by a milde fire vnto a confection, then take of it as often as you will the quantitie of a nut.

Also you may steepe these Corans in oyle of sweete Almonds strowed with Sugar and then eaten, for much Sugar hath a laxatiue nature, and especially in yong children.

Now will we write of certaine laxatiue potions, of which be diuers readie at all well furnished Apothecaries to be had, and albeit you may vse the same alone, yet notwithstanding haue all Phisitions ordayned, that the same shall be commonly tempered and taken with purging medicines, whereof heere shall follow some, which the Apothecaries at *Augusta* haue at all times in a readines.

First they haue a drinke which they call *Decoctionem communem*, which is a common decocted potion, made after this manner: Take ten or twelue Prunes, Licorice, Corans, Annis séede, and Fennell, of each halfe an ounce, floures of Burrage and Bugloss, of each one dragme and a halfe, powre a quart of water vnto it, séethe it so long vntill a third part be wasted, then strayne it thorow. This drinke ensuing is of a temperate nature, for it is somewhat more cooling, and the same is to be vsed in sommer. Decoctio communis.

Take Corans, Licorice, Prunes, Iuiubes, Violets, Barley, péeled Melon séede, Pompeon séede, Gourd séede, and Cucumber séede, of each one quarter of an ounce, boyle them together in water like as is said before.

Take Fumitorie, Betonie, Mints, Mugwort, of each halfe a handfull, floures of Burrage and Bugloss, of each halfe a dragme, Annis, Fennell, *Asarabacca*, of each halfe an ounce, wilde Saffron séede three quarters of an ounce, *Calmus* one ounce, Polipody rootes, *Agaricus*, of each one quarter of an ounce, Sene leaues one ounce, the séedes and rootes must be beaten grosse, (letting them sethe first alittle) afterwards put vnto it the herbs, floures, and Agarick, and so let them sethe again: when it is then cold, wring it out hard, & keepe it wel very close stopt in a cole place. In like manner there is prepared a stronger which is called *Decoctio aperitiua maior*, and is made thus: Take Endiue, Cicorie, Fumitorie, of each one handfull, Agrimonie, Mindwede, and Harts tong, of each halfe a handfull, floures of Burrage and Bugloss, of each one quarter of an ounce, Thyme and wild Thyme, of each two dragmes and a halfe, rootes of Fennell, Smallage, Parsly, of each halfe an ounce, Annis & Fennell séede, Melon séede, of each one quarter of an ounce, sliced Licorice halfe an ounce, rootes of Cipers, rindes of Tamariske, of each three dragmes, Sene leaues two ounces, Polipodie rootes one ounce, *Agaricus* halfe an ounce, séethe them all together in water like as is said before, then wring it well out. You are to steepe in this decoction Rubarb three dragmes and a half, Indie Spica one scruple, *Sal Gemmæ* halfe a scruple, Cinnamome two scruples, let them stand together to steepe all a whole night, afterwards sethe Decoctio aperitiua maior.

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it once in boyling water, strayne it very well out, and put fiue ounces of Sugar vnto it.

Decoctio Senæ. A decoction of Sene leaues called *Decoctio Senæ:* Take Sene leaues two ounces, and Sene husks one ounce, rootes of Cicorie, Agrimonie, Hyssope, of each halfe a handfull, Polipodie rootes one ounce, seethe them together in a quart of water vntill the third part be decocted away, then wring it out, and keepe it in a cole place.

Infusio Senæ. Another, *Infusio Senæ:* This decoction is much vsed for the Pocks at *Augusta* in *Germany*, for which it is most meete: Take the husks and leaues of Sene, of each fiue dragmes, Ginger two scruples, Burrage floures, Violets, Roses, of each one scruple, Polipodie one quarter of an ounce, Corans halfe an ounce, ten or twelue *Sebesten*, sliced *Agaricus* halfe an ounce, powre vpon them sixteene ounces of boyling water, and let it be steeped the space of ten howres by the warme ashes, afterwards wring it out and keepe it well, whereof is commonly three or fowre ounces taken, and sirrup of Fumitorie, or *De Bizantijs* one ounce and a halfe, or two ounces tempered together, three or fowre dayes one after another.

There be also vsed many other laxatiue potions, like as this Wine following: Take Sene leaues two ounces, *Tymus*, and *Epithymus*, of each one ounce and a halfe, floures of Burrage and Buglosse, of each three handfuls, Harts tong, and rootes of Cicorie, of each two handfuls, Rosemary, *Stechas*, of each one handfull, Roses and Balme, of each three handfuls: these are to be put dry and sliced into a little Runlet, and powre fiftie quarts of Must vpon it, and then let it stand and clarifie, when as neede doth require, then may you take a good draught of it before meate.

Item, to drinke Pullet broth wherein Prunes are decocted, and to eate the Prunes is very commodious. But this broth relaxeth better when it is boyled with Corans and much Sugar. In like manner new Whay well salted and dronken warme doth lose, but better if it be sodden with Prunes.

In like manner also are you to take Wormewood, Hony, and Sugar, according to the ability of the person, seethe this together in water, and drinke a good draught thereof. Item, take Sanicle with the rootes, seethe it well, and drinke of it the quantitie of foure ounces, tempered with Hony of Roses.

If so be that pils could not be vsed, then take foure ounces of water wherein Mallowes were before decocted, and dissolue Sugar therein or Hony of Violets, and so drinke it. Or take Linseede, Hops, and Burrage, all together, or each apart, decoct them to a potion, this loseth also. The same doth also one ounce of Polipodie and halfe an ounce of Fennell seedes decocted together. Item, take conserue of Elderne one ounce, or one ounce and a halfe, dissolue it in fresh broth one pound, and drinke fasting a good draught thereof. Fumitorie and Goats milke boyled together doth not only lose the belly, but also clenseth the bloud.

The decoction of Charuill and of Larks spurres do also open the bodie. Item, the decoction of Coleworts, of Beetes, and of Lentils, in euery of these are you to temper the quantitie of an hasell nut of fine Turpentine, and to drinke it warme, which is also good for the excoriation of the guts.

The decoction of Creuises, and of all other fishes, are also very good for relaxation, but sweete oyle of Almonds is most commodious for this purpose, more sure and most pleasant being taken with Sugar. It asswageth all griping of the belly, and of the breast: which oyle is thus to be made.

Oyle of Almonds. Take Almonds as many as you please, make them cleane, beate them small, roll them a little on hote ashes, or on a small fire, stirring them alwayes about; put them afterwards very hote into a strong bag, which is made wet in Rose water, and presse it out forcibly, then haue you a fine and cleare oyle, whereof may be vsed for aged folks foure or fiue ounces tempered with course Sugar, for children, and also for the first borne, each according to his age.

Thick or puddle Wine, doth not only binde the bodie, but doth oppilate also the Lyuer, the Milt, and the Kidneys, this do they which drinke much of it, therefore it is to be refrayned.

Of all laxatiue medicines and potions, Manna is not the basest, but is highly commended aboue all other things, for it is one of the blessedst medicines, like as is mentioned more at large in the introduction. This Manna is ministred diuerslie, according to the abilitie of the person, like as water of Burrage, fresh broth, and such like. You may also giue of this Manna to yong children, to each one according to his age, be it in their Drinke, Milke, or Pap.

The vse of Cassie. In like manner is Cassie also a very notable and laxatiue medicine, euen as is shewed here-

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before at large in the introduction: for it is much more commodious to be taken after the forme of a conserue, then in any kind of potion, by reason that there must be put vnto it so much moysture, thus will we here prescribe for an example how the same is to be vsed: Take the rootes of Polipody chopt small one ounce, sethe them in the water of Burrage eight ounces, and dissolue therewith one ounce and a half or two ounces of Cassie, letting all that is black be washed cleane off, and then drinke this warme, it loseth very gently.

Here before in the first part, in the first Chapter and 3. §. you haue a good mead of Sene leaues for children and other persons very necessary to be vsed, yet this following may be prepared: Take Sene leaues halfe an ounce, Ginger and Annis, of each one quarter of an ounce, beaten Licorice three dragmes, sethe them all together in sixteene ounces of water euen to the halfe, drinke the one halfe in the morning, and the other halfe in the euening.

Also there be certaine Sirrupes vsed for the losing of the bodie, whereof the chiefest is, the laxatiue sirrupe of Roses, which is before described in the first part.

Also there is made a sirrupe of Sene leaues, as hereafter followeth. Take right Endiue, Cicorie, Agrimony, of each halfe a handfull, Venus haire, Harts tong, of each halfe so much, seedes of Melons, Pompeons, Cucumbers, & Gourds, of each one dragme, wild Saffron seede, Polipody rootes, seedes of Endiue, Cicorie, and Licorice, of each two scruples, Barly one ounce, winter Cherries, Windwede, of each one quarter of an ounce, Fearne rootes, Smallage, Fennell, and Sperage, of each halfe an ounce, Corans three dragmes, sixe or seauen Prunes, floures of Burrage, Bugloss, and Violets, of each halfe a dragme, sethe them all together in a quarte of water almost vntill the halfe, then wring it well out, and then lay to steepe in this decoction one ounce of Sene leaues, prepared *Agaricus* halfe an ounce, Rubarb three quarters of an ounce. When it hath stode so one night, and is wrong out, then temper with it, *Syrupum Capillorum Veneris*, which is the sirupe of Venus haire, the sirupe of Violets, of each one ounce, white Sugar three ounces, let this sethe by a soft fire vnto a sirrupe: lastly, put more vnto it halfe a dragme of beaten Cinnamome, and one scruple of yellow Saunders, and so keepe this sirupe vntill that you will vse it. Syrupe of Sene leaues.

Of this sirupe you may boldly giue one ounce, or an ounce and a halfe or more, vnto all delicate persons, yea to women also with child, and that with fresh broth, or any distilled water, for it is very safe.

Another Syrupe. Take Endiue, Liuerwort, Venus haire all greene, of each one handfull, red and white Saunders, of each one quarter of an ounce, Melon seede, Gourd seede, Cucumber seede, Pompeon seede, and Burrage, of each halfe an ounce, Sene, *Epithymum*, of each one ounce, Rubarb three quarters of an ounce, Turbith halfe an ounce, Indie Spica halfe a dragme, Ginger one dragme, Sugar twelue ounces, dissolued in Endiue water, make a sirrupe of it like as is taught in the first part, the fifte Chapter, and 6. §. fifte.

Hony of Roses loseth also very well, especially that which is made of the iuice of Roses, euen as it is described in the first part, the fourteenth Chapter, and 4. §.

For this are also sundry pils prepared, and that after this manner following: Take *Bdellium* and *Aloe*, which haue beene steeped the space of three dayes in Sheepes milke, of each one quarter of an ounce, temper them, and forme pils of them, vse thereof one scruple, or halfe a dragme at once, they will do you much pleasure. Item, take before supper one dragme of washt *Aloe*.

This salue following is also laxatiue, if that the belly and the nauell be annoynted with it: Take the salue *Agrippa*, and the confection of *Hiera*, of each halfe an ounce, the iuice of Swines bred and Scamonie, of each three greynes, *Euphorbium*, Turbith, Coloquinte, of each one scruple, beate them all together. Item, take Pitch and Frankincense, of each alike quantitie, cast them on hote coles vnder a close stole, and sit ouer it with the bare buttocks, it loseth.

For a conclusion, there is to be found through this whole booke, how that the bodie is to be losed and opened for all manner of sicknesses; but this is only spoken of all them who be in health, and cannot goe to stole.

Of

## Of the strayning or vnsatiable desire of going to stoole, which is called *Tenasmus*. §. 21.

FOr as much as through both the foresaid maladies, as well of the excessiue going to the stole, as through binding in the bodie; this strayning which the Grecians do call *Tenasmus* and *Tenesmus*, may be prouoked: Therefore we can not omit, but adde the same vnto the rest, and is thus described.

*Tenasmus* is a disease or maladie in the end of the Arsegut hard by the fundament, with great paine, and continuall desire to goe to the stole, where notwithstanding the patient can be discharged and rid of very little or nothing at all. We do call these kinds of scourings properly a strayning to goe to the stole; for it commeth for the most part alway with such a force, that it driueth out the Arsegut, and the fruit of women conceiued. The cause of this scouring may be as well inward as outward cold, like as when any one doth sit vpon cold stones, or that is gotten of the cold ayre, or in the water: contrarywise also it may be caused through heate and drought. Item, of any sharp rheume of the stomacke or Lyuer, of corrupted meates, or much moysture, through the vse of much fruite, through wormes, impostumation of the bowels, binding in the bodie, swelling of the Pyles, and also of any tough and subtile *Phlegma*. The signes whereof are easily to be discerned by the report of the patient, and view of the place, and ordure. Now as touching the remedies, Clisters are best of all for it. If this maladie do come of cold, then make the Clister thus: Take Mints, Marierom, Cammomill, Melilot, field Mints, Southernwood, of each one handfull, decoct them in sufficient water. Take of this decoction twelue or sixténe ounces, oyle of Cammomill, and of Lillies, of each one ounce and a halfe; then make this Clister very warme: but if there come any binding or stopping with it, then temper therewith *Benedictam laxatiuam*, or *Hieram picram*, three quarters of an ounce, or one ounce. The herbs and all that be decocted for this Clister, stampe them all to pap, and temper them with oyle of Rue and of Lillies, and let it boyle a little while, and lay it vpon the place where the paine is, and when it is cold, then lay on another that is warme, doing this 3. or 4. times one after another. When as then this strayning of going to the stole is red, then are you to vse this following: Take steeled Cow milke or Goats milke, Mutton broth, or Veale broth twelue or sixténe ounces, melt therein one ounce, or one ounce and a half of Shéepes suet, and two ounces of the oyle of Roses, then temper them together, & vse this Clister oftentimes. Item, take twelue ounces of Malmesey, the yolke of an Egge, let them boyle together in a drinking pot or kan in a kettle of water vntill it be very hote, then giue it afterwards vnto the patient, it is a very safe remedie. When all necessarie medicines haue béene vsed to this kinde of laske, and yet the paine doth not diminish in ten dayes, then may one vse the Clister which is described in the 17. §. beginning thus: Take péeled Lupins &c. and that at two or three times, as the case shall import. If these scourings be of a cold cause, then roll Millet or Panick with salt, and lay vpon it, or fill three bags with Bran, let them boyle in wine or water, lay one of them vpon the belly, another vpon the back beneath, and the third vpon the fundament, as warme as may be possibly suffered, and when they be cold make them warme againe. Afterwards annoynt the place with warme oyle, or with the salue *Marciaton*, and sprinkle wine vpō a hote stone, then lay a cloth vpon it against the burning, and sit vpon it with the buttocks as hote as may be suffered. Others do counsell for to foment the fundament with red Wine, wherein the herb *Verbascum* hath béene sodden, and that afterwards to sit vpon a hote Oaken or Cipers wooden boord. Some do commend for this a Poplar boord. Or if one cannot get such a one, then a Firre boord, and as sone as one is cold, then to take another warmed againe, and vsing this so long vntill he féele the warmth within the belly. Then is the fundament to be annoynted with molten Harts suet, or to fume it with Pitch, like as not long ago hath béene rehearsed. Item, Holyhock rootes, Linséede, Fenegréeke, Cammomill, Melilot, the vpper sprigs of Colewoorts, of each three ounces, poune thē all together, & séethe them in reasonable water. You are therewith to wet a spunge, wring it out, & sit thereon, and lay it vpon the fundament; yea, to sit also in the water. Item, take the séeds of Plantaine, prepared Coriander, Mirtle séede, Acorne cups, yellow séeds of Roses, Cipers nuts, of each one dragme and a halfe, Gum, & Dragagant, (both parched) of each one ounce, beate them together, and put them in a bag, and séethe them with

with Wine, then must one sit hote thereon. Item, sæthe oaken leaues with water in a bag, and hold the fundament vnto the heate of it, and when it is cold, make it hote againe, and do this oftentimes one after another.

For a salue: Take oyle of Roses one quarter of an ounce, Saffron ℈. greynes, Shæpes sewet, Dære sewet, of each one ounce, make a salue thereof, it doth maruellously take away the payne.

Another. Take Frankincense, *Lycium*, Saffron, Gum, *Opium*, of each one dragme, vnripe oyle of Olives, *Colophonia*, of each three dragmes, Ware as much as is nædefull for to make a salue with it, the lard of a Bore, and of all foresoted beasts: also the fat of all Fowles is especiall good to be vsed for this disease.

You shall take for a plaister Hollyhock rotes, Linsæde, Fenegræke, of each one ounce, sæthe them well, and poune them together, and temper amongst it halfe an ounce of pouned Cammomill, the yolks of two Egs, and lay it against the fundament. For this, may you also take Garlick boyled to grout, the heads of Lækes fryed in Butter, with oyle of Roses; and a little Ware made into salue may also be vsed for this purpose.

For this is also requisite the fume and vapor of diuers things, as the leaues of a Pearetræ, of Medlars, Quinces, Dragon bloud, fine *Bolus*, blossomes of Pomegranats, and sealed earth, whereof you may sæthe (which you please) with Wine. When as then the patient hath bæne at stole, then is he to receiue beneath the vapor of this wine powred on a hote stone. Item, take a hote brick, sprinkle it with Wine and Mastick, vse it as before. Or make a fume with *Colophonia* or Pitch.

This confection also following may be vsed: Take Mirtle sædes, Pomegranat blossomes, Roses, and Pomegranat pils, of each halfe a handfull, Butchers Bromesæds, Sorrell sædes, the sæde of Plantaine, yellow Rose sædes, Barberies, white Saunders, Mastick, burnt Iuorie, of each one quarter of an ounce, Annis, sædes of Endiue, Cypers rotes, and Frankincense, of each one dragme and a halfe, prepared Coriander, Cinnamome, red Corall, of each halfe a dragme, the iuice of Sloes, *Hypocistis*, Storax, Cypers nuts, parched Gum, of each one dragme, white Poppie sæde three dragmes, poune all that is to be pouned, and with dissolued Sugar make thereof a confection: you are also to put vnto it some iuice of Pomegranats. Item, take the bones of the head of a fresh taken Pickrell, the waight of a dragme and a halfe, stampe them small, and drinke them with Wine, or any fresh broth. This is taken for to be a most sure experiment.

Suppositories which are to be vsed are these: Take Frankincense, Myrrh, Gum, Linsæde, of each one quarter of an ounce, *Opium*, Saffron, of each halfe a dragme, temper all these with the white of an Egge, and make thereof short suppositories, then binde thereon a strong thred, so that you may pluck them out when you will. Some do put Smallage vnto it, these are now the principall remedies for this scouring: but if so be that there be other causes with it, as wormes, obstructions, and swellings, whereof we haue herebefore made mention; you may reade of either in his proper description.

And for a conclusion, all bitter, sharp, and sowre things are to be refrayned, for that all such make the going to the stole, gnawing, excoriating, painefull: Pullet broth, Barly pap, oaten pap, and such like light meates, are very commodious for him, and aboue all things must he beware of cold.

## Of the paine in the stomacke in generall. §. 22.

22. §.

THese kinds of lasks and bloudie flixes haue awhile seduced me from the infirmities of the stomack, and because these lasks (as hath bæne shewed) for the most part procæde from the weakenes of the stomack, with an infection of the Lyuer and other parts moe, it would in no wise haue bæne decent to haue treated of them elsewhere. But now we purpose to procæde with our intent, and write of the paine in the stomacke, and of all that appertaineth vnto it.

This paine of the stomacke may be caused of diuers and sundry meanes, to wit, of some outward blowes, fals, wounds, of a pearcing cold, or an extreame heate, of a bad digestion, that hath long continued, of ouermuch meate or drinke, of eating either too hote or too cold things,

or

or of windes conteyned in the stomacke: and in fine, of all the foure humours of the body, also with or without an impostume. And indede in this paine of the stomack, and also in all paynes of the Liuer, it were very nedefull to vse the counsell of an expert Physition, that might discerne and know whence these infirmities procede, and whereon each symptome dependeth. For if in this point any error be committed, then is this malady imparted vnto all the parts of concoction. Wherefore great hede must be taken what ought to be vsed in euery accident, for as their causes be diuers, so also do they differ in their signes.

If this infirmitie be procured by some outward occasion, that is to be knowen of the patient himselfe: or if the cause be a bad digestion of the stomacke, that is perceiued by the sower belchings. If it come by ouerlading of the stomack and bad digestion, then doth the patient finde a heauines in the stomacke, with wamblings and vomitings, and god ease after them. If it be caused of heate, then feleth he a gnawing, heate, drought, and swetenes in the mouth, because it procedeth of blood. If it be procured of choler, then hath the patient a bitternes and a taste of Verdegreace in his mouth. The paine that commeth of phlegme, hath alwayes a salt taste with it. Also the spettle may shew what the cause is, whence this infirmitie might procede.

Melancholy is knowen thereby, that there is neither heate, nor paine with it, but only a sower and bad sauour in the mouth, which also otherwhiles is perceiued by that which is brought vp by vomit: vnto this is commonly adioyned a hardnes in the splæne, and a paine in the left side. But if this paine of the stomacke procede of windes, then may you perceiue a wambling and belching, or breaking of winde vpward.

These are the commonest signes of all paines in the stomacke, and first we will write of the paine in the stomack, that is without an impostume.

23. §.

## Of the payne of the stomacke without impostumation through heate. §. 23.

For all paynes of the stomacke where there is great perturbance, great wambling, parbraking and vomiting, it may be iustly adiudged, that it doth procede of an hote occasion, for which vomiting (by taking of lukewarme water) it is to be prouoked; or if the same be too weake, then to put some Sallet oyle vnto it, or oyle of Dill, or oyle of Violets: the same doth also the sede of Orage, tempered with Vineger. But there be in other places other remedies moe described for to purge the patient by vomiting, and if this ease him not, then it is nedefull that the patient be purged: but first he is to take some preparatiue potions, euen as hereafter follow.

Take husked Barly two ounces, Endiue and small Endiue, of each one handfull, Roses, sæds of Melons, Gourds, Cucumbers, and Pompeons, and the iuice of Pomegranats, of each one ounce, Sugar nine ounces, make a cleare sirrupe of it, vntill there remaine about twelue ounces, giue alwayes two ounces of it at once with Barly water or Endiue water.

For this is also *Oxysacchara* god, made with the iuice of Limons or the iuice of Roses, wherein is decocted a little of the iuice of Wormewood taken with Barly water. When as these potions be taken, then is to be giuen for a purgation one ounce of *Hiera Picra* with Endiue water, or if the patient feare the bitternes, then may he take this following.

Take Violets and Burrage floures, of each halfe an ounce, nine or ten Prunes, sowre Dates one ounce, Corans one quarter of an ounce, sethe them in twelue ounces of water, so that there remaine after the strayning out foure ounces of the decoction, then lay to steepe in this warme Colature one ounce of the rinds of yellow Mirobalans, let it stand the space of one night vpon warme ashes, being strayned thorow in the morning, temper halfe an ounce of Cassie with it.

There is also to be giuen daily to the patient, bread which hath bene steeped in the iuice of Pomegranates, and *Syrupum Acetosum, de Cydonijs* with it, and (as is sayd before) Mutton broth and such like. Moreouer, the Julep of Roses, of Violets, wine of Pomegranats, Veriuice with water (wherein Lettice, Purslaine, and Endiue were boyled) be very god for this maladie. After purging, the patient may drinke otherwhiles Buttermilke and well water, if so be no impostumation in the stomacke do let the same. He may also eate well Lettice and Purslaine with small vineger, Melons, and Cucumbers: all his other meates must be light of digesture, as

Hens,

Hens, Pullets, Partridges, and small fishes dressed with vineger, Citrons, Oranges and Limons be very meete for him.

White cleere wine is tolerable for this if it be well watred, but if so be that there come a drouth with this heate, then must moyst things be ministred, as namely, Mallowes, Spinage, and such like. And further also to vse water baths: in fine, all that wanteth for this is to be taken and had in the 6. §. where we haue discoursed of a weake stomacke through heate.

## Of the paine of the stomacke without impostumation through colde. §. 24.

IF so be that this payne of the stomacke be bewraied through belching, then is it easily to be marked, that the same paine is caused through some winde, which is ingendred through colde. Therefore are we here to shewe whence the same is caused: But as much as concerneth the Belching, it shall hereafter be spoken of.

## Of the paine in the stomacke through winde. §. 25.

THis is the maladie of the stomacke, the which we call belching, and the Latinists do call it *Ructum*, the which is none other but the wind which nature expelleth through the mouth, and it is thus described.

Belching is an ascending winde which commeth out of the stomacke, and is not digested, but is driuen out through the expulsiue vertue of the stomacke.

This is caused of a flegmaticke matter, or meate which is resolued in the stomacke into winde through the feeblenes of naturall heate, and is expelled out of the stomacke. Like as for example we apparantly see, that in time of great heate or great cold, the weather is least of all clowdy or foggie.

The causes of these belchings may well be a feeble heate of the stomacke, which cannot digest sufficiently. And albeit there be warmthe enough, yet hath he nothing but windy meates to worke vpon; and the belching which procedeth of great heate, happeneth but two or three times one after another. The windy meates are these, viz. Porredge of Beanes, Peale, Rye bread, Swines flesh, Chestnuts, Figs, dried Cherries, Must and all colde meates, which doe abate the naturall heate: also rosted egs, Dinions, Radishes, and all that be of such natures.

This belching may also be caused of superfluous meates or drinks, for if they cannot be consumed, then do they ingender winde.

Also this may well be caused by a cold rheume, which falleth also into the stomacke, through want of sleepe, through some vnnaturall heate or cold, through ouer hot or cold bathes, through mighty motions, and through throwes vpon the stomacke, and also by bruising or wounding of other parts, which hinder digestion.

The signes of this belching are these: first when one hath neither smelling nor taste, before he haue taken his meate. Secondly, the stench declareth an vlceration or stinking matter in the stomacke. Thirdly, if the rising of the meate taken, be sower, and the smatch commeth vp again with it: thē is it a signe of a bad digestion. Fourthly, if the belching do come after *Asthma*, or after an heauy breath, then is it good and profitable. Fiftly, in like sorte it is very fit, if that any winde comprehended in the stomacke be belched vp. But if the winde will not auoide the stomacke, then is there some other infirmity to be looked for. Sixtly, the reasonable belching (if so be that the digestion be not thereby annoyed) is very commodious, and the digestion much holpen with it. Seuenthly, all they who haue many sower belchings, doe not lightly get any pricking or shooting in the breast. Eightly, all they which be awaked out of their sound sleepe, doe not well digest, and be much subiect to belching, and that more or lesse according to the meate receiued. Ninthly, the belching which tasteth like Verdigrease betokeneth a great heat and a stinking matter in the stomacke.

And now to proceede to the remedies for the belching, there be first certaine sure rules to be kept and obserued.

First, if there ingender any winde in the body which nature would willingly expell, then is it not to be detained at any hand; notwithstanding, for reuerence sake, to forbeare it in the presence of other folkes. Secondly, one ought to beware of all surfetting and superfluitie of meate.

Thirdly al cold is to be refrained, and especially coldnes of the féete. Fourthly, all they that be plagued with sower belchings, are to vse *Diatrion pipereon*, and such like, and to drinke it with wine; but they who haue only certaine vapors ascending from the stomacke, they are to be holpen with Wormewood or *Hiera Picra*. Fiftly, all they that doe belch of an ill stomacke or bad digestion, they must liue very soberly. Sixtly, sobrietie and warmth of the stomacke is passing good for all belching from the stomacke.

Now if that this belching do procéede of a colde stomacke, then is the patient to be kept marueilous sober, and to eate nothing but light meate, and therewith to vse one of these things following, as *Diacyminum*, *Dianisum*, *Diagalanga*, *Diapipereon*, *Aromaticum rosatum*. Or let these confections be made: Take *Species Diacinamomum*, *Diambra*, *Diagalanga*, of each one dragme, Sugar sixe ounces, séethe them with the water of Mints or Hyssop, and make Tabulats of it. This being made, then vse one quarter of an ounce of it, or halfe an ounce at once. It expelleth all winds of the stomacke, it consumeth all cold matter of the bowels, and is very commodious for the stomacke and the lyuer, taken before meate. Item, take pouned Galingale one dragme, drinke it euery morning with wine. Item, Cinnamom chewed long in the morning, doth also auoyde all winde. In like manner the confection of Bay berries doth vehemently expell all windes out of the stomacke, and out of all other parts. Or make this following: Take Annis, Spikenard, Mace, Louage, and séedes of Rue, of each halfe a dragme, Commin one quarter of an ounce, Sene leaues one ounce, Argall one dragme and a halfe, hony of Roses sower ounces and a halfe, Sugar halfe an ounce, the Sugar and Hony shall be boyled vntill they be thicke in the water of Hyssope, and temper the rest amongst them: take sometimes also halfe a dragme or one dragme of fine Treacle, or Mithridate in good wine.

## Potions, and such like.

TAke of an olde Cocke or Hen, stop it full of Cinnamome, Cloues, Ginger and Seduarie, as much as you thinke good, let them séethe well, and drinke of this broth euery morning eight ounces at one time. Or drinke in the morning a good draught of wine, wherein be stéeped Nutmegs, Galingale and Cloues. A little *Aqua vitæ* is also very good. You may likewise vse for this vitall waters, Conserues of Betonie, of Eiebright, Gilloflower wine, Betonie wine, and wine of Eiebright, are very méete for all cold diseases of the stomacke.

Of sirupes are especiall good for this disease, the sirupe of Wormwood, of Mints, of Quinces, and aboue all *De Calamintha*. Or make this following: Take Marierom, rumpled Mints, Wormwood and Penniroyall, of each one handfull, Hony water sower and twenty ounces, one quart of good white wine, séethe the herbs euen to the halfe, then straine it and clarifie the broth, put as much Hony vnto it as you thinke good; temper afterwards amongst it Ginger, Galingale, *Lignum Aloes*, Citron péeles and Spikenard, of each one quarter of an ounce, then make a sirupe of it, like as in the first Part and the 6. §. is taught. Also you may temper with it Commin, Fennell, Caruway, Annis, Cloues, Mother Cloues, or Cinnamome. For all these things do expell winde, and strengthen the stomacke.

These pils following do not purge, but expell winde: Take *Asarabacca*, Commin, Fennell, and Annis, of each one quarter of an ounce, the séedes of Rue, rotes of *Mandragora*, of each one scruple, Beuercod one dragme and a halfe, make as many pils of it as you please, and vse one dragme or one dragme and a halfe of it at one time. For when one will purge, then take these pils following: Take Indie Salt halfe a scruple, Waight Aloes two scruples, *Pil. Alephangina* one quarter of an ounce, temper them togither, and make seuen or eight pils of them, and vse them at one time.

## Suppositories which do drawe downe the windes.

TAke *Ammoniacum* one quarter of an ounce, *Opopanacum* one dragme, Ware two ounces, Turpentine three ounces, Indie Salt one dragme and a halfe, Saltpeter two ounces and a halfe, Rue, Caruway, Siluer mountaine séed, Cuscuta, Centorie, Coloquint, Commin, Swines bread, of each one dragme and a halfe, *Colophonia* one quarter of an ounce, melt the Gum, the Ware and Turpentine, and temper the rest (being beaten) amongst it. Then make suppositories of it the bignes of a small finger.

Others

Others do take *Ammoniacum, Galbanum, Opopanacum*, of each one quarter of an ounce, *Sagapenum* one dragme and a halfe, dissolue them in vineger, temper them afterwards in fower ounces of molten Hony, and put Swines bread vnto it, Coloquint, Turbith, and the rootes of Ferne, of each one dragme, Scammonie one quarter of an ounce, parched Salt one ounce and a halfe, then make thicke suppositories of it: for this are you to abate or increase the described waight more or lesse, according to the importance of the cause; for they be very strong, and draw downe the winde, and the ordure very vehemently.

This powder following is also very good for all windes: Take Marierom, Rue, Mints, Ameos, Mallicke and Frankincense, of each three dragmes, Cloues halfe a drag. make a powder of them, and giue thereof one dragme at the same time.

Another: Take Cinnamome one ounce, Ginger three quarters of an ounce, Cloues halfe an ounce, Galingale one quarter of an ounce, Nutmegs three dragmes, Cardamome one drag. and a halfe, Mace one dragme, Pepper one quarter of an ounce, *Spica* one dragme, Comin three quarters of an ounce, Saffron one dragme and a halfe, Sugar one ounce and a halfe: take one dragme thereof with good warme wine.

## Here followeth that which is outwardly to be vsed.

TAke Millet and Salt, parch them well, then put vnto them Parietarie and Nettles, and lay them warme vpon the stomacke. Or sethe Rue, Marierom, Cammomill and Mints in wine, and wet a sponge in it, or a woollen clout, wring it out, and lay it warme vpon the stomacke. You may also sethe the same herbes in Sallet oyle, and annoynt the stomacke with it, and then lay it warme thereon with vndrest sheepes woll.

Another oyntment: Take Rue one handfull, Beuercod one quarter of an ounce, Annis one ounce, Aristologie two ounces, red wine three ounces, Oyle of Bery fower ounces, poune them all grossely that are to be pouned, and let them sethe vpon hot ashes vntill the wine be boyled away: then wring it thorow a cloth, and with Waxe make a salue of it for the stomacke.

These oyles following are very necessarie for him; to wit, oyle of Rue, of *Mandragora*, of Penniroyall, of Dill, of *Spica* and Bayberries, mixt togither or each alone. This plaister following is very good for to consume the winde of the stomacke, of the lyuer, and of the milt: Take *Ammoniacum, Opopanacum*, Turpentine, Rosin, of each halfe an ounce, Cardamome, Cypers rootes, Sauin tree, Saltpeter, Bayberries, Cassie wood, Melilot, Fenegreeke meale, Smallage seedes, Marierom gentle, of each one dragme, melt and poune them as behoueth, and then temper them with the oyle of Spike and of Waxe, as much as is needefull for to make a plaister; spread it on a leather, and couer it with syndall, and so lay it ouer the stomacke. You shall haue also hereafter a good plaister against the obstruction of the lyuer with colde, beginning: Take Roses fiue dragmes, &c. which plaister is also meete for this purpose.

This fomentation is also maruellous meete for this: Take Wormwood, Mints, Marierom, rumpled Mints, Fennell seede, Dill seed and Commin, of each one handfull and a halfe, Mastick, red and white Corall, *Gallia Muscata*, of each one dragme, Roses two handfuls, Squinant, Mirtle seede and Coriander, of each one handfull and a halfe, wilde Vine leaues one handfull and a half (but not Bryonie) cut them all grosse, & then sethe them all in three quartes of wine vnto the halfe (except the *Gallia Muscata*) this is to be put last of all vnto it, when as the decoction is strained. Then foment the stomacke with it with a great sponge. These bags are also to be made; Take the seedes of Smallage, Annis, Siluer mountaine, Fennell seedes, Stone Parsly and of Rue, of each one handfull, Marierom, white Water Mints, of each one handfull and a halfe, Hyssop, Penniroyall, Stechas, Rue, field Cypers, of each one handfull, Wormwood two handfuls, Calmus, Cinnamome and Cloues, of each one quarter of an ounce, Mace three dragmes, cut it and beate it all togither, and afterwards put it in a bag. Item, rub the stomacke with *Aqua vitæ*. This is also very good and commodious: Item, set a great boring cup vpon the stomacke vnpickt, &c. But you shall incontinent hereafter see more of this where we do speake of the griping and paine of the belly, bicause that they do both proceede out of one kinde of cause.

## Of the swelling or puffing vp of the stomacke. §. 26.

IF the swelling or puffing vp of the stomacke be caused of winde, that is easily perceiued through the forementioned reasons. But because that it may also happen very well through impostumation and other occasions, and that the same is to be outwardly seene and knowne, therefore are we here to adde vnto this somewhat thereof. When as then any winde doth stick in the stomack, that will passe neither vpwards nor downewards, then will they of necessitie puffe vp the stomack, and extend it with great perpleritie, and if the same proceede through any impostumation, one may well perceiue the same outwardly, what then the causes and signes of these winds be, that is sufficiently discoursed in the forementioned third part, and 25. §. But as concerning the impostumation, we will shortly hereafter speake of it: and if so be there be any maladie of the Milt with it, then loke into the description of the infirmities of the same, and mixe the same things with it which do serue for it.

## Of the paine of the stomacke through *Phlegma*. §. 27.

IF so be that the paine of the stomacke do come through *Phlegma*, and with a salt humor, then is the patients mouth salt, and hath also heate and thirst with it. And in case the same be caused of any other kinde of *Phlegma*, then is there no thirst with it, but only anguish and drouth, and one may know by the tong the taste of the matter which causeth this paine. Or is the *Phlegma* much abounding: then will the appetite be lost, with other causes moe, whereof we haue spoken already. For this, is first counselled to take *Oxymel* of Squils, with the decoction of Hyssop, & that afterwards he is to be vged to vomit, with Mustard, Hony, Saltfish, Radish, & Garlicke, or vse this decoction: take Squils two ounces, sædes of Orage three ounces, Radishes foure ounces, Vineger two ounces, and a quarter of water, let these sæthe together vnto the halfe at least. When you haue eaten before two or three slices of a Radish, then drinke two ounces of this decoction, tempered with one ounce of Sallet oyle, and a short time after sæ if you can cast vp somewhat. But if the stomacke be not therewith sufficiently clensed, one may perceiue by it, to wit, by reason that thereby followeth not any ease at all. Then be these Sirrupes following to be prepared: Take Mints, Wormewood, Hyssop, Venus haire all græne (if so be that they be to be gotten) of each a handfull, Parsly rotes, Fennell rotes, of each one ounce and a halfe, Annis, Fennell, *Ameos*, Licorice, Corans, Vineger, of each one ounce, Hony and Sugar, of each fiue ounces, make a cleare sirrupe of it. For this, is *Oxymel* of Squils also good.

As it is needefull in all other sicknesses, that the *Phlegma* be purged; so it is also needfull in this, as thus: Take Burrage, and the floures of Buglosse, of each halfe an ounce, Annis one ounce, Licorice, Corans, of each two ounces, rotes of Polipodie halfe an ounce, sæthe them all in water so long that there remayne about fiue or fiue ounces: then steepe therein one ounce of the rindes of Mirobalans *Chebuli*, whilest that the decoction is still hote, and so let it stand all night in warme ashes, afterwards strayne it out, and take three or foure ounces of this decoction, and put thereto halfe a dragme of *Turbith*, and one scruple of Ginger, and then giue it him earely in the morning: or giue to the patient of the purging Marmalade, like as it is described in the last part of this booke. For this is also to be giuen three or foure dragmes of the rotules of *Diaphenicon*, or the *Electuarium* or *Diasena*. But if in case he had rather take pils, then let him vse some of these following, to wit, *Stomachicæ*, *De Aloe Lota*, and *Cochiæ*: afterwards must the stomacke be warmed with all kinde of spiced Wines, as Hippocrasse, and such like. Also with lossings of *Diatrionpipereon*, *Diagalanga*, &c. Item, confected Ginger, Annis, Comin, and Mints, mixed or confected with Sugar. All his meates are to be strowed with Ginger, with Cloues, Galingall, Pepper, and Cinnamome, and they are also to be dressed with it.

This confection following is maruellous good for all seeblenes, cold, and bad digestion of the stomacke, and also against all hoarsenes. Take Comine which hath beene steeped in Vineger and is dryed againe fiue dragmes, Annis, Smallage sæde, dryed Mints, Marierom gentle, *Calmus*, Rosemary, Marierom, and Penyroyall, of each three dragmes, Spica, Cloues, Cardamome,

mome, Nutmegs, of each one quarter of an ounce, long and common Pepper, of each two dragmes and a halfe, *Lignum Aloes* one dragme and a halfe: temper them together, and make a subtile powder of it, and afterwards with Hony, into a confection. The *Trociſci de Roſis* do hinder the matter that it runne not againe (after purging) towards the stomacke. If that halfe an ounce of it be taken with Wine, it comforteth, asswageth the paine, and very much assisteth digestion. Item, annoynt the stomacke with oyle of Spike, Mastick, or oyle of Wormewood. For a Plaister, may be vsed that which is described before in the 5. §. beginning thus: Take Mastick three ounces, &c. If there be great cold approching, then giue the patient one dragme of Mithridate or Treacle, with wine wherein Annis and Wormewood haue beene decocted.

## Of the paine at the stomacke through *Melancholia*. §. 28.

THis paine of the stomacke bringeth with her, together with the foresaid signes, a sowre smatch also vpon the tongue, great desire or longing for meate, but without digestion, with disquietnes, lasks, and vomiting, which do commonly come all together. For these kinds of maladies do people come commonly to be wonderfull feeble and voyd of might, for that the hart which is nearest vnto it cannot tollerate this ouerlading and burthen. Thus then to remedie these grieuous melancholick humors which do sinke into the stomack, these sirrupes following are to be vsed: Take Burrage rootes, Parsly rootes, and Fennell rootes, of each one ounce and a halfe, the inner part of Squils one ounce, Mints, Hyssope, Harts tong, Uenus haire, being all greene, (if they can be gotten) of each one handfull, Fennell seede, Annis seede, *Cuſcuta*, Licorice, Corans, Uineger, of each one ounce, Hony, and Sugar, of each sixe ounces, make thereof a sirrupe.

Another. Take Licorice and Reisons, of each one ounce, floures of Burrage, Bugloſſe, Fennell, Annis, Fennell rootes, and *Cuſcuta*, of each halfe an ounce, Ginger one quarter of an ounce, Hony, and Sugar, of each sixe ounces, make forthwith a sirrupe of it, or in stead thereof vse *Oxymel* of Squils, with water of Burrage, which taketh away the belching of the stomacke.

For to purge, this following may be vsed: Take water of Burrage, and of Bugloſſe, of each one ounce, Annis one quarter of an ounce, Licorice and Corans, of each one ounce, Thymus and wilde Thyme, Polypodie rootes, of each halfe an ounce: seethe them together, and steepe therein one ounce of *Mirobalani Indi* the space of a whole night, then wring it well out, and then temper with it one dragme of Azur stone prepared, and giue it to the patient betimes in the morning.

There may also be vsed for to purge the confection of Sene leaues, afterwards strengthen the stomacke with the confection *Aromatico Caryophilato, Diapliris cum Moſcho, Lætitia Galeni, Diathamaron*, and annoynt the same with the foresayd oyle. His meate shall he strowe measurably with spices. He must drinke but little old Wine. He must vse moderate exercise, and bathe often. All that is outwardly to be done is to be taken out of the 24. §.

But if so be that there be any belching proceeding of vnnaturall heate, (which neuertheles chaunceth very seldome) then is the patient to vse the sirrupe of Wormewood, or Wormewood wine, or Wormewood water. In like sort also he is to purge afterwards with *Hiera Picra*, and not to disquiet himselfe, for that these medicines be hote of nature, because they do purge both *Choleram* and the stomacke. Otherwise must this patient be ordered, like as in the debilitie of the stomacke through heate is taught in the 6. §. And good hæde is to be taken that the digestiue vertue may be strengthened. Set also a great boring cup vpon the belly without picking the space of one howre, yet otherwhiles taking it off, and afterwards annoynt the stomacke with the foresayd oyle, or some other oyle, wherein Annis, Comin, Fennell, Rue, or Penniroyall, is decocted.

The Aristology hath also a great power to expell all winde and paine of the stomacke. And as concerning the order of life, or dyet, there is alwayes to be vsed all light meates, and white wine, and that with sobrietie.

29.s.

## Of the paine in the stomacke through a hote impostume. §.29.

THese impostumes which the Grækes do call *Apostema*, and the Latinists *Abscessus*, are like a separation from that which is whole and firme in a mans body, or is separated into two parts, and doth make an exulceration, which we do call in our common spæche an impostume, as a word lent vs from the Grecians themselues: but in our english tong we doe call an impostume a Botch or a Byle, which commeth to an issue, which breaketh out and healeth. The difference betwéene an impostume and an exulceration is, that the impostume breaketh out & healeth spædily; but an exulceratiou endureth long and corrodeth, like as the same may also happen in the stomacke.

The causes of these impostumes may be blowes, fals, and other outward bruses; all which do make paine in the stomack, which groweth afterwards vnto an impostume, through the falling downe of some bad humors into it: so that if the foresaid humors be not drawen thence, then there befalleth more harme vnto it. And that we might write somewhat of it, we will first begin with the hot impostume.

In case then that with the paine in the stomacke there be an Ague, and an impostume, which may outwardly be felt through the heate and otherwise; then may it easily be adiudged that this disease is caused through heate and *Cholera*: It hapneth also that the paine is so vehement, so intolerable, & the heate so abundant, that it sæmeth that the patient would burne: So that he loseth his sences, and thereby hapneth also to fall into a frenzie, or some other madnes, with a forcible vomiting and parbraking.

For this, must the Liuer vaine or Median be opened, & afterwards these Refrigerations to be forthwith layd vpon it. Take Rose water sixe ounces, the iuice of Quinces one ounce and a halfe, red and white Saunders, of each one quarter of an ounce, Camfere one scruple; temper them all togither: This is (as it is said) to be vsed at the beginning. Afterwards, if the cause requireth, there must be sundry plaisters made ready. The first is this insuing: Take red and white Saunders, of each one quarter of an ounce, the sæde of Plantaine, of Purslaine, and Wormewood, of each one dragme and a halfe, Barley meale two ounces, Camfere one scruple, oyle of Roses and of Quinces, of each one ounce and a halfe; let them sæthe all togither vntill it be thicke. But in the increase of the paine, then temper amongst this plaister the grease of Duckes and Hens, as much as is nædefull: and when as this maladie is at the highest, put Smallage vnto it, Dates, Fenegræke, *Bdellium*, and Vineger, of each one quarter of an ounce, and then mixe it as is aforesaid.

But if the disease begin to ware old, that the heate were gone, & yet there remaine neuertheless a hardnes of the stomack, then be one of these plaisters following to be laid vpon it: take Violets two dragmes and a halfe, Roses fiue dragmes, Spike and Mastick of each three dragmes, Cipers rootes, Squinant and Calmus, of each one quarter of an ounce, Fenegræke meale two ounces and a halfe, Cammomill, Hollyhocke rootes, and Barley meale, of each one quarter of an ounce; temper them all togither with the mucilage of Linesæde vnto a pap. This pap is also good for all hard swellings of the stomack, & of the Liuer: it asswageth the paine, and ripeneth all impostumations. Or in the stæde of this you may also vse this plaister of *Melilote*, *Diachilon*, or *Ceroton de Hyssopo*, and sower howers after meate, when the meate is digested, the stomacke is to be annoynted with the oyle of Mastick, and Wormewood, and further the place couered with sheepes woll. Item, take Pitch and Rosin, of each two ounces, *Colophonia* one ounce and a halfe, Mastick and frankincense, of each one quarter of an ounce, Aloe one ounce and a halfe, molten Larde, one ounce, oyle of Mastick sower ounces, græne Ware as much as sufficeth for a plaister: you may also make a salue of it; and it is very good both wayes.

It is also nædefull for to purge, which must be effected with milde Clisters, whereof diuers stand here and there declared. Afterwards giue the patient one ounce of Cassie, or two ounces of Manna, dissolued in Endiue water. And if this doe not sufficiently relaxe, then giue him euery day one ounce, or one ounce and a halfe of Cassie. And in case that the Ague doe not remit, then open a vaine, and purge once againe, as before. Take three dragms of pæled Gourd sæds, make thereof milke with Barley water, and three dragmes of Rose water, like vnto Almonde milke.

milke. Seuen dayes after, giue him halfe a dragme of *Trociscis de Rosis*, tempered with Endiue water. He is afterwards to take euery day this ensuing: Take of the water of Smallage, and Fennell water, of each one ounce, the iuice of Wormewood one quarter of an ounce, Mastick one dragme; temper them togither, and vse one of the prescribed plaisters, Barley paps, Daten paps, and otherwhiles stued Spinage may be well eate. Or Burrage boyled in Hen broth and Almond milke, is very meete for him. Stued Peares, Apples, Quinces, and ripe Plums may be also eate. Water or Sugar water must be his drinke. In fine, such kinde of sicke folke must be kept very sober, for that is the best medicine for this sicknes.

## Of the impostumes of the stomacke which be of a colde nature. §. 30.

30: f.

IF so be that this impostume of the stomacke doe procéede of a colde and moyst cause, which may quickly be perceiued through the small paine, the bad digestion of the stomacke, small Ague, little thirst, and much spettle: then is the patient to be holden very sober in meate and drinke, and beware of vomiting and purging: but at the first must be giuen him one dragme, or one dragme and a halfe of these *Trociscis* following.

Take Squinant, Cassie wood, Rubarb, and Calmus, of each thrée dragms, Saffron, Mirrhe, *Costus*, Annis, and Pepper, of each one dragme, *Bdellium* thrée dragmes, Mastick one quarter of an ounce, *Ammoniacum* one dragme, forme *Trociscos* of it with vine cuit.

Afterwards you may vse this plaister following: Take Cammomill & Melilot, of each one ounce, Fennell, Roses, Cipers nuts and the leaues, of each halfe an ounce, Fenegréeke meale, oyle of Cammomill, and oyle of Roses, of eache one ounce: temper them togither vnto a plaister.

Or make this plaister folowing: Take Cammomill, Melilot, Priests crowne, Pennyroyall and Dill, of each halfe a dragme, Wormewood and Spikenarde, of each thrée dragms, Mastick one quarter of an ounce, oyle of Roses fower ounces, make a pap of it with the mucilage of Hollyhocke rootes.

But when this disease is increasing and at the chiefe, then put *Ammoniacum*, *Opopanacum* dissolued in wine, and liquid Styrax, vnto it, of each halfe a dragme, Hens and Goose grease, of eache one ounce, oyle of *Spica* fiue ounces, and make a plaister of it. This is forcible to maturate all impostumes. For this is also good the plaisters *de Melilato*, and the blacke *Diachilon*.

For the common man, take oyle of Wormewood and Goates dung; temper them vnto a plaister: Or take oyle wherein Wormewood hath béene decocted, Mallowes boyled in Mutton broth, and dresse with butuer.

Nowe for to expell this colde matter, this sirupe following is to bee vsed: Take Mints, Wormewood, Venus haire, being all grœne (if they can be gotten) of each thrée handfuls, Roses one ounce, Annis one quarter of an ounce, Cipers nuts, Spikenarde, of each one dragme, hony of Roses twelue ounces: then make a sirupe of it, like as in the first part, in the first chapter, and §. 6. is taught: giue thereof euery morning, and in the euening before supper halfe an ounce, with the decoction of Mints and Mastick. For a purgation he is to take one ounce of *Hiera Picra*, tempered with thrée dragmes of Cassie and Sugar, or dissolue it with the foresaid decoction, and then drinke it. Afterwards the patient is to take euery third day this prescribed Laratiue.

Yéede is also to be taken therein, when as the impostume in the stomacke will breake out, which may be well perceiued hereby; to wit, if there be great paine about the place where the impostume is. Likewise when the patient doth eate sower and harsh things: if in going to the stoole, or in any thing that he vomiteth there be séene any corruption. Item, if there come any stench out of the stomacke, and that the paine diminisheth somewhat after he hath vomited: for this the stomacke is to be clensed well in Summer season with Barley water, and that in the mornings especially, and at afternoone, taking euery time fiue or sixe ounces. Or take water wherein Gum and Licorice haue béen decocted.

For this is Whay also very requisite. Ye is two howers afterwards to take one quarter

of an ounce of this powder following, tempered with fower ounces of the iuice of Quinces, or sirupe of the same in water, wherein Butchers broome seede, Myrtle seede, and Purslaine seede haue been decocted. In the winter must the stomack be also clensed at the same time with Barly water, wherein Hyssope, Squinant, Honie, or honie of Roses were decocted, and thereupon to vse this powder following.

Take Roses, blossomes of Pomegranates, and Amber, of each halfe an ounce, fine Bolus three quarters of an ounce: mixe them well togither being beaten small. This patient may also weare this plaister ensuing vpon his stomacke: Take fine Bolus, Momy, Myrrhe, Mastick, and Aloe, of each halfe an ounce, Pitch or Rosin as much as is needefull for to make a plaister.

## Of exulcerations in the stomacke. §.31.

WHat difference there is betweene the impostume and the exulceration of the stomacke, we haue sufficiently declared in the 29.§. therefore haue the learned by good reason written of these two kinds of diseases seuerally. As much as concerneth the exulceration, the which the Latinists doe call *Vlcera*, they growe otherwhiles of the impostumes, and cheifly if they be hote. For if the same be not thorowly healed, then doth this exulceration followe. The same be sometimes caused through cholericke and sharpe rheumes, which fall out of the head into the stomacke, and there then through their sharpenes doe excoriate the stomacke; like as the same happeth often times to the Lights. Also these vlcerations may be caused of some sharpe and corroding meates; like as through the excessiue vse of Mustard, or the seeds, much salt, and such like. For if there come of this sharpenes into the stomacke, then doth the same gnawe and corrode it. Now for to speak of the signes of it, the disease it selfe sheweth some, and doth demonstrate vnto others the place. If there be a pricking paine present, then doth it cast out the meate backe againe, as a thing which is noysome vnto it, so that it cannot stay in the stomacke: whereby also the retentiue vertue is infeebled. Item, if the patient doe take any sower meate or drinke, then doth the payne increase, which would not haue happed if he had vsed milke, butter, or any other sweete meate. Item, if one doe smell any kind of stench thorow the belching, with drouth of the mouth, and thirst, which proceedeth out of the stomacke; then it is a token of an exulceration in the stomacke. Item, for that this exulceration is so neere the hart, there doe come also great swounings, ache of the head, and the losse of vnderstanding. But the signes which doe manifest the place of the vlcer, are these: namely, when the necke of the stomacke is excoriated, then doth the patient feele paine in the swallowing downe, and especially if it be any thing which is sower or sharpe that he swalloweth; which pain, he feeleth also euen to the point of his shoulder blade, but chiefly in the mouth of the stomacke, and pit of the hart. Item, if the disease be in the mouth of the stomacke, which is very sensible, then is the paine greater, and especially if one doe swallowe downe any sharpe and salte meates, whereby the breath also will be much indamaged and hindered.

But if the disease be in the bottome of the stomack, then doth one feele no paine in eating and drinking, but after that it is receiued: some signes likewise of it may be perceiued in the excrements; they that desire to haue moe other signes, may reade in the discourse of the Rheumes. But before we come to the remedies of this vlcer in the stomacke, there be certaine common rules to be noted, whereof the first is: If this disease must be holpen, then is the same alwayes to be begun with drying things. The second: albeit that it is needefull to vse drying things, yet neuertheles must heede be taken that there be no sharp drying things vsed, as Copperas, burnt Copperas, Verdigreace, and such like, because they be of a venemous nature. The third: all vlcerations of the stomacke can be hardly cleansed of the corruption, like as any other which may be outwardly seene, but it must be done only with things which do driue it downewards out of the stomacke. The fourth: these vlcers are not through any vomits to be clensed, for that the tough corruption is hard impacted in the vlcer, and would through vomiting be drawen all together, the which the purging medicine doth not, for that it stirreth the stomacke not so sore, but driueth out the matter gently downewards. The fifth: in the exulcerations of the stomacke may not any strong medicine be giuen, that they be not the more harmed by it. The sixt: without a perfect mundification, can no incarnation take any place in any vlcer.

vlcer. The seuenth: all which is giuen to such patients, is to be done in the morning earely, or must be dispatched before supper time, to the end that the medicine through the meate might not be hindered. The eight: whether this vlcer be in the necke, or top, or in the bottome of the stomack, there must be somewhat alwayes added vnto the incarnatiues that is clammy, as Gum, and Dragagant, to the end that the foresaid medicines might sticke the better, or cleaue to the place infected. The ninth: because that the stomacke is so infected of a bad digesture, you are to giue him to eate a little, and likewise light meates.

When as then this maladie shall be knowne through the foresaid signes, and is yet new, then is there to be vsed none other but astringent and drying things, for which these *Trociſci* following are to be made: Take Roses, blossomes of Pomegranats, Frankincence, Butchers Broomeseede, burnt Iuorie, and Dragon bloud, of each alike quantitie, made into Trocisces of the waight of a dragme, and giue one of them euery morning & one euery euening two houres before supper, with the iuice of Quinces or such like.

But in case that this exulceration of the stomacke be of continuance, then it is to be feared that there is still some corruption in it. For this, there are to be vsed certaine dayes together mundificatiues, as Barly water, or Meade, and also incarnatiues. Afterwards are Barly water and sirupe of Quinces to be vsed, and astringent things to be eaten after it, as Medlars, Seruices, and such like.

Or vse in stead thereof *Oxyſacchara* and *Oxymel*, of each one ounce, temper them with Barly water, and vse it (as is sayd.) Then take one drag. of *Trociſcis de Carabe*. Item, there is also good for this disease one dragme of *Hiera Picra*, often vsed with Barly water or Meade. And if the bodie haue neede of any laratiue medicaments, then vse thereto Cassie, or any milde Clister.

With this disease doth come otherwhiles the Laske, which is to be stayed with *Trociſcis de Spodio*, or *De Carabe*. Note ye also heere, that many of these things (which be described in the second part, the fifth Chapter, and the 17. §. against the bloudie flixe) are very requisite for this disease.

This patient is to order himselfe alwayes (as is recited already) with all light meats, as Pullets, Hens, Partriches, new layd Egs, Barly paps, and Oaten paps. In like manner Lambs feete and Sheepes feete vsed in this disease, are very meete. Buttermilke is also good for this. His drinke must be ripe Wine, without any sharpnes: also Barly water tempered with a stopping sirrupe, which liketh you best.

## Of the stincking breath through the exulceration of the stomacke. §. 32.

#32.

WHereas be such cholerick humors in the stomacke, there is commonly a foule stench with them, which may be perceiued by the breath, and that for the most part with thirst, drouth and bitternes of the mouth, the which discloseth it selfe more before then after meate. For this is also good the sirupe of Vineger and *Oxyſacchara*, mixt with the sirupe of Wormewood: this is not only good for the cold, but also for all hot exulcerations. This patient is also to be purged with Aloe, and yellow Myrobalanes. Afterwards he is to vse the *Rotulæ Triaſantali*, Peaches, dried Melons, Pompeons, Abricockes, Quince peares, Lettice with Vineger, Barley, and other sower things, which be verie good for him. Fish, Milke, salt flesh, Onions, Garlicke, and such like shall he forbeare.

But in case that this fowle stench of the Stomacke doe proceede of colde huumors, then is the sirupe of Wormewood to bee vsed certaine dayes togither, tempered with one thirde parte of *Oxymel* of Squils: and afterwardes the patient must be purged with the pils *Stomachicæ*. And further to vse the Tabulates of *Dialanga*, of *Diambra*, *Diapliris*, and such like, which be hote of nature. Confected Myrobalanes, and especially *Bellirici* and *Chebuli*, Conserue of Rosemary, or confected Ginger, are all very good. He must wash his mouth often with odoriferous waters, and cleanse the teeth very well. As much as concerneth meate and drinke, we haue made before in the first part, the thirteenth chapter, and 3. §. a very long discourse of a stinking mouth and breath. Item, yet more which may there be vsed in the second Parte, the fift Chapter and 25. §.

Of

33.

## Of the schirrosity of the stomacke. §. 33.

IT commeth also oftentimes to passe, that the stomacke hapneth to harden without any exulceration, which that it may outwardly be discerned, the causes of this hardnes or schirrosity, may be as well through cold, as through winde, whereof is sufficiently written before in the 25. and 26. §. Also this hardnes may be well caused through melancholy, the which through sower smatch of the mouth, and sower belching, may be knowne, euen as the other proceeding of *Phlegma*, by drouth, and tough spettle, without heate and thirst. For this purpose is this salue following to be made: Take oyle of white *Camelina*, Rue, Cammomill, and of Wormewood, of each one ounce, the grease of Hens, Kytes, and Geese, of each halfe an ounce, the salue of *Dialthea* one ounce and a halfe: annoynt the stomacke warme with it, and couer it with vnwashen sheepes woll. Also you may prepare for this vse this plaister following: Take Cammomill, Comin, Caruway, and Cresses seede, of each one ounce, Frankincense, Mastick, *Bdellium*, of each halfe an ounce, Spikenard, and Saffron, of each one quarter of an ounce, the dregs of Sallet oyle and Ware, as much as is needefull for to make a plaister, spread the same vpon leather, and weare it on the stomacke. Or make this following: Take Ware one ounce, Turpentine halfe an ounce, Ginger, and *Opopanacum*, of each one quarter of an ounce, *Aloe*, *Galbanum*, of each three dragmes, oyle of Galingall, as much as will suffice for to make a plaister. It is also very needefull for to comfort the stomacke, whereof hath beene sufficiently admonished before.

34.

## Of the Hickcough in generall. §. 34.

THis disease of the stomack, which we call the Hickcough, and is called in Latine *Singultus*, is a common disease, knowne vnto all men; it commeth seldome, and departeth quickly, and there is no great cunning to driue it away: for it is oftentimes driuen away with a bit of bread, or with a draught of wine, or water, as also through the keeping in of the breath, through neesing, through great motions, through wrath, mirth, and other alterations moe of the minde: like as if any one be frighted, or see any haynous thing, if any body cast cold water into his face, if one do bind hard the outward members, or if one set boring cups vpon the stomacke, which are altogether small meanes and without danger. But there commeth otherwhiles such a Hickcough that ceaseth not, whereby the hart, the brest, and the lights are weakened: against which, the expert Physitions haue found out these remedies following.

But we will first of all discouer the nature of the Hickcough, and his causes, which be described as hereafter followeth. The Hickcough is a motion of the naturall expulsiue vertue of the stomacke, which is caused through the feeling of any thing that is hurtfull, and that the stomack desireth to expell. This Hickcough may also be well taken for a cramp of the stomacke, for they be both caused through the repletion or inanition of the stomack. And like as the cramp is none other thing, but a shrincking or drawing of the sinewes backe to their beginning, so is this none other thing, but a distention or contraction of the stomacke vnto the place of her beginning: but herein do they differ, that by the Cramp the sinewes are contracted, and by the Hickcough the neck of the stomacke. The cause of the Hickcough are two things, namely, repletion and windines, and contrarywise also inanition, as alreadie hath beene sayd, which we will also comprehend in this §. Secondly, the causes be also outward, and inward. First, if the stomack be not well defended and kept from cold: also if the outward members, to wit, the head, the hands, and feete, do suffer too great cold, which draweth vp from thence toward the stomacke. In like maner, this Hickcough is also caused well through intollerable heate, whereby the stomack getteth a bad qualitie, to wit, too hote, or too dry. Item, if the head be sore wounded, that the braines be thereby perished: Item, if the stomacke be much ouercharged with meate and drinke, or that any kinde of corrupted humors be gathered therein. Moreouer, the Hickcough may be caused through any kinde of sharp and biting meates. For if the stomacke feele that it hath euer any thing in it that may hurt her, then doth she vse two meanes to discharge her thereof, which is, through parbraking, or through the Hickcough. It seeketh also thereby

thereby to cast out that which lyeth inclosed in the innermost plights. But that nature desireth to driue that out through the Hickcough, which otherwise through vomiting she doth easily bring to passe, this doth dayly experience teach vs: for if one take any thing which is tarte or sharp (as chiefely Pepper being beaten small) and drinke Wine vpon it, and the same commeth afterwards into the plights of the stomacke, then will the Hickcough be caused through the heate thereof, and the stomack seeketh through the Hickcough to expell the same Wine againe. But by reason that this is caused through inward occasions, then doth it oftentimes happen through the stomack only, and through other infected members, to wit, through impostumes of the head, of falles, and blowes, through breach of the Skull, and impostumation of the Lyuer, as when the same is ouerheated, that it sendeth sharp, pricking, and sowre humors towards the stomacke, or that the same runne thitherwards from other parts.

If so be that this Hickcough doe only procede of the stomacke, then commeth it of tough cold, or heate, and biting humors, whereby some bad impostumes, or erulcerations be prouoked. Item, this Hickcough is also caused through great emptines or inanition of the stomack, which commeth through lingring Agues, long abstinence, great labour, much purging, continuall lasks, and much parbraking. But if so be that it commeth suddenly vpon one without any long precedent sicknes, and that a bodie finde himselfe well before meate, and after meate ill at ease if he haue well eaten, and dronken, and thereupon do rest a long time, then it is a sure signe that this Hickcough procedeth of the fulnes of the stomack. But if they be cold or tough humors, which prouoke this Hickcough, then are all warme things very welcome to the patient, and he feeleth alwayes some kind of cold in the stomack. Or if it be caused through heate, then desireth he all cold things, and feeleth alwayes a gnawing paine in the stomack. With the impostumes are alwayes Agues, paynes, and inappetencie annexed: also the patient after parbraking, and after the laske, feeleth himselfe somewhat lightned, when as then the impostume is broken, that may be perceiued by tarte and sowre things that one taketh. All other signes of this seuerall maladie which is outwardly, may be required of the patient himselfe, and of such as stand by. In like manner, if the breath sauour, then is it a signe of some kinde of foule stincking humor, or meate, which putrifieth in the stomack. If it come through cold of the stomack, that may be knowne through feeling, and all that is cold, is preiudiciall vnto him, and all warme things be acceptable. Or if this Hickcough be caused through repletion, and fulnes, with anguishes, straynes, and with many belchings, then may it be perceiued what humors they be, by the sweetenes, bitternes, and saltnes.

## Of the Hickcough through repletion, and through windes.

When as then the Hickcough commeth on any body, after that he haue eaten grosse meate, and hath dronken, then it is certaine ynough, that it is caused through repletion of the stomack, through coldnes of the matter, and of windes, which the Grecians do call *Empneumatosin*, which is a distention. For this, the stomack is first to be vnburthened through vomiting, and to induce his bodie through lowsenes; for which, there is to be taken *Hiera Picra*, Rubarb, and *Agaricus*. And if so be that these milde things will not help, then are you to vse these pretious pils following: Take burnt Iuorie, seedes of Endiue, of Purslaine, and *Lignum Aloes*, of each one dragme and a halfe, sowre Dates halfe an ounce, Rubarb one ounce, this being beaten all small, and if so be that you will, then put Vineger vnto it, or the sirupe of Mints. Or if you had rather haue the same soft like a sirupe, then take so much the more Vineger, or sirupe with it, and take euery day halfe an ounce of it.

For this is also commodious the conserues of Bayberies, *de Baccis lauri*: so is also the confection *Diacyminum*, *Diatrionpipereon*, bare, and confected Annis seedes, confected Ginger, Comin, Caruway, Galingall, Mints, Ameos, Mastick, Cloues, Frankincense, Marierom, and field Mints, through all which things, Powders, Confections, Conserues, and all that one will, and may be made. You haue also certaine good things in the first part, the twelfth Chapter, and 17. §. which be very good for this vse. But aboue all, Cloues are very good for to strengthen the stomack, and to consume all bad humors, which cause this Hickcough. The sirupe of Mints is also highly commended for this purpose.

This Confection following may also be prepared: Take Spica, Squinant, *Calmus*, Annis, Fennell,

Fennell, Mints, Wormewood, and *Costus*, of each one dragme, Saffron, *Lignum Aloes*, and Cloues, of each two scruples, Mastick and Roses, of each one dragme and a halfe, *Opium*. prepared Coriander, white Poppie seede, Cassy wood, of each halfe a dragme, the muscilage of Fleawort, as much as will suffice for to make losings with: but they be more meete and pleasant, if they be made with Sugar, taking to euery ounce of powder twelue ounces of Sugar, if one will make Sugar losings with it. If so be that then the Hickcough plague one too sore, then take *Spec. Dialangæ* one dragme, *Philonium* halfe a dragme, temper it, and take it with Wine in the morning.

This following is to be dronken: Take Comin, white Mints, of each a like quantitie, and a little Frankincense; seethe it in water, and drinke of it oftentimes warme, it expelleth the winde and cold matter of the stomacke.

Item, the same doth also the water of Rue, being dronken fasting, or prepare this wine following: Take *Diptamum* beaten small halfe an ounce, Treacle one dragme, temper them together with one ounce of wine. For his meate, all common Venison, and all kind of Birds, as Pullets, and Pigeons, &c. be very fit, but they be alwayes better rosted then sodden. And all that he eateth boyled, is to be dressed or stued with Spices.

But if all the foresayd things will not yet driue away the Hickcough, then is there to be giuen to the patient *Trociscos de Olibano* fiue dragmes, Elecampane rootes three dragmes, dryed Rosemary, and Rue, of each one quarter of an ounce, seede of Mints, or the herbe, three dragmes and a halfe, make thereof Trocisks with sirupe of Mints, and giue thereof one dragme and a halfe at once.

Other do commend this following: Take *Costus* rootes, Saffron, Roses, Mastick, & Spica, of each one quarter of an ounce, *Asarabacca* one dragme, *Aloe, Opium*, of each halfe a dragme, make also *Trociscos* of it, with the muscilage of Fleawort, and giue him one dragme thereof. These *Trociſci* are to be taken alone when the Hickcough shall get the maisterie.

Outwardly are these things to be vsed: Take the decoction of Comin, white Mints, and Frankincense, (like as is sayd for the drinke) make a spunge wet in it, and (being wrong out) lay it oftentimes warme vpon the stomacke. *Aqua vitæ* is also commodious for this, Vitall water, Oyles, and other things, (like as is described before in the paine of the stomacke.) In like manner one may foment the place with warme water of Rue, or that which is more forcible, mull the same be well rubbed with, as is before rehersed.

Item, there may moreouer be taken for this purpose, dry Wormewood, Mints, and Comin, pounded together, sowed in a bag, and so layd vpon the stomacke. Also the stomacke must be annoynted with warme oyle, to wit, oyle of Wormewood, Mastick, and such like, and as then to weare ouer it this plaister following: Take Frankincense, Mastick, Wormewood, and Mints, of each halfe an ounce, *Laudanum*, one ounce and a halfe, Annis, Fennell, Cloues, and Spica, of each one dragme, make a plaister of them with Ware, for to be layd vpon the stomacke. Also regard is to be had vnto the patient that he incline himselfe as much as is possible to sleeping, and fasting. And if so be that he be somewhat leane, then is he to bathe otherwhiles, for that the same consumeth the cold matter which doth cause the Hickcough.

## Of the Hickcough, caused through emptines and inanition.

IF so bee that this Hickcough doe come after an Ague, by the disquietnes, vomiting, thirst, and drouth of the mouth, then is the patient to take oftentimes a little warme water: and if so be that the Hickcough will not thereby auoyd, and tary away, then is he to take Barly water, with oyle of sweete Almonds. For this, is also requisite Barly pap, made with milke: also warme milke as it commeth from the Cow, Pullet broth, rere sodden Egs, Wine which is not too strong: the muscilage of Fleawort with the *Iulep*, and the iuice of Pomegranates being dronken, is also good for this intent.

Also, annoynt the backbone from aboue till beneath, or rather the whole bodie with Sallet oyle, or oyle of Roses.

Boring cups set vpon the stomack, and behinde vpon the back, be much commended for this disease: also the rubbing of all the outward members.

Lastly, we are to thinke vpon the yong children, who were wont to be vexed much with the

the Hickcough. In case they be still nourished at the brest, and do not digest well, through any pearcing cold, or that their milke doth come to curd in the stomacke, then are they to vse none other medicine, but that their stomacke be annoynted with this oyle following, tempered together, or each alone, and then to lay a warme cloth vpon it, to wit, oyle of Mastick, of Wormewood, of Dill, and Beuercod, and that the Nurse which giueth suck, do eate light meates.

## Of vnsatiable hunger in generall. §. 35.

OF all other accidents of the stomacke, there commeth also an insatiable hunger, which the learned do deuide into foure parts, and some into fiue, which parts are comprehended in the first, and so we will also let it rest. The first, the Grækes do call *Cynorexian*, the Latinists *Caninum*, which is dogs hunger. The second *Bulimos*, some haue alledged this for dogs hunger, which we also estæme to be the same. The third, is *Syncopalis*, which bringeth swouning with it. The last is, the lost or spoyled hunger, whereof we now intend to write.

## Of the dogs hunger, or the vnsatiable appetite of meate.

THis hunger is (as is sayd) an vnnaturall lust or desire of meate, and hath his name of the Dog (an vnsaciable beast) and so grædie in eating, that he must cast it out againe, and sæketh immediatly to fill himselfe againe. All such manner of hunger may also come vnto men, and that as well through cold, as through heate, of the ayre, hard running, great labour, long watching, forcible Agues, great lasks, of wormes, or the stomack, or bowels, which consume the meate. In like manner also of any kinde of humors which do fall into the stomack, and there ensæble the retentiue vertue, and do driue downe the meate oftentimes with vehemencie, or that the expulsiue force be to extreame strong. This maladie commeth commonly after a feruent Ague, and much vomiting. It doth also happen through ouermuch heate of the stomacke that is long continuing, whereby it digesteth much, and alwayes desireth more. The other principall occasion is cold, which sticketh fast in the mouth of the stomacke, whereof commeth also an vnnaturall desire of meate. And how much greater that the cold is, so much the greater is the hunger, and that so long, vntill all the vertues of it be weakened. The third occasion may be some lower humor, or of *Phlegma* and *Melancholia*, which may be retayned in the mouth of the stomack, and doth there prouoke this lust and desire of meate. The signes of this vnnaturall hunger, which is caused through warmth of the time, through great labour, and such like, as is discouered before, also through vnnaturall cold, much watching, &c. and all other outward accidents, which are to be demaunded of the patient himselfe. Or if this disease be caused through wormes, such hath likewise his sure signes, which be mentioned in their place.

If so be that this hunger then do procæde only through heate of the stomacke, or through heate of the whole bodie, then is there great thirst with it. And if it be caused through any humors, debilitie of the retentiue, or vehemencie of the expulsiue vertues, which be to be sæne by the meate, that auoydeth vndigested through the stole.

But if this disease be caused through melancholie, then is there with it a pricking, or gnawing, with a drouth of the mouth, the patient slæpeth but little, and that with terrible dreames, and hath ill fantasies in his head. When as then this maladie commeth through cold, then doth the patient alwayes fæle himselfe troubled after meate, and that he must by and by vomit vp the same againe, or the same passeth from him downewards vndigested. Præsent regard is to be had that the bodie be not filled full of bad humors, whereby the consumption might at last ensue, and *Lienteria*, yea the Dropsie it selfe. And if this should so continue a certaine time, then followeth at last *Bulimos*, and afterwards *Syncopalis*, (whereof we haue spoken before) which taketh people out of the world. If so be then this vnnaturall hunger be caused through any outward or accidentall occasion, the same are to be præuented with contrary remedyes, to wit, with alteration of cold dwellings into warme; of great labour, into rest and slæpe, &c. In case then that this hunger be caused through coldnes of the stomack, then are warme things for purging, and other warme remedies to be vsed which might expell the cold matter from the stomack, whereof we haue written herebefore in the 5. §. and of all that strengtheneth the stomacke. For this, it

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is also required by all the learned, that these kindes of patients should eate boyled Rice, with the fat of Mutton stued, or that is droppt off from roste meate. All fat things moderately vsed are very good for him; as Sallet oyle, and such like. But if this maladie doe come through cold sowre *Phlegma*, then it is good that he boyle Marierom in all his meates. Hee may also vse Mustard, Honie, Nuts, Almonds, Onions, and Garlicke; he may also the space of certaine dayes eate Goates milke, with the oyle of Violets, because that these fat meates do driue aboue in the stomack: therefore they do supple the mouth of the stomack, and do make a loathsomnes to feding.

The second: It is then passing good, that such doe drinke much olde and strong red wine at their meales, which is also very good to slake hunger with. Also for this Dogs hunger, are warme Confections to be vsed; as namely, *Letitia Galeni, Diapliris cum Moscu, Diatrionpiperecon, Triphera magna*, good confects, Ginger, Hippocras, and other spiced wines moe, made sweete rather with Hony then with Sugar.

But this is not spoken, of the hunger which commeth through long fasting, of great scouring, of the bloodie flixe, or of strong purgations; but onely of this vnsatiable hunger which is called Dogs hunger. If so be then euery such patient shall obserue this decred order, then will this hunger abate very much, and also be thoroughly cured in time.

But in case that this hunger proceede of heate, and the meate doe not molest him, neither yet is cast out aboue nor beneathe (like as it was wont to be) if after a lingering sickenes, he were ouercharged with meate, and if the stomacke and all the whole body be waxen hot, they are to be fed with meates which be not easie to be digested: as namely, old Beefe, Mutton, Porke, and also all kind of pottages, of Pease and Beanes, of Rice, and Wheate boyled in milke, great fishes, Trypes, feete and Liuers of all beasts; also hard sodden egs: and in fine, with all that is hard of digestion, which lyeth long in the stomacke, and wherewith the stomacke may bee cloyed. Also his meates ought to be drest with some colde things: for which Melons, Cucumbers, and Gourds be very good. He is to keepe himselfe also in the colde ayre. His drinke must be alwaies good Claret wine. And for a conclusion, he must eschew all spice and strong wines. But if so be the stomacke be too much ouercharged, and too much burthened, then is the patient to be forced to vomit, through such meanes as be herebefore oftentimes expressed.

The stomacke is outwardly to be annoynted with colde oyles, likewise also with vnguent of Roses, with the cooling salue *Galeni*, with the white Camfere salue, with Vineger and Rose water, wherein is a little Allom dissolued. And if so be that the same be not any thing which hindereth it, then let the patient bathe in colde water. And if so be that this hunger be caused through melancholy, then prepare this sirupe following: Take the rootes of Sperage, Fennell, Parsly, Smallage, Butchers broome, Thyme, Comin, Burrage, Bugloss, Harts tongue, Raisons (the stones taken out) flowers of Burrage, and of Bugloss, of each halfe an ounce, Fumitorie halfe a handfull, Hony eightene ounces: make a sirupe of them, and giue him each time one ounce and a halfe, or two ounces. For to purge vse the Confection of Sene leaues, or this potion following: Take Sene leaues, Polypody rootes, & Annis, of each halfe an ounce, Corans one ounce; let them seethe togither in eight ounces of water vnto the halfe, then temper therein beaten *Epithymum* one quarter of an ounce, Sene powder, and prepared *Agaricus*, of each halfe a drag. Cloues half a scruple, make therof a potion: And if neede be, open the Saluatella vpō the right hand. He is also to be ordered in his diet, as is before rehearsed, and all things are to be forborne which may prouoke appetite, as hath been shewed before in the 9. §. It is also saide, that hard rosted egs after other meate, be very meete for this purpose. And it hapneth also very well (like as is briefly spoken of before) that if one recouer after a long continued sickenes, that there doth followe a very great hunger: but they are to haue no hard or grosse meates giuen them; as Beefe, great fishes, vnleauened bread, or such like, because that their digestion is as yet very feeble, whereby they might easily fall againe into a new disease: but then are they to be kept with subtile meates; as with fat Pullets, Capons, foules, Butter, and such like, and all vnnaturall and vnmeasurable eating is to be withstode and repugned as much as is possible.

## Of the Cowe hunger which is called *Bulimos*.

THis vnnaturall and insatiable hunger *Bulimos*, is as much as to say with the Grecians, as a very great hunger: which name, the successors haue somewhat altered, and haue made

made thereof *Bulismos*. And it is thus described: *Bulimos*, which is a hunger of the members, whereby the stomacke is satisfied. And this is also a great disease of the stomacke, which taketh his beginning from the stomacke it selfe. But it is contrary to Dogs hunger in these things following: to wit, although they haue both of them an insatiable lust and desire of meate, yet with the Dogs hunger is not only a desire, but also the feeding it selfe: But in the Cowe hunger, it chaunceth that the patient who hath lately eaten is moued immediately to eate againe, where neuertheles all lust to eate, and to cast it vp, is taken away. But there is no such hunger in the stomacke, which is to be satisfied with a bit; but in the inward parts which be desirous of meate without intercessing: and when the stomacke is against her will ouerburdened and cloyed, then will it be ouermuch disordered, and out of quiet or square, for to discharge her duetie of digestion.

Secondly, in the Dogs hunger the vertues of the stomacke and other partes be for a while strong and able: but in this Cowe hunger are they withered and weake. And because that such sicknes is caused as well through heate as through colde; therefore must we seuerally write thereof.

The greatest occasion, of this *Bulimia*, is, when winter time is, the stomacke is coled too much with colde, then driueth the humors towards the stomacke, out of the vaines, in the inward parts, filling them therewith, spoyling the appetite, and also depriuing the stomacke therewith of all her force and vigor: in the meane while the other parts remaine emptie and hungrie, desiring much their foode and sustenance. Hence then this insatiable hunger doth proceede: so that this is properly an hunger of the members, and is no hunger at all of the stomacke. If so be that then any one, as is said, be so extreamely coled, and although there come such a lust of feeding vpon him, yet it is very quickly slaked. This disease bringeth otherwhile such a quaume with it, that the patient is caused to cast out some tough slime or corruption: And then will all outward members (which be defrauded of their nourishment) be enfeebled, impotent, ouer cold, and the pulse very small. The sicke person hath sower belchings from the stomacke, and a fowle smatch in the mouth. The vrine is bleake, likewise the ordure blacke coloured, thin, and also otherwhiles hard, bicause that the patient can eate very little, or nothing at all. Now then, whether this disease be caused or not, through great colde of winter time, or colde slime of the stomacke, the patient is certaine daies togither, to take morning and euening a draught of *Oxymel Compositum*, or of Squils, with water, wherein Galingale is decocted: afterwards he is to vomit [illegible]rge with *Mirobalani Chebuli, Bellirici* and *Emblici*. The like also with the pils *Fœtida stomachica*, or with these following: Take Turbith, *Agaricus*, of each one dragme, *Spica* and Ginger, of each one dragme: temper them togither, and take one dragme of it at once, and afterwards he is to vse this confection following, namely, *Diamoschu, Diambra, Trionpipereon, Diacymino, Diagalanga*, and that especially after purging. All his meate must be also drest and strowed with spice, and also be rather alwaies rosted than boiled. Rue water drunken is also very necessarie, but chiefly good old wine, which is somewhat binding by nature.

Before dinner and supper, the stomacke is to be well annoynted with the oyle of Mastick and of Spike tempered togither. Also to bathe in water, wherein Wormwood, Melilot, Cammomill, and Butchers broome hath beene decocted.

What is more to be vsed for this, looke in the same Chapter, in the 5. §. which remedies be most fit for it. These kinde of patients are also to be sprinkled oftentimes with Rose water, or fatre Well water vpon their bodies and their faces, that the naturall heate may be driuen inward, and the inward members may be strengthened. They are also to hold oftentimes spice before their noses, and to vse it in their meate. His wine must be alwaies strengthened and enabled with Cinnamom, Pepper, Cloues, and with *Spica*, and with them and with vineger is he to sprinkle a hot stone, and to receiue the vapor of it. The chamber is to be fumed with *Lignum Aloes*, or with *Muscus, Ambra*, blacke and white Frankincense, *Laudanum*, Mastick, Galingale, with Citron peeles and Orange peeles, *Gallia* and *Alipta Muscata*, with each alone, or with which you please.

But if this disease come through heate, then is this vnnaturall hunger of the members caused of the resolued humors of the vaines and other members which passe into the stomacke, and there oppresse the stomacke, with lothlomnes and irksomnes of feeding. But they are to wash their mouth very often with a little *Oxysacchara*, or with verjuice. Likewise also to vse Julep of Roses, with a little Campher, or Srupe of Roses mixt with Saunders. For this is also meete all

cooling

cooling things, and especially them that haue a binding operation, whereof there be many discouered in the same Chapter, and the 6. §.

Afterwards, the patient is to be purged with Mirobalans, with Rubarbe, or sower Dates stewed in the decoction of Prunes, as also with *Hiera Picra*, or sirupe of vineger tempered with the said decoction. Afterwards he shall vse the confection *Rosata Nouella*, or *Triasantalon*. His meate must be dressed with verivice, and with Butchers broome seedes, and strowed with odoriferous cooling things. For his drinke he is to take good cleere wine delaied meetely well with water.

It is also good for this patient, that he bathe in water wherein Roses, Mirtle seede, and Endiue be decocted, and afterwards annoynt the stomacke euen to the nauell with the oyle of Mirtle, and oyle of Roses, wherein is a little vineger tempered. In like manner may he irrigate the members from on high with Rosewater, or cold Well water.

## Of the swouning Hunger called *Syncopalis*.

THe third vnnaturall hunger hath his name (as is said) of the swouning which it bringeth with it: and the same commeth commonly after the first described *Bulimo*, or such like sicknes, for that the naturall powers are very faint and debilitated.

Also bicause this hunger is so neere vnto the hart, that it cannot tolerate such debilitie, euen as it hath beene here before sufficiently taught. Also in respect hereof, for that some haue so weake and so tender a mouth of the stomacke, that they cannot abide any fasting: but when they begin to be hungrie, and may not by and by haue foode, do fall presently into a swoune. When this happeneth, then are the outward members to be rubbed hard, and bounden with paine, and the face sprinkled with Rosewater, or washed and quickened with other things which be mentioned in the second part, the sixt Chapter, and 2. §. But if so be that his force be not quite spent, or if one perceiue that the swouning will come vpon him, then giue him a bit of bread to eate steeped in wine.

The fourth is a corrupted or bad hunger. But bicause this hunger for the most part happeneth to women with childe: therefore we will not discourse here any further thereof, vntill such time as we shall discourse of this, and other matters moe appertaining to women.

In like manner also concerning the wormes, bicause that they do infect and frequent more the bowels than the stomacke, and are thence expelled: therefore we will discourse of them in the description of the bowels.

## *The twelfth Chapter.*

## Of the Lyuer.

ALbeit now the Lyuer haue the seate in the third part of mans bodie, fast vnder the Midriffe or *Diaphragma*, about the stomacke, for which cause we continuing our method, ought to haue written thereof before the stomacke: yet we haue declared sufficient causes in the beginning of the tenth Chapter, and shewed for what cause it hath not yet beene effected. This most noble member whereof we are now to discourse, which we call the Lyuer, the Grecians *Hepar*, and the Latinists *Iecur*, hath her situation (as is said) on the one side of the stomacke, which it toucheth in a wonderfull (and yet neuertheles, in a naturall) manner, with fiue branches, like as it were fiue fingers, wherewith she stretcheth also a little towards the left side, and is also by nature one of the most needefull and worthiest members which is giuen for the nourishment and sustayning of mans bodie, therefore are all beasts that do blow endued with it. This great and excellent gift haue the heathen people also acknowledged: but they shamefully and infidelly abuse this wonderfull creature of God in their Sacrifices: in which, amongst other the entrailes they behold the Lyuer especially, supposing thereby to learne and vnderstand things for to come, euen as they, whether it be through naturall causes, illusions of the diuell, (or through the leasings of their sacrificing priests) haue published and made knowne many kinds of wonderfull things.

things. The substance of the Lyuer is compacted flesh, of a red colour, not much vnlike to congealed bloud, full of vaines & arteries, and is of a warme & moyst complexion, like as is also the bloud. Also of her selfe she is without sence or feeling, like to halfe a circle, and in man (in regard of the whole bodie) she is much bigger then in other beasts, and especially in such as banquet euery day, and make good cheere, or be fleshy by nature. The Lyuer is the beginning and the seate of all lusts, a fountaine of all the vaines, the kitchen of all the bloud, which she afterwards in most wonderfull manner doth spread abroad, and impart throughout the whole bodie, whereby all the members be nourished, sustained and strengthened. This her admirable operation is not amisse to be compared with must, which hath his lees, that setleth it selfe in the bottome; Also there is then some light with it which ascendeth, that we do call the flowre of the wine: Lastly, there is somewhat more which vaporeth out within the yere, which is waterish. Euen so fareth it with the Lyuer, which draweth first all manner of mired moysture vnto her, and the greatest and the muddyest: to wit, *Melancholia* sendeth he towards the Milt or Splæne: that which is light, hote, and fierie, as *Cholera* is, draweth to the Gall: the excessiue watrish moysture which remayneth still in the rest of the bodie, and all that is not méete for the bloud, that do the Raynes draw to them, from whence the same commeth into the Bladder, and is afterwards voided out for vrine.

This excellent member is (like as the whole body of man) subiect to diuers diseases: amongst which, the most principall are these, namely, when the arteries and vaines be obstructed, whereof then be caused all kinde of sicknesses, as inflammations, schirrosities, lasks, or bloudie fixes, diseases of the Kidneies, and of the conduits of the vrine, thirst, yellow Jaunders, and lastly, diuers sorts of Dropsies, whereof we will speake more at large hereafter.

## Of the infections of the Lyuer in generall. §. 1.

1: §.

FIrst, all men that haue any infection of the Lyuer, are called *Hepatici*, notwithstanding that some do make somewhat else of it, and it is described thus: *Hepaticus* hath his continuall paine about the place of the Lyuer, with swelling, and hardnes. The face loseth his naturall colour: there is also an Ague, and thirst with it, with drouth of the tongue and the mouth. But this is to be thought againe vpon, that the Lyuer it selfe is vtterly insensible, and therefore feeleth no paine. But this sensiblenes or feeling haue the inward and adiacent Tunicles, and all that belongeth vnto them: which paine doth proceede through a cold, or hote Lyuer, or some impostumation, whereof the Physitions haue their proper signes, which we shall declare in their conuenient places. But the common people, yea also the vnlearned Physitions do not know so quickly the sicknes of the Lyuer, and that because of her manifold accidents and *Symptomata*, which be incident vnto it, whereof we will describe the most needefull, with all their necessarie remedies.

## Of the obstruction of the Lyuer in generall. §. 2.

2: §.

FOrasmuch as the common causes of the obstruction of the Liuer (like as is already discoursed) are in the vaines and arteries, and that as well through heate, as through cold: therefore will we first of all make some declaration in generall of this oppilation, before that we come to the principall. This obstruction or oppilation is thus described: *Oppilatio* is an obstruction, and such a disease, as hindreth the bloud, and other humors, that should haue their passage and course through the vaines, which may be prouoked through these causes following in the Lyuer: to wit, if a bodie do gird himselfe too hard, and hath his clothes too straight about the Lyuer. Item, through fallings, through thrustings, and such like, through vse of grosse meates, as Porke, Beefe, Cheese, vnleauened bread, boyled seedes, as Rice, Wheate, &c. All manner of Pap, and other oppilating Pottages. Item, through outward cold, through inward tough slime and grosse bloud, which hapneth to lye before the orifices of the vaines, through winde, impostumes, and through other diseases moe of the Lyuer. The common signes next after the forementioned, are these: that alwayes his excrements or ordure is very thin and watrish, the vrin also sheweth thin, cleere, and yellowish. Also there is paine in his right side, and he feeleth a debilitie in the whole bodie, which may best be knowne when one must ascend staires or hils,

and that then the breath is very short, with other signes moe, whereof we shall admonish where we shall write of the impostume of the Lyuer. Albeit that we shall hereafter make mention of the order of dyet in a hote or cold Lyuer, and that we here but in generall do write of the disease of the Lyuer, yet will we here notwithstanding briefely rehearse this rule.

To wit, that all they that haue any obstruction in the Lyuer, are not to eate any thing but light meates, as young Mutton, Hens, and such like, which is often shewed before, and shall be hereafter shewed againe. Also all their meate is to be drest with Parsly rootes, and herbs. They are also to vse much Peasepottedge. And if this disease proceede of a cold cause, then are you to adde Parsly, Fennell, Southernwood, Sperage, or Capers. His meate must be boyled rather then rosted. Also he must beware of all grosse meates, old flesh, great fishes, and of all fishes which haue no shels. He is to vse no bathes, plaisters, nor any thing else before and yer that the second digestion be past. All strong motions or exercises immediately after meate must he eschue. And although he were very thirstie, yet must he forbeare as much as is possible, and chiefely from drinking of Wine; howbeit neuertheles a cleare white and well sauoring Wine is in some sort permitted. This may suffice at this present.

The causes of a hote Lyuer are many, as namely, the hote time, great labour in the heate of the Sunne, and especially without drinking, excessiue Venerie, application to hote medicines, suffocation of the mother or wombe, continuall vse of all hote meates, as Spices, or Wine made with Spices.

These are now the signes of a hote Lyuer, to wit, a red and yellow vrin, yellow ordure, great thirst, loathing of meat, and a swift pulse. All cold things are acceptable to the patient, and warme things be noysome. He is much enclined to vomiting, and that which he parbraketh, is lead coloured, and sometimes yellow and greene. Also the heat of the Lyuer may be felt with the hand. They which be of hote nature, and yong withall, and in a hote time of the yeare, are most subiect to this disease. And when to this heate there commeth drouth, that the mouth and the tongue be dry, then is it well to be seene that this disease procedeth of an vnnaturall heate, whereby there followeth forthwith Obstructions, Impostumes, Exulcerations, Tumors, schirrosities of the Lyuer, and such like diseases.

## Of the oppilation or obstruction of the Lyuer through heate. §.3.

FOr this obstruction of the Lyuer these simples are good: amongst which notwithstanding some be moderately warme, but they can thereby do no hurt, because that they be forcibly deoppilate. They may be mixed with other things, viz. with tame and wilde Endiue, small Endiue, Priests crowne, Lyuerwort, Melon seed, Pompion seede, Gourd seede, Cucumber seede, and Lettice seede, seedes of Purslaine, of Endiue and small Endiue, water of the rootes, and herbe of Cicorie, Sorrell, Cicorie, Burrage, Venus haire, small Houseleeke, Harts tong and fielde Cypers: of all which, one may prepare what he will. Item, the sirupe of vineger drunken with Endiue water. In like manner may be giuen to the sicke person to drinke Barly water, the iuice of cooling herbes, as of Endiue, Nightshade and *Cusenta*, with the sirupe of Sorrell and Sugar: for that these things do open the obstructed Lyuer, and coole the same. You may also vse for this purpose these things ensuing: Take *Oxysacchara*, and sirupe of Violets, of each three ounces, sirupe of Endiue twelue ounces, temper them togither, and if you thinke that the choler is tough and thicke, then temper amongst it one ounce of vineger, and vse thereof as often as you please, each time one ounce and a halfe, with some of the foresaid waters. Or take the sirupe of vineger, the sirupe of Endiue, of each sixe ounces, and temper them togither. If the body be sore bound, then put therto one ounce of the sirupe of Violets. Or if you thinke that the *Cholera* be burnt, then put the iuice of Burrage and of Fumitorie vnto it.

And if there be any Ague with it (as it commonly doth happen) then is this obstruction not onely commodious, but also most necessarie, that the bad cholerike humors may the easier be expelled: for which these things following are very meete, viz. the sirupe of *Diarrhodon*, *de Byzantijs*, *de Radicibus*, *de Cichorea*, taken with the distilled waters meete for them, to wit, water of Venus haire, of Harts tong, of Agrimonie, of Wormwood, of Endiue, of Cicorie, or with the waters wherein the foresaid herbes are decocted.

Item,

Item, Cassie with *Hiera Picra, Electuarium lenitiuum, Rhabarbarum, Agaricus,* sirupe of Roses laxatiue, *Pillulæ de Rhabarbaro.*

But seriously to take in hand this matter, it is aboue all woorks needefull to purge, which is thus to be effected.

Take the flowers of Burrage, of Bugloss, Violets, Currans, and Endiue seedes, of each halfe an ounce, boyle them togither as behoueth: of this decoction take three or fower ounces, and temper therein three dragmes of Cassie, fower Dates fiue dragmes, beaten Rubarbe one dragme: these being tempered, take them in the morning early. Fower Dates are especiall good for this, because they cleanse the hot Liuer, and also cole it. Or take the flowers of Violets, of Burrage, Prunes, and fower Dates, of each halfe an ounce, *Spicanardi* one scruple: let them seethe togither in sufficient water. Then take three or fower ounces of this decoction, and temper amongst it one ounce of Cassie, and one dragme of Rubarbe steeped in Endiue water: make a drinke of it. If so be that the sicke person be meetely strong, then in steade of the Rubarbe you may temper with it three or fower dragmes of the confection *Succo Rosarum.*

Another: Take sirupe of Violets halfe an ounce, Barly water three ounces, Rubarbe one dragme steeped in a little Endiue water, *Spica* three dragmes, confection *de Succo Rosarum,* one quarter of an ounce: temper them togither, and giue it him in the morning betimes. If the humor be grosse, then take in the steade of the Rubarbe, *Agaricus* and Rubarbe, of each halfe a dragme: for the *Agaricus* hath an especiall operation in the opening of the obstruction of the Lyuer.

For this is also requisite diuers Sirrupes, which be daily vsed at most Apothecaries, and also described in this booke: to wit, aboue all other, both sorts of *Oxymel,* the Drimell of Squils, sirrupe of Endiue, of Barberies, their confections, and all that is made of it, *Oxysacchara,* sirrupe of Violets, and of *Ribes,* and principally if there be tempered with it Roses, burnt Iuorie, and Saunders.

Item, take sirrupe *De Bizantijs* two ounces, Hony of Roses one ounce, water of Endiue, Fennell, and of Wormewood, of each two ounces, make a *Iulep* of it to take at two seuerall times. Another: Take Endiue water fiue ounces, water of Liuerwort three ounces, seedes of Gourds, Melons, and Cucumbers (slightly beaten with the pils) of each two dragmes, Uenus haire two handfuls, and ten or twelue winter Cherries: let these seethe all together in sufficient water, vntil that a third part be decocted, and in seething put one quarter of an ounce of red Saunders; afterwards strayne it thorow a cloth, and seethe in the same decoction three ounces of Sugar, and then make two Potions of it: they do cole, clense, and strengthen the Lyuer, the Kidneys, and all the intrailes maruellous much.

Item, take of a greene Gourd, and set it in an Ouen when the bread is taken out: a good while afterwards make a hole in the bottome, and receiue the water which shall run out vnderneath, then put as much Endiue water vnto it, and make a *Iulep* of it as you thinke meete. The wine of Pomegranates is very good for this: in like manner also Buttermilke for all diseases of the Lyuer is highly commended. Uenus haire one ounce and a halfe or two ounces taken in the morning and euening, coleth, openeth, and easeth all diseases of the Lyuer. In the moneth of June is the water thereof to be distilled.

Note also, that whereas there is a great heate of the Lyuer present, there must one refrayne from drinking Wine, and also from all drinks wherein is Hony admixed. But he is to vse all that coleth.

Make also this *Iulep* following. Take the water of Bugloss, Uenus haire, and of Endiue, of each nine ounces, the iuice of Pomegranates two ounces, white Sugar foure ounces and a halfe: seethe all these together vnto a potion. Or take *Iulep* of Roses, mixe them with Endiue water, and cleere well water.

Although for great heate we haue forbidden Wine, yet neuertheles Cherrie wine is permitted, because it is of a temperate nature, and doth moysten the Lyuer, and also coleth, and therefore these patients are to haue otherwhiles at their desire a draught of it. This confection following is also to be vsed, to wit, *Triasantali Diarrhodon* without spices, conserue of Roses, of Violets, preserued S. Johns Grapes, or *Ribes,* Barberies, and Peaches preserued, the conserue of water Lillies doth also cole much. Also the conserue of Cicorie with the rootes, and preserued Grapes, are good for this purpose.

losinges.

Or haue this confection following prepared: Take peeled Melon seede, Cucumber seede, Gourd seede, and peeled Pompeon seede, of each three quarters of an ounce, seedes of Purslaine, of Endiue, and Sorrell, of each one quarter of an ounce, Pine nuts which haue beene steeped foure howres in Rose water one ounce, Sugar eight ounces, or as much as you please: seethe the Sugar with Rose water, and then make losings of them.

pills.

Now for to keepe an open bodie, these pils are to be prepared: Take one dragme of Rubarb, burnt Iuorie one scruple, make nine pils thereof with the sirupe of Roses, and take them in together at one time.

Other Pils for the obstruction of the Lyuer caused through *Phlegma*, which falleth out of the head into the brest and lyuer. If you will let the sicke person take these pils two howres before he goe to bed: Take pils *De Hiera Composita* two scruples, and let the sick person sit the next day in a bath of water.

Take also sometimes one dragme of these *Trociscis* following, to wit, *De Berberis*, *De Camphora*, *De Spodio*, and *De Sandalis* with water of Endiue, and make pils thereof.

outward applications.

We will also heere repeate these things which are to be vsed outwardly: Take Roses, red and white Saunders, of each one dragme, Camfere halfe a dragme, beate them all to powder, Vineger foure ounces or more: temper this together, and wet a cloth therein, and lay it vpon the Lyuer; when it is dry, then make it moyst againe in the same.

Or take the iuice of Nightshade and Endiue water, of each three ounces, Rose water one ounce and a halfe, Vineger one ounce, red and white Saunders, and the seeds of Citrons beaten, of each one dragme, tempered, and vsed as beforesaid.

Item, take one quarter of an ounce of strong wine, foure ounces of Nightshade, water one ounce and a halfe, Saffron fiue greynes: mingle them well together, and then lay it with a cloth ouer the whole Lyuer. Another: Take Endiue water sixe ounces, Rose water and Nightshade water, of each three ounces, water of Wormwood two ounces, the iuice of Lettice and of *Calmus*, of each one ounce and a halfe, red and white Saunders, of each one dragme, Camfere one scruple: temper them well, and then apply it vnto it.

Another, which is yet stronger: Take water of Endiue, and of Sorrell, of each sixe ounces, water of Burrage and of Bugloss, of each fower ounces, *Species de gemmis Frigidis* three drag. *Diarrhodon*, *Triasantalon*, of each one dragme and a half, red Coral halfe a dragme, Camfere one scruple; temper them and vse them as the other.

Or take Roses, red and white Saunders, Wormewood, Squinant, burnt Iuorie, and *Spica*, of each a like much; beate them all to powder: when as you will vse it, then temper halfe an ounce with Sorrell and Endiue waters, of each fower ounces. Item, take the water of Nightshade, of Endiue, of Liuerwort, of Sorrell, and of Wormewood, of each fower ounces, *Species Triasantali*, *Diarrhodon*, burnt Iuory, of each halfe a dragme, Saffron one dragme, Vineger two ounces; temper them, and vse them as the other.

Another which is temperate: Take water of Bugloss, of Coxy, of Balme, of each sixe ounces, *Spec. de gemmis temperatis* one dragme, Saffron one scruple, Vineger one ounce, Malmsey three ounces; temper them all togither. But it is to be noted that these cooling things must be vsed with discretion, that they do not coole the breast too much, and prouoke a Cough: the which might easily be procured.

Here follow now plaisters and such like.

TAke Barly meale three ounces, Roses one dragme, white Poppy seede halfe a dragme, the iuice of Wormewood and of Nightshade, of each one ounce and a halfe, Vineger halfe an ounce; make pap thereof with the oyle of Roses.

Or take white Poppy seede one ounce and a halfe, the iuice of Wormewood three ounces, the iuice of Nightshade sixe ounces, Vineger one ounce, and Barley meale as much as sufficeth.

This plaister is also highly commended: Take dryed Violets three quarters of an ounce, Roses two dragmes and a halfe, *Spica* and Gallicke, of each one dragme and a halfe, Cammomill, Venus haire, Barley meale, Hollihocke roots, of each ten ounces, Squinant, Cipers roots, and Calmus, of each one dragme: make a pap thereof with well water, and lay it euery daie ouer the Liuer.

The

The common plaister of Saunders, which is to be found at the Apothecaries, is also very good for this vse.

For a salue: Take oyle of Roses, of water Lillies, and *Spica*, of each halfe an ounce; Roses, burnt Iuory of each half an ounce, red and white Saunders, seeds of Plantaine and of Purslain, of each one dragme, *Spica*, Agrymony, of each one quarter of an ounce, Mastick two scruples, Ware as much as is needefull for to make a salue of it. Item, take oyle of Roses two ounces, oyle of Violets and of *Spica*, of each one ounce, Vineger halfe an ounce, Roses, burnt Iuory, Squinant, red and white Saunders, of each halfe a dragme, Camfere two scruples: then make a salue of it with molten Ware.

The Saunders salue described before in the first Chapter, and first §. Also the cooling oyntment, and that of Roses, are maruellous good for this disease.

Yet another: Take the oyle of bitter Almonds, and white wine, of each a like quantity, steepe Cicorie in it, Wormewood, Cammomill and Agrimonie, and chafe it warme vpon the place of the Liuer.

Another which is very forcible. Take the salue of Saunders, and the cooling oyntment *Galeni*, of each one ounce and a halfe, oyle of Roses one ounce. If it be too soft, then make it as hard as you will with Ware.

It is also necessary to obserue therein an order of diet. If with this heate of the Liuer there be an Ague, then is he to be kept as one that hath an ague, and that according to the importance of the cause; like as may be discerned in the first part. Generally, Lettice, Purslaine, Veriuice and Cucumbers are very good for him, with Vineger, and other meates moe that may be dressed with them. And although the inflammation were without an Ague (and yet there be some dry itch and scabs with it) then be the foresaid herbs very wholesome for him. In like manner also Pullets, Hens, Partridges, small birds, Kids, Muttons & Veale dressed with Vineger, Veriuice, Orenges or Limons, Barly pap and Oaten pap are also very fit for his meate. The Vineyard Snailes are also very good for them. The fishes that be taken in clere grauell waters, dressed with Parsley and vineger, may be very well eate. Melons, Almonds, Peaches, stued Peares and Apples, Cherries, Strawberries and Raisons, a little of each eaten are also very good. Wine is altogither repugnant to this disease: yet being well watered, or Cherrie wine may be drinke in some respects moderately. Also all grosse meates are very hurtfull for him; as vnleauened bread, grosse flesh, Cheese, Milke, Starch, Rice, and in fine all that bindeth is hurtfull for the lyuer. But Buttermilke is not ill for this maladie.

## Of the obstruction in the Liuer through colde. § 4.

If so be that the Oppilation of the Liuer be caused through cold, then is the whole body bleake and lead coloured, and chiefly the face; the tong, the lips, and the vrine is not coloured: the pulse is slowe, there is little thirst, slow digesture, lead coloured and white excrements that stinke not much. All warme things are very meete for the patient: but colde things are vtterly against him; first, if this obstruction be without an Ague: but in case that it continue long, then must an Ague ensue by reason that the blod putrifieth in the Liuer. But if there bee any humors with this colde, that is to be perceiued by the thicke water: also by the moysture and thinnesse of the vrine, and by the small thirst, slow pulse, by the swelling of the eyes and of the face, softnes of the flesh, and loathsome colour, wherby they doe come quickly to the yellowe Iaundies or Dropsie. With this commeth also oftentimes a laske or scouring, swelling of the eyelids, of the fingers, of the toes, and all outward members. If so be then that these signes chaunce to be, or may be perceiued, then may easily be adiudged that this maladie doth proceede through cold causes. The patient is for this, aboue all other things, to be purged, and the flegmaticke matter is to be expelled; for which this preparatiue sirupe ensuing is to be vsed: Take the rootes of Parslie and of Fennell one ounce and a halfe, the rootes of Smallage one ounce, Agrimony, Venus haire, and Harts tong, of each one handfull, Mace, *Cuscuta*, of each two ounces, Licorice, Currans, of each one ounce, white Vineger one ounce, Honie, Sugar, of each sixe ounces; make a sirupe of them vntill there do remaine about fifteene ounces, and clarifie it. For this is also good the sirupe of *Eupatorio*, of *Acetosa*, *Diarrhodon*, *de Bizantius*, and *Acetosus Compositus*. Item, take Fennell

rotes, the rotes of Parsly, of Smallage, Sperage, and Butchers broome, of each halfe an ounce, Agrimonie one ounce, Annis, Fennell, *Cuscuta*, of each three dragmes, Harts tong, Venus haire, herbe Bennet, of each a handfull, Vineger one ounce, Sugar as much as you will; and make a sirupe of them. And of one of the foresaid sirupes you are to vse certaine daies one after another, euery day two ounces at once. This being effected, then is the patient to be purged with this purgation following: Take flowers of Burrage and of Buglosse, of each one ounce and a halfe, *Spica* one scruple, *Agaricus* and Polypody rotes, of each halfe a dragme: let them sethe togither, and put vnto it one dragme of *Turbith*. You are to giue him about fower ounces of this decoction.

Or take *Pillulas de Agarico*, or such like, which purge the flegme. Whē the patient is well purged, then is he to vse some of these Trocisks following dissolued in water of Wormwood; to wit, *de Rhabarbaro, de Absinthio*, and *de Eupatorio*. Amongst the Confections these are good: *Diacostu, Diacalamintha, Dianisum, Diacyminum, Aromaticum rosatum, Diagalanga, Dialacca*, and such like. Item, take *Pistacia* two ounces; steepe them two daies in warme water of Agrimony, chop them afterwards small, and sethe two ounces of Sugar in two ounces of Agrimony water which is meetely thick. Then temper the *Pistacia* and halfe an ounce of Cinnamom with it; wherof make lowsings: then take therof morning and euening at least one quarter of an ounce. Hereafter doe now follow confections and other things which one may eate. Take one pound of well washt Currans; when they be dryed meetely well, then temper therewith one ounce of beaten Rubarb, and eate thereof when you will, a good spoonefull at each time, and then keepe it close stopt. This is very good for all diseases of the Liuer, and chiefly to preuent the yellow Jaundies.

Another Confection. Take the muscilage of Hollihock rotes 12. ounces, clarified Hony 18. ounces, Liquorice 9. drag. Betony and Balme, of each three drag. *Cuscuta*, rindes of Tamariske, of each half an ounce, Annis, Couchenell, of each on quarter of an ounce, Ginger one drag. prepared steele two ounces and a halfe, and one drag. of the muscilage of Hollihock rots, and you must sethe the Hony to the thicknes of Honie: then temper the rest amongst it, and vse it after that you haue well stirred your selfe, walked, or run. Annis seeds confected be good for cold obstructions, and all old diseases of the Liuer. Item, Comin and Caruway haue great power to heate a frozen Liuer, and to open all her obstructions. Also bitter Almonds confected or otherwise. Likewise, Elecampane rots, Calmus, *Eringus*, Nutmegs, Walnuts, all of them confected. Item conserue of Eiebright, of Fumitory, of Elderne flowers, Hyssope, Betony, Lauander, Marierom and Sage are altogither very requisite. To all which you may ad *Mina Citoniorum*, both Treacles; to wit, the great *Diatessaron*. and Mithridate, are very commodious for this disease.

For the obstruction of the cold in the Liuer be these pils following very good, and especially if there be feare of the dropsie: Take Indy *Spica* 2. drag. and a halfe, *Spica Romana* one drag. Rubard, *Agaricus* & *Ameos*, of each one drag. and a half, Cinnamom, Cloues, and Squinant, of each half a drag. Aloe 5. drag. make pils thereof with old wine, and vse thereof as often as you will, one drag. at once. For this obstruction are these things following especiall good: Take Couchenele beaten half a drag. make three pils thereof with the iuice of Limons; then take them fasting, as you please. Some aduise that there must be tempered amongst it the herbe Centory, and then make pils of it with the iuice of Agrimony.

## Potions and such like.

WIne is for this cold obstructiō of the Liuer, as in that of heate, not forbiddē. For there be sundry wines of herbs ordained for the same, viz. wine of Eiebright, of Auence, of Betony, of Harts tong, Marierom, wormewood, Hyssope, and *Asarabacca*, and such like, which be described in the last part.

But if it be needfull that the wine must be tempered; then prepare a water wherein Annis, Cinnamom, Coriander, Fennell rotes, or any of these were decocted, you may also sethe Mallowes and *Cuscuta* in wine, and sometimes drinke thereof.

Of spiced wines are some described before and hereafter, which doe serue for the Liuer very well. For which be highly commended *Cleretum, Aromatites*, and wine of Zeduary.

Besides the foresaid sirupes may these ensuing be vsed; to wit, the sirupe of Fumitory, of Wormewood and Hints. And if so be that the *Phlegma* be very tough, then all the *Oxymels* are fit for it, vsed with water meete for the purpose.

Of

## Of the outward Applications.

TAke Agrimonie two handfuls, Cammomill and Uenus haire, of each halfe a handfull, Cipers rotes, Mastick, Squinant, *Spica*, of each one dragm, red and white Saunders, Calmus and Wormewood, of each two scruples, burnt Iuory one scruple, muscilage of Hollihocke rotes three ounces, oyle of Mastick, *Spica*, and Barly meale, of each one ounce, and also a little Uineger: then make a plaister of it with the decoction of Agrimony.

This foresaid plaister is good for all hote and cold tumors of the Liuer, and to be vsed at all times, the plaister of Melilot, the plaister of Bay berries, and the knowen gray plaister *Diachilon*, are all very good for this Schirrosity of the stomacke, of the Milt and Liuer. Item, take Roses fiue drag. Wormewood halfe an ounce, Mastick fiue dragmes, Indie *Spica* two dragmes and a halfe, Ware one ounce, oyle of Roses fower ounces and a halfe: afterwards melt the Ware and oile, and wash it with water: lastly, temper all other things beaten amongst it. This plaister strengtheneth, openeth the obstructions of the Liuer and the stomacke, swageth the pain which procedeth of cold, maketh appetite, and assisteth the digestion.

These oyles following are also maruellous good against all Oppilations of the Liuer; to wit, the oyle of Elder, of Baye, of Spike, and of Wormewood, tempered, or each alone, annoynted vpon the place of the Liuer.

It hapneth also very well, that through the obstruction of the Liuer, the intrailes are annoyed. For which, you are to take the right sealed earth, and temper it with Annis or Fennell, *Spica* of Indy, with Cinnamom, of each a like quantity, as the cause requireth: vse halfe a drag. of it at once with wine. But of this shall be written more at large where we shall discourse of the guts.

Ingenerall, *Oxymel* is good for all oppilations of the liuer (if there be any sharpnes of the vrine with it) amongst which, some expert Phisitions do temper these things following, which doe take away the sharpnes of the Urine: as Annis, wilde yellow Mustard seede, Siluer mountaine, Mallowes, Hollihocks, Fleawort, Dragagant, and such like: whereof we shall speake hereafter, to wit, in this third Part.

## The order of Diet.

BEsides all the foresaid remedies, it is necessary that we doe also write what diet this patient is to obserue. First of all, whatsoeuer coleth and moisteneth, is to be eschewed; to wit, all habitations which lie lowe by the water: also the Southwinde. All that here ensueth is hurtfull for him: as Spinage, Beetes, Lettice, Purslaine, Endiue, Gourds, Cucumbers, and Pompeons, as also all that is made of dough. Fish also is not good for him, vnlesse it were seldome vsed. All slimy parts of beasts is he also to forbeare, as fat Trypes &c. vnleauened bread, fresh fruits, and all pottages. Notwithstanding, Pease porrage, and broth of Lentils made with Mints, Parsley, Spike, and Galingall be special good. He must also refraine from drinking water, if it be not tempered with wine. Also all grosse wine is naught for him. Butter and swines suet is also not much commended. But Sallet oyle is in some respects permitted. Item, all kind of milke, and all that is boiled with it, grosse old flesh, and all that bindeth, is also forbidden.

For his drinke he is to vse meetely strong wine which is cleere, and of a good taste, and is somewhat sweete. He may also vse otherwhiles good warming Aromaticall wine, like as we haue shewed of late. Uineger, Uerjuice, Limons and Orenges must he vse with other meates, but alwayes a little, and rather these: The Pomegranates, Cinnamom, Pepper, Ginger, Galingall, Annis seede, Comin, Fennell, and such like odoriferous things are very meete for him. In like maner also the herbs and rotes of Parsley, Hyssope, Thyme, Marierom, field Mints, Southernwood, Sage, Basill, Costus rotes, yellow Rapes and all other Turneps drest with oyle he is to vse. In like sorte Oliues and Capers. Of all flesh, Hens, Pullets, Doues, Partridges, Fesants, field foules, and sucking Kids, be very good to be eaten: for they may all be drest with spice; and especiall good to bee drest with all meates be Parsley and wilde Turneps. Some do commend much for this sickness the Uineyard Snailes, and of all fruits, the bitter and sweete Almonds, *Pistacia* and Currans.

## Of a schirrous Liuer. §. 5.

IF this obstruction of the Lyuer, it doth otherwhiles ware schirrous and hard, that one may feele the same with the hand on the out side, without any great trouble to the Lyuer: the which maladie the learned do call *Scirrhum*, and the Greekes *Seliroten*. This disease is not to be cured but at the first, for when it is wared old, then it is too late. These patients do some dye suddenly, and some lingringly; for the Liuer cannot tollerate so strong medicines as the Milt. This disease is to be remedied, as heere ensueth.

This sicke person is alwayes euery second day to take one scruple of *Ammoniacum*, with *Oxymel*, made into pils. If it shall be needefull, his lyuer vaine is to be opened, and afterwards he is to purge with Manna and Rubarb tempered with Agrimony water: Wormewood water is also good. He is certaine dayes afterwards to take one dragme of prepared Wolfs lyuer tempered in foure ounces of Agrimony water, and to vse this certaine dayes one after another. It is also good aduise, that this sicke person do vse things which do prouoke much vrin, and do breake the stone in the Bladder, whereof shall good instructions be found in his proper place. For it is consonant to reason, that such things will also resolue and deobstruat the hardnes of the Lyuer. Also he is to drinke dayly a dragme of the seede of *Agnus Castus*, tempered with Comin, and Fennell water.

Outwardly be the forementioned plaisters, and especially the plaister *de Meliloto* and *Diachilon* to be applyed vpon it. Also you may make (if you will) a plaister of these things following: Take Cammomill one ounce, Roses, marrow of Oxe bones, or of Harts bones, Ducks grease, Hens grease, and oyle of Spike, of each halfe an ounce, beaten Wormewood three dragmes. Fenegreeke, and Linseede meale, of each one ounce, sweete *Costus* rotes three dragmes, and Ware as much as sufficeth. Or seeth Figs and Reisons, poune them to grout, and temper amongst it Fenegreeke meale, beaten Cammomill, Rue and Melilot: afterwards mingle it with the oyle of Cammomill, as much as will suffice for a salue.

Item, take Barly meale two ounces, Cammomill and Melilot, of each halfe a handfull, the muscilage of Hollyhock rotes fiue ounces, Cypers rotes, Squinant, Mastick, and Spica, of each one quarter of an ounce, red Saunders, *Calmus*, Agrimonie and Wormewood, of each two scruples, burnt Iuorie one scruple, Saffron halfe a scruple, Vineger halfe an ounce, oyle of Roses one ounce, foure or fiue dry Figs, oyle of Wormewood and of Spike, of each one quarter of an ounce, make a plaister thereof. Some haue taken the venemous herb Hemlock, and layd it as pap vpon the Lyuer: for it doth mollifie schirrositie and hardnes.

By this is also to be vnderstoode that all which is good for the obstruction of the Lyuer, is also very meete for this disease.

## Of a cold Lyuer without obstruction. §. 6.

THere befall also cold diseases in the Lyuer without any obstruction of the same, yet are all the forementioned remedies very good for this intent, by reason that they do all heate the Lyuer and other inward parts: but these Plaisters, Salues, and other things ensuing, are especially ordayned for this.

Take Mastick, Spica, Cipers rotes, Squinant, *Calmus*, Saffron and Myrrh, but the Mastick and Myrrh are to be dissolued in Wine, then temper the rest amongst it vnto a plaister, and lay it vpon the Lyuer. Item, take the iuice of Agrimonie twelue ounces, Vineger one ounce, Spike and Cinnamome, of each one dragme and a halfe: wet a cloth in it, and lay it also ouer the Lyuer. You may also put vnto it foure ounces of Wormewood water. Or take oyle of Quinces, oyle of Mastick halfe an ounce, oyle of Spike one ounce, burnt Iuorie, Roses, Squinant, Cuscuta, Cinnamome and Spike, of each halfe a dragme, Saffron fiue greynes, and Ware as much as is needefull. Lastly, stirre a little Vineger amongst it, and with this salue annoynt round about and vpon the Lyuer twice or thrice a day, that is, vpon the right side, euen to the ribs.

Another: Take oile of Roses halfe an ounce, oile of Wormewood and of Spike, of each one ounce, red and white Saunders, burnt Iuorie, Squinant and Comin, of each halfe a dragme,

Cinna-

Cinnamon one dragm, Agrimonie and Calmus, of each two scruples, Mastick, and Indie *Spica*, of each one scruple, Saffron, halfe a scruple, Vineger one spoonfull, Ware as much as is needfull for a salue.

But if so be that there do remaine any paine, then may you vse these things following: take Wheaten bread which is well bolted, put it into a bag, and so laie it warme vpon the liuer. But if the paine will not be as yet allwaged with it, then take two parts of Millet, and three parts of Brand, and one part of Salt; make them togither warme, and vse it as aforesaide: Or set a great boring cup vpon the same place.

Item: Take Cammomill, Balme, Dill seede, and Annis seede, of each two handfuls, Mace, Fennell, Mallowes, Hollyhocke seedes, of each halfe a handfull, and two or three Poppie heads; Seethe all these togither in a good deale of water vntill the third part be decocted, and fill a great bladder or twaine with this decoction, and laie it on the place of the paine; and when one is colde, then laie another.

Lastly: Take fower ounces of Brand, Venus haire, Dill seede, Burrage seede, and Comin, of eache halfe an ounce, Cammomill and Melilot, of each three handfuls; Seethe them altogither in white wine, then poune them to grout, and temper therewith one ounce and a halfe of Barly meale, oile of Cammomill two ounces; then make a plaister of it, and laie it warme vpon it: it is verie good to allwage and delaie the paine.

## Of the impostumation of the Liuer. §. 7.

THe Liuer may be also annoyed through many kindes of impostumes inwardly or outwardly, which be ingendred of many causes; as through fals, thrusts, or by going too narrow girt, whereby all such issues and impostumes are caused. Also these impostumes may be well caused through some cholerick humor, and through an ouerhot stomacke, through the vse of too much spices, or any other hot meats, whereby the digestion of the stomacke is infeebled and wholly spoiled. For this is especiall good all sweete things, as Hony, Sugar, Figs, &c.

But if this moisture be through cold, then doth there come a cleane contrarie cause.

The commonest signes of all the impostumes of the Liuer be these; paine in the right side tending vpwards towards the ribs and sholder blade, as it were the Pleurisie. The sicke person can hardly lie vpon his sides, and especially on the right side: his face is verie blacke, he loseth appetite, his vrine is blodred, especially if the impostume be hot: otherwiles the cough cõmeth with it, as also the hickcough, parbraking, short breath, retention of vrine, & great thirst.

Now for to cure these impostumes, we will first discourse of them that come through heate: for this is first, the liuer vaine to be opened (if the patient be able) and to let out much blod: but if the partie be weake, then but a little, and then the oftner.

If so be that he be hard bound, then be gentle clisters to be ministred, and this thing insuing to be laide vpon the liuer. Take red Sanders, and Roses, of each three dragms, the iuice of Endiue, and Nightshade, of each two ounces, Rose water one ounce, Vineger halfe an ounce; make them togither luke warme, and then wet clothes therein and apply them vpon the liuer, and renew them once euerie three or fower howers, and continue this three or fower daies. This sirupe following is also to be prepared, which is as well good for the ague, as for to open and lose the body: Take the iuice of small Endiue, of great Endiue, of Agrimonie, Smallage, and Fennell, of each three ounces, water of Parsley roots, of Smallage and Venus haire, of each two ounces, cleere wel water twelue ounces, Sugar eighteen ounces, white vineger two ounces; Seethe them altogither, and clarifie them wel, then put vnto it Squinant, Spike, burnt Iuorie, Melon seede, Gourd seedes, Cucumber seede, Pompeon seede, and red Sanders, of each one drag. Wormewood three dragms; then make a sirupe of it, and take at each time two ounces of it with the decoction of Peale, or with Endiue water. The third day after that such impostumes be knowen, then is the soft pap to be laid vpon it. Take Barly meale, stewed Figs, and Dates beaten to pap, and tempered altogither with oile of Roses and Vineger.

For this sickenes one must not purge at the first without great neede be. But when the sickenes is at the prime or declining, then are you to do the same with Manna, Cassie, sowre Dates, and to exhibit it with the decoction of Violets, Squinant, Prunes, and Wormewood.

In

In like manner vse losing meate drest with Burrage, Mallowes, Hops, and such like herbs. But if the impostume be broken out, and that there do come a gentle laske or scouring, wherewith corruption also auoydeth, then is nature to worke. But in case this scouring get the maistrie, then is the same to be stayed with the *Trociscis de Berberis* and *de Terra Sigillata.*

But if these impostumes do come of thrusts, or such like occasions, then open a vaine (as is sayd alreadie) and lay this plaister following vpon it: Take Mirtle seede, Roses, & Bayberies, of each halfe an ounce, *Calmus*, Mirrh, Mastick, of each one quarter of an ounce, Saffron one dragme, oyle of Lillies and Ware as much as is needefull; and if you feare any hardnes of the Lyuer, then vse the mollifying things, whereof we haue spoken in the 5. §. Or make this following: Take Cammomill, Melilot, Rue, Wormewood, Ircos, Marierom, *Calmus*, Hyssop, and Roses, of each one ounce and a halfe, Endiue, Hollyhock roots, Linseed, and Fenegreeke, of each one quarter of an ounce: let them boyle all together in wine and water, make a spunge wet in it, and then lay it warme vpon it. Item, in the declination of the sicknes is this plaister following to be vsed: Take liquid Storax, and Ware, of each one ounce and a quarter, Mastick, Saffron, Ameos, of each halfe an ounce, oyle of Mastick and of Roses, of each fiue dragms, Wine fiue ounces: temper, and vse it warme: the Barly for his meate, and the water for his drinke, is amongst other cooling things very necessarie meate and drinke.

But if so be that these impostumes do procede of cold, then do they make shew with intumifactions and debilities, they bring also rather heauines and oppression with them then paine. For this, take heede of letting bloud and strong Clisters: but milde Clisters may be vsed, and also milde purgations. Amongst other is good for these Clisters Wormewood, Barly, field Mints, Centorie, or which you will, decocted with a little Coloquinte. You may also vse well suppositories for to keepe the bodie soluble, and to draw downe the tough and grosse slime.

Prepare also these Trocisks following: Take Roses fiue dragmes, Barberies halfe an ounce, Annis, Smallage seede, Squinant, Cassie wood and *Calmus*, of each three dragmes, Mastick, Spike, Cinnamome, Asarabacca, Rubarb, Mather, and Lacca, of each one dragme: beate them all together, and make foure square Trocisces thereof, with the iuice of Fennell the waight of a dragme, and giue thereof one in the euening with this potion following.

Take the rootes of Smallage, Parsly, and Fennell, of each one ounce, seedes of Smallage, Annis, Fennell, and Comin, of each halfe an ounce, Squinant, Agrimonie, field Cipers, Germander, Mather, Cassy wood, and Balsam wood, of each one quarter of an ounce, white Vineger one ounce and a halfe, Hony three ounces: seethe them all together in sufficient water, and clarifie it as behoueth. Further, annoynt the place with oyle of Spike, oile of *Sesamum*, or oyle of the seedes of *Manus Christi*, and lay this plaister following vpon it.

Take the seedes of Smallage, Ameos, Annis, and Cardamome, of each halfe an ounce, Squinant, Aloe, of each three dragmes, Spike, *Amaranthus*, Mastick, Saffron, and Mirtle seede, of each one dragme and a halfe, Turpentine, Rosen, of each three dragmes, Ware as much as will suffice for to make a plaister with: melt it with a little oyle of Spike and of *Costus*, and then temper the rest amongst it. But if so be that you will you may take and put vnto it Ore dung, and Goats dung.

When the impostume breaketh, that may be perceiued if the patient about the same time fall a shiuering and quaking with a swouning, and vomiting, and that bloud auoid both through the stole and the vrin, then is this plaister following to be vsed; and if peraduenture the opennes be not yet erplete, yet doth it ripen and asswage the paine, and strengtheneth the Lyuer.

Take Barly meale, and Fenegréeke meale, of each one ounce, Linseede meale three drag. Mill dust, Elecampane rootes, the rootes of Smallage and of Wormewood, of each fiue drag. Cammomill, Melilot, Violets, and Roses, of each three dragmes, white Lilly rootes, Pigeon dung, *Spica Romana*, of each one dragme, oyle of Cammomill and of Violets, as much as will suffice for to make therewith a plaister: afterwards giue him a drinke for to clense him decocted of Barly and Figs, or let him vse *Mellicraton*, which is Meade.

## Of the laske or scouring through weakenes of the Lyuer. §. 8.

WE haue sufficiently written thereof before in the eleuenth Chapter, where we haue spoken of all manner sorts of Laskes and bloudie Flixes.

Of

## Of diuers things which be very commodious for all infections of the Lyuer. §. 9.

HEre before in the 3. §. is highly commended the water of Uenus haire for all diseases of the Lyuer. For this is also good M. Tristrams water, for it doth preserue and cure the Lyuer from all diseases. Item, take the seede of Endiue, of small Endiue, and of Lettice water, of Uenus haire, and Liuerwort, red and white Saunders, of each one dragme, seedes of Melons, of Pompeons, and Gourds, of each one quarter of an ounce, thauen Iuorie halfe a dragme, burnt Iuorie one dragme, rootes of Fennell, of Parsly, and Smallage, of each one quarter of an ounce, rootes of Endiue three dragmes, and a little Vineger, Sugar one ounce and a halfe: let them seethe all together in three pints of water vnto the halfe. This is especiall good for a stuft Lyuer which is caused through heate, and also for the yellow Jaunders.

Many kindes of golden waters and vitall waters be also good for this, and especially for cold causes.

Loke also in the first part the 12. Chapter, and 1. §. where you haue a very good powder, beginning thus: Take the iuice of Worme wood, &c. mire it with Sugar, and vse it ten dayes together, it helpeth all maladies of the Milt and Lyuer, it preserueth also from the yellow Jaunders and Dropsie.

## Of the thirst, through drouth and heate of the Lyuer. §. 10.

ALthough the thirst be a common drouth of the inward members, yet neuertheles it is caused (for the most part) from the Lyuer, which also dryeth away through the heate, or if the bodie be burthened with any sicknes or Ague, which verily is such an intollerable trouble, that it exceedeth all other, like as may be seene by the wretched people that be set on a wheele, who do more complaine of thirst, then of their dislocynting & broken bones: which thirst is thus described.

Thirst, is a desire of coling and moysture, which is quenched with drinking. The learned do also make three kinds of differences of the thirst: the first do they take for the thirst which is gone cleane, when one hath lost his thirst, and when he is afraid of drinking.

The second is the diminished thirst, when one drinketh seldome.

The third is the spoyled thirst, like as when any body desireth out of measure any vnaccustomed and hurtfull drinke without measure: to wit, if one would drinke puddle water, brine, or such like. This thirst is to be likened vnto the strange lust after meate, which is caused through a bad stomacke, which hath beene spoken of in his place.

The causes whence this vnnaturall lust ariseth are many, as great labour, long conuersing in the Sunne and about the fire, a strong Ague through drinking of strong wine, through eating of salt and smoke-dried flesh, of Fish, Cheese, Pepper, Ginger, Cloues, and other Spices: sorrow and anger do also extenuate the bodie, and increase thirst: the like also do hote venims cause. Item if any inward parts be ouerheated (like as hath beene saide before) in the 3. §. hereby the thirst is also prouoked: and especially the thirst is then great aboue measure in the disease of the kidneies, which is called *Diabetes*, and when one goeth ouermuch to the stoole.

It happeneth also that some that haue had great thirst, would tollerate the same without drinking, and are fallen into such thirst which could not afterwardes be quenched, and haue fallen thereby into *Phthisin, Hecticam*, and other consuming sicknesses.

The same signes and differences of all these causes may be demaunded of the patient himselfe, or the standers by. The inward causes doth euery inward part yeld, as the Lyuer, Hart, Lights, and the Midriffe, sufficiently of it selfe to vnderstand.

For this thirst, are applyed certaine common rules, which may be well marked. First, how that if one haue a moyst bodie or stomacke, to him is the thirst profitable; for if he refraine the same, then is the moysture of his bodie thereby consumed. Secondly, if the thirst be by reason that one hath dronken ouermuch Wine, then is the thirstie person to endeuour himselfe to much sleeping, and that will quench the thirst. Thirdly, a bodie is thirstie because he is dry by nature,

and

and then is he to quench his thirſt through drinking. Fourthly, healthfull folks that haue thirſt anights, are to be weaned from drinking. Fiftly, healthfull folks who haue thirſt anights, are to be weaned from their drinking anights. Sixtly, if ſo be that one haue gotten an vnnaturall thirſt through eating ouermuch hote meates, he muſt quench his thirſt by drinking water. Seuenthly, the thirſt which procedeth of a hote hart and lights, is to be remedied by taking in of freſh ayre, or by receit of any cooling Lækes called *Looch*, and through much watching, for that drinking much water, and ſleeping much, cauſe more harme then good. Eightly, if the thirſt do come onely through drouth of the mouth and of the throate, then is he to addict himſelfe to ſleepe after reaſonable drinking, and to forbeare talke. Ninthly, if any bodie be a thirſt after much purging, he muſt not drinke too much, leaſt that the naturall digeſture be thereby enfæbled, or that the naturall heate be therewith diſſipated and extinguiſhed. Tenthly, all they that haue accuſtomed to drinke much anights, they do in time ſpoyle all the humors of the whole body, whereby they do fall at the laſt into *Cacochimiam*, or the Dropſie, if ſo be that they do remayne long aliue.

But now as concerning the particular remedies of the thirſt. The moſt of them are diſcouered in all ſickneſſes that cauſe thirſt. Neuertheles, we cannot here omit to declare in generall all that withſtandeth thirſt. And we will firſt begin with the potions.

Julep of Roſes and of Violets are much vſed in all heates. Julep of Roſes is made thus: Take one pound of Roſe water, halfe a pound of white Sugar; ſæthe them togither by a gentle fire, and clarifie them with the white of an eg, vntill they be as thicke as a ſirupe. This Julep quencheth all that is of flegmatike Agues, of the Pleuriſie, and alſo of all kind of thirſt. In the ſame manner is the Julep of Violets to be made, and hath the ſame operation. It is alſo good for all rheumes of the breaſts, and of the throate, againſt the cough and the thirſt. Item, take freſh Well water, or decocted Barley water tempered with Julep of Roſes or Violets, and the like alſo with the iuice of Pomegranates. The ſame doth likewiſe quench the thirſt very much.

Theſe diſtilled waters following do alſo quench the thirſt very much: viz. the water of Endiue, of Bugloſſe, of Sorrell, and ſuch like, wherewith a little Sugar is decocted.

It is alſo ſaid that the Cherrie wine is of a temperate nature, therefore doth it quench the thirſt in great heate, it coleth and moyſteneth all the inward parts. Item, Meade doth alſo quench thirſt, like as the ſame is to be ſeene in the laſt part of this booke. If ſo be that you deſire alſo in quenching of the thirſt, to loſe and make ſoluble, then take three or fower ounces of Endiue water, and with this water drawe as much Caſſia out of the canes as you thinke good, and ſo drinke it. It doth quench the thirſt maruellous much, like as is alſo ſhewed ſufficiently in the deſcription of Caſſia in the Introduction.

Theſe ſirupes following which be here and there deſcribed, may alſo very well be vſed for great thirſts: as ſirupes of Violets, of Vineger, of Citrons, of ſweete and ſower Pomegranats, and eſpecially the laxatiue ſirupe of Roſes. For hote Agues you may alſo vſe the ſirupe of Oranges, of Barberies, of Cherries, of Prunes, and the iuice of them all. The ſame confected, dryed, and all that may be made of them.

There be alſo many things moe miniſtred againſt the thirſt: as freſh Cucumbers, Gourdes and Pompeons; the ſame being eaten or the iuice dronken. For this is alſo Lettice good, being eaten with vineger and oyle. Item, blacke Cherries, S. Johns grapes, and Barberries. The confection of Prunes deſcribed before in the eleuenth Chapter, 20. §. is alſo good and certain for the thirſt. Item, Confected Peaches, Conſerue of Roſes, of Violets, and of water Lillies. A peece of Sugar dipt in water, and ſuckt in the mouth aſſwageth alſo thirſt. Vnripe Grapes chewed & contained in the mouth doe the ſame. Likewiſe, ſome Grapes held long in the mouth, do quench thirſt alſo. Or, if the ſame be vſed into ones drinke; like as is more amplyer admoniſhed in the beginning of this Booke.

## Of the yellow Iaundies, a ſickneſs of the Liuer. §. 11.

THis ſickneſs is called of the Grecians, and of all learned for the moſt part, *Ictheros*, and in Latin *Morbus regius*, *Arquatus*, *Aurigo*, *Suffuſio fellis*, and of many *Ictheria*. This is ſuch a ſickneſs, whereby that the *Cholera* or Gall doth ſpread it ſelfe very yellow ouer all the body,

body, and appeareth with other spots or staines. Therfore is this first to be noted, that there be three kindes of *Ictert*, or yellow Jaundies, the yellow, the greene, and the blacke. The yellow is caused through yellow *Cholera*, the greene out of light greene *Cholera*, and both proceede from the Liuer; but the black is caused through black melancholicke blood of some disease of the Milt: Albeit the same may also be caused of the Liuer. The causes of these sicknesses are taken to be after sundry, & especially of the yellow & green Jaundies, as of the hot season, by great labour or great exercise, great heat, biting of venemous beastes, the vse of much heate, sweete and fat meats, and inward impostumes. All which causes doe so obstruct the Liuer, that such matter (like as behoueth) cannot be conueyed into the follicle of the Gall whereby it is inflamed: which this obstruction & heate may and doth come to passe in the vaines and in all parts of the body whereby the blood is spoyled and conuerted into a greene or yellowe colour. The cause of the blacke *Ictteria*, is an obstruction in the Conduits of the Liuer to the Milt, or in the conduits of the milt to the stomacke, a feeblenes of the expulsiue or attractiue vertue be it of the milt or the liuer. Item, through the vse of much melancholick meate. In fine, it may also be caused through great heate of the whole body which enflameth the blood, or through great cold that doth congeale the bloud, and maketh it blacke.

The first two signes are abating of the liuely colour, yellownes in the white of the eyes, and ouer the whole bodie and of the vrine, the pulse is feeble, the patient thirstie, leeseth appetite, his meates will be bitter, and ready to vomit. Item, if the patient be also yong, cholerick of nature, hath done great labour, and eaten much hote meate, then do they altogether confirme that it is a perfect *Ictteritia*. The blacke *Ictteritia* is to be knowne by her black spots. The Milt is commonly hard. This sicknes is then short beneath. The vrine is browne, ruddy, and a slime in the bottome. The sick person is alwayes heauie and fearefull without cause, like as all melancholick persons are wont to be. Thus then to speake briefely of this yellow Jaunders; they do alwayes come with heate and with an Ague, or also without any of them both, therefore we will first speake of the hote Jaunders.

Item first of all, if so be that there be an Ague with this sicknes, then is the sick person to drinke Barly water with the iuice of Lettice and of Nightshade, for it coleth vnnaturall heate, whereby the yellow Jaunders is caused. There be also all kinde of coling herbs to be giuen him to eate, as Endiue, Lettice, Sorrell, &c. drest with Ueriuice or Pomegranat wine. His drinke must be well watred, thin wine, or common small beere. Yede must also be taken at the first whether it be not needefull to purge the partie, and if neede require, then is the same to be done in this manner ensuing: Take Cuscuta and Hoarehound, of each one handfull, Endiue water twelue ounces, and as much white Rhenish wine; let them seethe together vntill two parts remaine, then wring it out and take foure ounces of it: temper one ounce of the sirrupe *de Bizantijs* with it, you may put Sugar to it if you will, and drinke three or foure mornings thereof one after another.

Another, which is more forcible: Take Horehound, Cuscuta, of each two handfuls, Endiue water halfe a pinte, Wine one pinte, let them seethe together, and hang two dragmes of Rubarb in it, wring it often out, then take foure ounces of it, and temper therewith one of these sirrupes following, *Syrupum de Bizantijs, de Duabus, Radicibus*, or *Oxymel* one ounce, and vse them as is before said. For to purge you may after the said potions vse these coling medicines: Take common conserues of Prunes and Cassie, of each three dragmes, confection of *Psyllio* two dragmes and one scruple, *De Succo Rosarum* one dragme and a halfe, temper them together with three ounces of the water of Cuscuta, and one ounce of the hony of Roses: or take *Hiera Picra* three quarters of an ounce, *Diaphœnicon* one quarter of an ounce, sirrupe of Cichorie with Rubarb halfe an ounce, and Endiue water as much as you will. The Rubarb is not ordayned for this but by good reason, because it is forcible at the beginning to take away the yellow Jaunders. For this are all medicines good that be described not long ago in the 3. §. for the heate of the Lyuer.

But if the heate after purging will not yet ceasse, then giue the patient euery day one or one and a halfe of the Trocisks *de Camphora*, tempered in one ounce of wine, or the confection *Triasantalon*, and *Diarrhodon Abbatis*, but before the foresaid things be vsed, you must first vse these pils following: Take Earthwormes washt with wine, or burnt to powder in a pot as much as you please, and put as much Rubarb vnto it or halfe so much, and make pils thereof, giue

one

one dragme or one dragme and a halfe at once, according to the age of the partie, mixed with *Oxymel.*

Also you may giue this patient of this foresaid pouder one dragme without Rubarbe. It is also an approued medicine that twentie or thirtie earth wormes be boiled in the water of Spurrage, of smallage, and of Parsley, and to take often a spoonfull of this decoction. Item take of the pouder of burnt earth wormes, rootes of Smallage, and of Parsley, of each a like quantitie; giue thereof to women and yong children to each according to his age: it driueth the yellow iaundise very forcibly through the vaine, and in like manner also the dropsie. For this you haue another in the second part in the third chapter and 7. §.

And to returne to purging, if so be that the pils be more acceptable: then take washt Aloe one dragme or fower scruples, and vse it after the foresaid potions which be good and safe.

But if so be that the obstruction of the liuer be not opened by it, then is this medicine following to be vsed: Take sirupe *de Bizantijs* prepared with Vineger one ounce and a halfe, water of *Cuscuta*, of Harts tong, and of Cicoie, of each one ounce; drinke it certaine times one after another: or take one ounce and a halfe of *Oxymel* with water of *Cuscuta*, of Cicorie, and of Buglosse of each one ounce three mornings togither, and one of the foresaid purgations after it. The *Oxymel* is highly commended for this sicknes.

These pils following are verie forcible for to auoide water: take the iuice of wilde Cucumbers, which is *Elaterium*, and the iuice of Swines bread, of each one dragme and a halfe, *Raponica* one quarter of an ounce, Aloe one dragme, *Diagridion* one scruple, Pease meale, Cinnamom, *Spica*, *Lignum Aloes*, of each halfe a scruple: make pils thereof with the iuice of Smallage, and giue him one dragm at once thereof at the most.

Now for to clense the head you are to vse these things following which you can get, as the iuice of wild Cucumbers, and of Swines bread, of garden Cresses, Horehound tempered with womans milke and drawne vp thorowe the nose, and afterwards to lie downe vpon the backe. These things following do clense the grosse *Cholera* which remaineth still in the head, and doth take away all the yellowe iaundise with them. For this are very necessarie all cooling and preparatiue potions, with sirupe of Endiue, and of Purslaine tempered togither, and chiefly if any obstruction of the liuer be present; for which this sirupe following is also verie fit: Take Endiue, small Endiue, Lettice, Cicorie, Melilot, Harts tong, and Venus haire, of eache one handfull, twentie or fiue & twentie Prunes, seeds of Melons, of Pompeons, Cucumbers, of Gourds, rootes of Cypresse, of Capers, Dragon rootes, of eache one dragm; beate them all grosse, and let them seethe togither in fiue andthirtie ounces of water euen to the halfe. Afterwards seethe in this decoction 4. and twentie ounces of Sugar or Hony, & clarifie it vntill there be a sirupe of it. Another: Take Endiue, Harts tong, and Cicorie, of each a handfull, wilde Endiue, and Priest crowne, of each two handfuls, seedes of Melons, Pompeons, Cucumbers, and Gourds, *Lacca*, Spiknard, Wormwood, and the rootes of Smallage, of each halfe an ounce, burnt Iuorie, red Sanders, of eache one dragme and a halfe, Roses one quarter of an ounce, white Vineger three dragms, Sugar twelue ounces; and then make a sirupe of it.

Another: Take Endiue, Harts tong, and Venus haire, of each two handfuls, Fennell seed, Parsley seede, and *Cuscuta*, of each halfe an ounce, *Spicanardi*, *Spica romana*, of each one quarter of an ounce, Sugar as much as you please; make thereof a sirupe. For the obstruction of the liuer in the beginning of the 4. §. there is also a confection which is verie fit for this purpose.

Of all drinks which this patient may drinke, there is nothing more meete for this sickneſſe then the whaie of milke, whereof he is to drinke euerie morning three weekes togither a good draught at each time: for this whaie doth clense the blood, and especially if there be mixed with it the iuice of Fumitorie. And the same is also good for all itches and scurffes: Item take the innermost skinne of a hens gissard, also a Partridge dried and beaten to pouder; giue him the waight of a dragm thereof in wine or Cicorie water, and let the patient fast fiue howers after it. Another: The innermost skin of a pullets gissard or crop, and the rootes of Auence, of each a like quantitie; seethe them in wine the space that you would seethe an egge, and drinke thereof morning and euening, and fast an howre vpon it. Item, take foure ounces of Gentian and Fennell rootes fiue ounces, Smallage rootes two ounces and a halfe, wash the same very cleane, and cut them in peeces: let them seethe altogether with sufficient water, afterwards wring them well out through a bag, and then let this decoction boyle vntill it be as thick as hony, then giue

thereof

thereof two ounces at each time. This medicine is also especiall good for all phlegmatick Agues wherewith the yellow iaunders be mixed. Item, for all dropsies, all paine of the kidneies, paine of the womb, for all venome, and it is to be giuen them that haue an Ague with any kind of cooling water, and when there is no Ague with a little Wine. Some do seethe it also with Sugar, the which is best of all.

Item, there be moreouer good to drinke for this yellow iaunders the waters of Cicorie, of Sorrell, and of Wormewood, but the iuice of these herbs be much more forcible. These herbs be also decocted together or each apart, and the decoction dronken warme. Item, the yellow seede of the white Lilly dryed and poudred, and one dragme thereof taken is an especiall thing in this disease. The same vertue hath grated Iuorie.

After purging, and the vse of all these foresaid things, then may any outward things be vsed whereby to weare away the yellownes of the body and to consume it. For this is also much aduised, that all yellow colours are to be fled before the patients eyes, for nature doth the easier expell the yellownes out of the bodie. Also, take Endiue water and Rose water, of each foure ounces, red and white Saunders, of each one dragme, temper them, and lay them ouer the Lyuer. Item, vse the Saunders salue which before in the first Chapter in the end of the first §. is described.

Or take a spoonefull of good Hony, and boyle the same in a little pot in hote water, and stirre it well about, then put as much wheaten floure vnto it as you can take vp with two fingers, and temper a good deale of Saffron amongst it, yet more alwayes for an old man then for a yong man, spread of it vpon a cloth and lay it vpon the Nauell: when it is then dry, take afresh againe. And you are to continue this certaine dayes together, to wit, when the yellow iaunders be at the chiefe and highest; but one may not lye longer vpon it then vpon the other. For Bathing, take wild Thyme, watercresses, Alehose, Iuniper rindes, Elderne floures, let this seethe well together, and make thereof a sweating bathe with hote stones. Item, take Mugwort, Marierom, wild Thyme, Iuniper sprigs, of each one handfull, chop them small, and let them seethe in two bags, then lay one vpon the belly, and another behinde vpon the raynes, and therewith let the patient sweate.

Also, this Lie following may be vsed for the head. Take Betony, Cammomill, and Sage, of each one handfull, Marierom, *Spica Romana*, of each halfe a handfull, Sene leaues three ounces, Stechas two ounces, chop all small, and seethe them together in a good deale of water, and make Lie thereof, it will continue good a whole moneth.

For this hote yellow Iaunders is good all that which penetrateth, cleanseth, and openeth the Lyuer, to wit, Sorrell, Endiue, Nightshade, winter Cherries, Orage, the iuice of Wormwood, Venus haire, rootes of Cicorie and Sperage, Verueine, and the water of the same herbs decocted in well water, and clarified with Hony or Sugar, and so made into a Potion.

And for conclusion of this heate, there is good hæde to be taken whether the patient be abounding of bloud, and hath full vaines, and also hath not bin let bloud a long time, and so there be nothing which hindreth the same, then is the Lyuer vaine to be opened, and to let it blæde according to his abilitie. But if the yellow Iaunders be without heate and without Ague, then is it a signe that it is caused of *Cholera* and *Phlegma* together: you are first to giue to this sick person preparatiues, with *Syropo Acetoso composito*, or *de Byzantijs*. He is also to drinke water of *Carduus Benedictus* with a little Saffron, and afterwards purge with these things following or such like: Take *Aloe* one dragme, *Diagridij* fiue greynes, *Agaricus* two scruples, dryed iuice of Agrimony one scruple, then make it into pils, with the iuice of Endiue, or vse in the stead of it one dragme of the pils of Rubarb.

These pils following are not to purge but to open obstructions, Sulphur vif one dragme, the iuice of Swines bred halfe a scruple, *Euphorbium* fiue greynes, the iuice of Smallage halfe a dragme, make pils thereof, and giue him halfe a dragme of it at once. When hee hath purged, then let him take *Trociscos de Lacca*, with the decoction of Fennell, Parsly rootes, of Smallage, and such like. For this is also good *Trociscj de Rhabarbaro*, Radish water, and Agrimony. Item, the iuice of Swines bred made to a sirrupe with Sugar which is found to be speciall good, and it moueth sweate. In like manner be mæte for this the great Treacle *Diatessaron*, and Diahridate, sometimes one dragme, (taking more or lesse thereof) according to the importance of the case. The simples which are mæte for the yellow Iaunders (when there is neither heate

nor

nor Ague with it) be Mather (if one take a dragme thereof euery day.) Item Gentian, rootes of Smallage, of Pennyroyall, *Diptamus*, Rosemary, Centory, Agrimony, Annis, Fennell, Licorice, *Rapontica*, of *Costus*, *Aristology*, Alehofe and Piony. The compounded things be conserues of Eybright, of Fumitorie, of Elder floures, Piony and Rosemary. The herbwines, are the wine of Betony, of Gillyfloures, of Harts tong, of Tamariske, of *Asarabacca*, and of Wormewood. The *Oxymel* alone openeth all obstructions. But if so be that the yellow Jaunders do remayne long in the eyes, then the sick person is to smell often vnto sharp Vineger, for it prouoketh the expulsiue power whereby the braynes may be vnburthened of all their superfluous humors, or receiue the vapor into your eyes of the decoction of Hyssop, Marierom, Mayden haire, Cammomill, Dill, of all of them or which you please. You may also wash the face with it. And it is very good to smell vnto Rose water or Rose vineger. Item, you may sometimes drop into their eyes one or two drops of the iuice of Citrons, of Limons, or of Oranges. But if these iuices be too sharp, then mixe them with the water of Cuscuta, which water alone is very effectuall in this matter.

Also for the yellow iaundies, whether the same procéede of heate or colde, néeling is highly recommended, especially if the same can be procured and effected with the iuice of Horehounde. Also all such sicke persons must wash themselues with water wherein Cammomill is decocted, and chiefly at the beginning of the yellowe iaundise. The face is often to be washed with Rose water, to the end that the yellownes might the lesse infect the eies.

As much as concerneth the blacke iaundise: the same is to be cured with the selfe same things, wherewith all the maladies of the milt are to be cured, whereof shall be spoken hereafter: to wit with clisters, letting of blood, and other meanes moe which may there be read.

## Of the Dropsie in generall. §. 12.

The Dropsie is a sicknes which is caused of a colde humour that doth penetrate throughout all the members, in such manner that they thereby are all puffed vp and swollen. Or the dropsie is an error of the nutritiue vertue throughout the whole body: which error is prouoked by those causes which do hinder the naturall concoction of the liuer.

The common signes and right embassadors of the Dropsie are first of all these following: swelling or puffing vp of the féete and the legs, afterwardes of the face (in men of the cods) and a little ouer all the whole body: Secondly, the alteration of the colour of the body into a white colour. Thirdly, when all the humors in the whole body be corrupted: the which the Grecians doe call *Cacochymian*. Fourthly, great thirst. Fiftly, lost appetite through continuall desire of drinke. Sixtly, retention of stooles, of sweate, of vomiting, of the flowers or termes in women, and such like. Seuenthly, small store of vrine. Eightly, that these sicke folkes are very slowe and vnhandsome for all workes. Chanceth it then, (like as it is wont to happen) that there be any vlcers or sores with it, then be the same by reason of the corrupted humors which be in this place very hardly to be healed. And although this sicknes be very hard & dangerous to be cured: yet neuertheles must the sick person not therfore be vtterly discouraged. In like maner also the Phisition is through all possible means to endeuour himself to withstand this sicknes. The totall summe for to rid this sicknes depéedeth on three points; to wit, the mollification of the indurate Tumors which be in the bowels and other places. Or the vse of all manner of things for to expell the humors. Lastly, he must be diligent to driue out the same by going to stoole, and chiefly through the vrine: So that the principall meanes consist in this, that one doe drinke but little, doe liue soberly and orderly, vse reasonable exercise, that one doe sweate much, purge often, and vse Clisters: for if all this be not diligently obserued, then is there not much good to be expected. For notwithstanding that all these things be adhibyted and permitted: yet be there neuertheles very fewe holpen of it. These common rules alwayes take place in all sortes of dropsies.

The learned doe make three Species of dropsies, as *Anasarca*, also *Hyposarca*, (albeit some doe make difference betwéene them, and so make fower kindes of dropsies) *Ascites*, and *Tympania*, or *Tympanites*, of which we will seuerally write hereafter. But first we will then briefly declare thus much.

When

When as any one is thought to haue gotten the dropsie, or that the same is yet in the beginning: for it is the conserues of Fumitory highly commended; for it cleanseth the blood. For this is also good the golden water which is described in the eight Part. The conserue of Eyebright doth open much all obstructions. For this is also very meete all that is ordayned here before for the obstruction of the Lights and Liuer.

## Of the Dropsie *Anasarca*. §. 13.

THis spec. of dropsie doth *Galen* also call *Leucophlegmatia Hydrops*, as a white waterish dropsie, and is such a dropsie wherein the water which lyeth betweene the skin and the flesh is dispersed through the whole body, through each member and in the face, and maketh them swell; so that the belly and the nauell doe not swell alone: in which swelling if that it be pressed with the finger, then doth the dint or pit remaine long after in it. The priuy members doe swell, also a waterish scouring or laske. The pulses will be slowe and do beat longsom and leysurely.

The causes of it are bad digestion; so that all the meate and drinke is at least the halfe parte turned into a flegmaticke matter, whereby the same cannot as behoueth be assimilated to the other parts. When as then these foresaid signes be perceiued in the face and in the priuities, then may the sicknes be taken well to be *Anasarca*, the which also of all other dropsies is most easiest to be cured, because that it deuideth it selfe into all the parts of the body, and for that cause may be the easier ouercome by nature.

For this are these remedies ensuing to bee vsed. First if it bee a woman, and that the same sicknes is fallen vpon her and caused through retention and let of her termeo, or obstruction of the Hemorrhoides; then is care to be had through all meanes to helpe and to prouoke them. And in case that the same cannot be compassed and effected, then is the *Saphea* or milt vaine to be opened: and likewise to set boring cups on the thighes and legs.

But for all other Species of dropsies, letting of blood is very hurtfull, for that they haue but little blood, yet very much moysture; whereby the good blood being drawen out, the water will be left behinde.

For this is to be giuen to the patient this sirupe following for to open him: like as is taught in the 4. §. of the diseases of the liuer.

Item, *Trociſci de lacca* are especiall good for this: and afterwards hee must euery weeke be purged with pils of Rubarbe.

Or take these pils ensuing: *Agregatiuæ* two scruples, *Ammoniaci* one scruple, and make seuen pils of it with *Oxymel*. The pils *de Hiera, de Aloe, de Mezereo, Fœtidæ, de Agarico*, are altogither very meete for this vse. It is also admonished before to vse reasonable exercise, hunger and thirst. More waking then sleeping is very commodious. Item, water bathes (if one can come to them) are also very good for this, which be by nature warme: or in the steede of them to bathe in drie baths, and then to sweate well. Such persons must also in warme seasons, & when the winde is downe, lie with their bellies towards the heate of the Sunne, and let the same be well rubbed. Some doe aduise also, that the armes and the legs must be well rubbed.

This confection following is very fit for to purge and expell water: Take Turbith halfe an ounce, *Hermodactili* one ounce, peeled wilde Saffron seedes three quarters of an ounce, Ginger, Cinnamom and Annis, of each one scruple, Violets, Cuscuta, Sorrell seede, of each one dragme, hony of Roses fower ounces, Sugar two ounces; seethe the Hony and the Sugar with a little of the water of Fumitory, vntil you may scum it: when it is sodden enough, then mixe the rest with it vnto a Confection. Giue thereof halfe an ounce at once.

### Another.

TAke one dragme of Rubarbe, Annis, wild yellow Rapeseede, and Indy *Spica*, of each one scruple, Licorice one dragme, *Asarabacca* half a drag. Conserue of Marierom one ounce, Conserue of Roses three ounces, *Miua citoniorum* and *Oxymel*, as much as you will, for to make a Confection. This Confection strengtheneth and expelleth much the water.

Yet another. Take Elecamp ane rotes, Ireos and Gentian, of each one dragme, Ireos

lowsings one ounce, strupe of Horehound one ounce and a halfe; then make a Confection thereof. Take thereof as often as you please: it strengtheneth, doth quench thirst and lengthen the breath.

The auncient Phisitions do aduise much for to vomit, to wit, at the first in the beginning of the sicknes, whilst that the patient is in state of strength, but not otherwise.

Some do write, that dryed Hedgehogs flesh doth maruellously ease in this sicknes if one take of the same one quarter of an ounce in wine. The like is also reported of the Wolfes Lyuer if the same be taken with Rubarb and *Rapontica*, with water wherein Wormewood is decocted.

## Of the Dropsie *Ascites*. §. 14.

THis Dropsie some do call *Ascliten*, and *Alchiten*. In this Dropsie the belly doth only swell and the legs, and contrarily, the vpper parts of the bodie do dry away. This name is giuen to this species of Dropsies of a hyde wherein men do cary Wine or Dyle.

Of all other signes this sicknes is a great trouble in the belly, when one clappeth or swoundeth vpon it, he doth heare a rumbling or a noyse of water, which is forcibly stirred about, the which also hapneth if the sick person do turne himselfe from the one side to the other: the bodie is not so swollen throughout like as in the foresaid Dropsie, neither do there remaine therein any dents or pits if one presse therein with the finger. The Nauell doth not stand so pusfed vp as in the *Tympanite*, the pulse is feble, swift, and small.

The cause of this Dropsie is feblenes of the Lyuer which hath not a sanguification or concoction, and altereth all her moysture into water.

This infection of the Lyuer may be caused as well of heate as of cold: also of the water which is ingendred in the Lyuer that falleth downe afterwards into the lower parts and hollownes of the belly.

If this Dropsie do come through hote causes, after any paine of the Lyuer, after an Ague, by swelling vp the belly beneath the Nauell euen to the very hip; also if one turne the sick person about, one heareth the water, hath an intollerable thirst, auoydeth but little vrine which is fierie red with some clots as it were with small stones: then is there great danger, and but small hope of life to be had. For if so be that one giue the patient medicines which do cole the heate, then is the Lyuer enfebled, the water and wind augmented: if that warme and drying things be vsed for it, then doth the heate and excessiue thirst increase.

But not to leaue this sick person vtterly comfortles and to please his friends, you may vse for the lengthening of his life moderate cold and warme things, like as is this strupe following. Take Endiue foure handfuls, Mayden haire and Harts tong, of each one handfull, Fennell sede, Parsly sede, and *Cuscuta*, of each halfe an ounce, *Spica Nardi*, *Spica Romana*, of each one quarter of an ounce, and Sugar sixe ounces, make a clarified strupe of it.

In like sort may also this cooling confection following be vsed, as *Diarrhodon*, *Dialacca*, *Diacrocoma*, *Diatrisantalon*, and *Aromaticum Rosatum*, and other such like cooling things moe.

see pag: 15.

Also the Wolfs lyuer (like as herebefore for *Anasarca* is sayd) is very highly commended for this, if the same be giuen with Endiue water, for it should (euen as many thinke) reduce the Lyuer to her right state.

Also for to cole the heate of the Lyuer may this plaister following be made and applied vpon it: Take the iuice of Endiue, of small Endiue, of Agrimony, of Liuerwort, of each two ounces, Barly meale as much as will suffice to make a plaister withall.

It hapneth also very well that in this *Ascite* the patient is hard bound in bodie, who if he be knowne of sufficient strength, then is he to be often purged (as is alreadie said) the which may be effected through sundrie meanes, as through Pils, Potions, and through Clisters, whereof there be many herebefore described for the obstruction of the Lyuer, and are also very requisite for this purpose, and amongst the rest these following may also be vsed: First, let pils be made with Rubarb, which be acuated with a little *Mezereo*, and be giuen vnto him once a weeke.

Also the pils of *Mezereo* are verie good for this vse, but they must be taken in hand verie circumspectly: for that the *Mezereon* is maruellous sharpe, as heere before in the introduction you may well perceiue.

Item:

Item: Take of the foresaid *Mezereon* leaues which haue béene steéped two daies and two nights before in the iuice of Quinces & Vineger & dried againe, halfe a dragme, make small pils thereof: it expelleth water wonderfully. The like haue you before in the 4. §. good pils in the obstruction of the liuer beginning: Take *Spica*, &c. The iuice of wild Cucumbers, *Elaterium* is also good for this, but it must be giuen with great circumspection; for there is no man so strong that may take aboue halfe a scruple. Our Phisitions do seldome take aboue sower graines at once, as is amplier spoken of in the introduction. Item, take clouted goates milke three ounces, the iuice of blew Flower-deluce halfe an ounce; sæthe it on a small fire vnto the halfe or more; straine it & temper it in a little sugar & so take it. Or take the iuice of blew Flower-deluce which is very cléer one ounce; drink it with some sugar, or with some goats milk once in euery 4. daies: and the daies betwene both is he to drink a good draught of Béere decocted with Wormwood, or wormwood pouder with two ounces of sugar cast into sugar plates, & eat thereof. In Italie they haue an herbe called *Soldonella*; the iuice wherof is much vsed for the dropsie: also the water and pouder of the herb: or in stéed therof may be vsed for the dropsie of the said blew Flower-deluce: for that *Soldonella* which groweth néer the sea & all salt places, is giuen with wine wherin *Raponsica* with a little Wormwood is decocted. What force wormwood hath in this disease is sufficiently shewed in the end of the 9. §. Also what vertue the wild Saffron sæd hath for the Dropsie, looke for the same in the introduction; the like also of the sædes of *Manus Christi*.

A pouder to purge withall: Take beaten Ireos three dragms, Ginger two scruples, Annis, Mastick, of eache one scruple, white Sugar candie one dragme, Turbith one quarter of an ounce, *Diagridion* sixe graines: take one dragm thereof; it expelleth the water and the going to stole verie vehemently. But if there be any heate withall, then are these milde purgations to be vsed: take the flowers of Burrage, Violets, Fumitorie, of each halfe an ounce, Licorice, Iuiubes, Currans, and Wormewood, of each one quarter of an ounce, eight or ten Prunes, *Spicanardi* one dragme; Sæthe them all in whaie of goates milke, and steæpe therein halfe an ounce of the shels of yellow Mirobalans for a potion.

Item take sixe ounces of the whaie of goates milke, and fresh rotes of the Flower-deluce which be well clensed from their shels halfe an ounce; sæthe the same vntill two parts remaine, then temper them togither for a purgation.

Clisters, as is before discoursed are also maruellous good for all such dropsies, wherof certain do follow: Take *Ebulus*, Cammomill, and Saint Johns wort, of eache one handfull: Let them sæthe sufficiently in water; then take of this decoction twelue or sixetéene ounces, Sallet oile three spoonefuls, halfe an ounce of *Hiera Pachij*, or *Hiera Picra*, Salt one dragme; temper them then togither. Item, take the broth of Tripes, or any other fresh flesh broth, Pease porredge, or any other that one hath readie in the stéed of common water; and in the stéed of *Hiera*, take prepared Cassie for clisters.

This following doth lose more: Take Mallowes, Hollihockes, Bétes, Cammomill, and the herbe Mercurie, of each one handfull: Sæthe it in water or in any of the foresaide broothes, and take thereof twelue or sixetéene ounces, Salt, Oile, *Hiera* or Cassie, *Hiera Picra*, *Benedicta Laxatiua*, of each halfe an ounce; temper them togither and minister this Clister verie warme. This following draweth from the head: Take Rosemary, Betonie, Cammomill, and Saint Johns wort, of each one handfull, Polipody, wilde Saffron sæde grosse beaten, of each halfe an ounce, and sæthe them well. This being done, take as much broth and do as is beforesaide. There may also be vsed in stéede of common oile, the oile of Linsæde.

If there be great griping of the belly with it, then may also be vsed with the foresaide herbs, Annis, Fennell, Caruwaie, altogither, or those that one can get: Take the waight of an ounce thereof beaten altogither grosse.

Clisters are not onely good for the Dropsie, but also against all griping of the belly, against the grauell, against the obstructions, against the yellow Iandise, throwings, and such like.

But in case that with this Dropsie there be any scouring or red fixe; then are Trociskes to be giuen to the patient, of Barberies with Vineger: for these Trocisks do cole, supple, and strengthen the liuer, and stay the scouring. The same do also *Trocisci de Spodio*, *de Sandalis*, and the iuice of Quinces, and all that is made thereof. Item, the conserue and consected rotes of Cicorie, by reason that they haue a binding and coling operation.

But if so be that the *Ascites* be without an ague, and there be no rednes séene in the water,

then may these pils following be giuen.

Take prepared leaues of *Mezereon* and *Sagapenum*, of each one scruple, make this to pils with the iuice of Wormewood, but giue no more at once then the fourth part only, for they expell and purge very forcibly.

## What things do moue Vrine.

IN the beginning of the description of the Dropsie, it is (amongst other things) thus declared, that the chiefest meane for to cure this sicknes is to expell vrine, and to auoyd the same in great abundance, the which may be atchieued through these meanes following: Take Rue, S. Johns wort, Penyroyall, Sage, Marierom gentle, Wormewood, Licorice, Annis, Fennell, and Elecampane rotes, of each one quarter of an ounce, sæthe them together in a quart of Wine, but not to long; then drinke thereof in the morning three ounces, and as much more in the euening. Item, take Garlick and S. Johns wort, of each one handfull, sæthe them together in a pinte of Wine vntill a third part be decocted: afterwards strayne it thorow, and when you please drinke a little thereof at one time, it dryeth vp the water, and expelleth the rest through the vrine.

Item, take the whay of Goats milke foure ounces, sæthe three dragmes of *Spica Nardi* in it vnto three ounces, and giue it him to drinke fasting. Or take one ounce of the iuice of Nep. Also white Wine wherein the floures of Rosemary and the herbe be decocted is also very meete for this. Item, the vineger of Squils is also very good.

The *Trocisci de Lacca*, or *Crocoma*, one quarter of an ounce giuen at one time with any of the foresaid iuices, be especiall good for this.

Item, Rubarb, *Asarabacca*, *Diptamus*, Cinnamome, Agrimonie, Marierom gentle, Rue, Mirrh, all together, or each alone sæped in Wine, are very fit for the Dropsie, or any other maladie.

In the description of the yellow iaunders in the eleuenth §. haue you also amongst other potions a very good potion fit for this beginning. Take Gentian, &c.

These things following do also expell vrin, namely *Hermodactili*, Indie Spica, Licorice, Cinnamome, Fennell, Betonie, Vineger, Parsly rotes, Sage, and Rosemary, sæthe any of these things in Wine; and in three or foure ounces of the same Wine dissolue one dragme of the Trocisks *de Lacca*, but aboue all other these here be very commodious: Item, the rotes of Nettles, of Parsly, Fennell, Elecampane rotes, *Asarabacca*, pouned all together, or each alone, taking one dragme thereof or wine dronken wherein the same hath bene awhile decocted. The rotes of great Fearne boyled in Wine and dronken, expell vrine very much. Of all herbwines are commended aboue all other things for the Dropsie, to wit, wine of Gillowfloures, rotes of Marierom gentle, Betonie, *Asarabacca*, and of Hyssope, but all troubled wines are contrary to this disease.

Outwardly are sundry plaisters vsed, and it is reported that they do bring foure kindes of commodities: first, they do supple, dry, expell winde, and do strengthen the belly and all the intrailes, like as these following are: Take Coloquinte, Hollyhock sædes, *Diagridion*, *Aloe*, Mirrh rotes, of Mallowes and *Bdellion*, of each one dragme and a halfe, Ireos three dragmes, sædes of Mallowes, wild Cucumbers, *Cardamome* and *Euphorbium*, of each three dragmes, *Boreas*, *Sal Gemmæ*, of each one quarter of an ounce, Goose grease, Ducks grease, Talues, and Hogs suet, as much as is nædefull for to make a plaister or a salue, lay this plaister vpon the belly, it doth supple much. The plaister of Bayberies is also speciall good for the Dropsie, and moreouer much mightier for it if the same be tempered with Goats dung, or Cow dung.

If the priuities be much swollen, then make this plaister following: Take Annis, Fennell, and Commin, beaten small together, of each one ounce and a halfe, Beane meale, *Ebulus*, the iuice of Elderne leaues, and good Wine as much as will suffice, lay it vpon the belly, and ouer the priuities.

Another: Take Barly meale, Cypers rotes, dryed Sheepes dung, Borace and *Bolus*, of each a like quantitie, beate them together, make a plaister thereof and apply it to the belly. This plaister hath great force to exsiccate and dry the water. Item, take Cow dung, or Goats dung, and temper them with the vrin of a man child vnto a plaister. Or take Ore dung which

is

is dryed in an ouen, poune it to pouder, and make thereof a plaister with Wine, and then lay it on the belly.

Another: Take fat Figs three ounces, Pigeon dung halfe an ounce, Mastick and Spikenard, of each halfe a dragme, poune all that is to be pouned, and then make it to a plaister with Goats pisse.

Of all other salues, is that of *Agrippa* much commended, which is knowne at all Apothecaries, for it is maruelous good for the Dropsie. There is also another made that is *Arthanita*, of Swines bred which is not so common. For a common inunction the oyle of Cammomil and of Rue tempered together be very commodious.

But it is also to be noted, that if so be that the Dropsie do come out of any cold occasion, that then this foresayd plaister is to be layd vpon the whole belly, and the roling things vpon the Lyuer.

## Sweating is very good for all Dropsies. §. 15.

IT is shewed that among other relenations and expulsions of superfluous moystures of mans bodie sweating is accompted one: therefore it is very needfull to write somewhat thereof, and how that the sweate especially for Dropsies be moued.

We haue also written in another place of a dry sweate bathe, the which for the difference thereof we will rehearse heere againe.

Take a flat tub, burne the same vpside downe ouer a hote harth, and make vnder this tub a small fire of Elderne wood or Juniper wood without smoke vntill it be thorow warme. When it is then hote, set hopes about it that it may be couered close, then set the patient in the same tub couered euery where close, yet so that his head be without. Afterwards he is to rub him well to the end he may sweate well: Dry away the sweate, and let him sit in it as long as he can abide it. Item, take *Ebulus*, Beane straw of each a like quantitie, sethe them together, and make thereof a sweating bathe with hote stones as is accustomed. It is also good to drinke a dragme of the powder of Bayberies with Wine, and chiefely after the sweating. Conserue of Elderne (taken fasting before sweating) after purging, causeth abundant sweate, and doth expell the fountaine or beginning of the Dropsie.

This following should be maruellous auayleable for the Dropsie through sweating: Take of the middlemost greene rinde of the Elder eight good handfuls, *Carduus Benedictus* fiue handfuls, Rosemary three handfuls, the vppermost sprigs of Elder three handfuls, chop all these small together, then put them into a glasse, and powre vpon it two quarts of white Wine; then stop it very fast, and so set it the space of fouretéene dayes in horse dung, and afterwards distill it in sething water, whereof giue the patient one spoonefull twice a day. But at the first time giue him very little of it: and if he can abide it, then giue him more. This hath béene tryed in a thicke fat woman: that she must be layde vpon a leather bed, that the sweate through this medicine hath runne so extreamely from her, that it must be laden vp with dishes.

The great Treacle *Diatessaron*, and Mithridate, one dragme, or a dragme and a halfe taken with Wine, or any of the foresayd waters do vehemently expell sweate. In like manner is very commodious for this all that is set downe for the yellow Jaunders for prouoking vrin, and expelling of grauell.

Certaine famous auncient Physitions doe aduise, that vnto them that haue the Dropsie, shall Treacle be giuen, and that thereupon they shoulde bée made sweate vppon a borde in a warme Ouen, hauing their head out. But I cannot much approue the same.

The like grosse meanes, like as to bury the sicke person warme in the said and other things moe, there be of many men many described. But I will not rehearse them all, because I haue declared some that be more necessary and tolerable.

## Of the Dropsie *Tympanites*. 16. §.

THis *Tympania* or *Tympanites*, is also properly called *Hydrops*, which is a Dropsie: bicause that it is rather caused of winde then of water, and hath therefore hir name, for that the belly as in other dropsies is here also puffed vp higher: the Nauell is thrust forth on high: And bicause all other members doe consume and ware verie leane: Yea for that the belly is hard swollen, that one clapping or knocking vpon it, giueth a cléere and hollow sound.

In these sickenesses, the Patient ought not to eate at any hand any grœn herbs, nor yet any thing else which maketh or ingendreth winde, as Spinage, Bœtes, Colewoorts, new fruites, Pease, Beanes, Turneps, boyled Rice, or any such like. He must also beware of milke, Chœse, Chestnuts, vnleauened bread, and must. He must also eschue all cold, and kœpe himselfe alwaies warme, and to sweate if it be possible, euen as we haue saide before. And the belly must be daily well warmed with warme Panicke or Millet, wherewith is mixt a little Salt: for this causeth the winde to breake away. In like manner shall boring cups also be set vpon it vnpict.

All these things following are good for him: to wit, the confection *Diacyminum*, or *de Baccis Lauri*, vsed often, and other moe that be written hereafter for the griping of the belly.

But aboue all and for all Dropsies, the prepared Wolfes liuer is very much commended, be it poudered or eaten otherwise amongst other meate: for it hath an excellent and priuie vertue to expell the dropsie.

Item: these things following may be vsed for all Dropsies if there be no heat with it, as conserue of Eldern leaues, of Betony, Gilloflowers, and of Rosemarie, Fennell, Annis, Commin, and all other such like which do expell winde, moderate exercise. To suffer hunger and thirst and much watching are also good for this.

These suppositories also following are very mete for this purpose: take *Sal gemma*, Rue, Beuercod, *Euphorbium*, and Nettle sœde, of each one dragme, decocted Hony about three ounces, and make thereof suppositories. These following be not so strong: take Commin, Boreas, Rue sœde, of each a like quantity, Hony as much as is needefull for to make suppositories. Also let the belly be rubbed with rough linnen vntill it be red. And when the winde doth not blowe, let the sunne shine vpon it.

This plaister following is maruellous good for this: Take dried Goates dung twelue ounces, rootes of wilde Cucumbers, and rootes of *Ebulus*, of eache two ounces, Barley meale twelue ounces, stœled Vineger fower ounces; make a plaister thereof, boiled well with sharpe lee: this plaister consumeth all windie matter, openeth the pores, and draweth all winde out of the body if it be laid warme thereon. The belly is also to be annointed with oiles which be of a whot nature: to wit, with oile of Dill, oile of Rue, of Costus and of Bayberies.

Of Clisters we haue spoken before: but for this are such chiefly to be vsed as doe expell the winds, as this following is: take Ireos, Hyssope, Smallage, Rue, Bearefote, of eache one handfull, Annis Fennell, Ameos, Bayberries, of each halfe an ounce; let them sœthe well. Take afterwards of this decoction twelue or sixtœne ounces if the patient be mётely strong: then put vnto it clarified Hony, and oile of Rue of each one ounce and a halfe, and stone Salt one drag. There may also *Hiera Picra* be put vnto it. For the same is maruellous good for to driue out all bad humours, and to leaue the good.

Here do now follow certaine Sirrupes moe which are to be vsed for all Dropsies, like as the common sirupe of *Eupatoria* which is good for all cold diseases and obstructions of the Liuer, and is therefore good for the dropsie, it extenuateth all tough and grosse humors, it comforteth the Liuer. It expelleth water and hindereth all swellings of the inward parts.

In Italy is this ensuing sirupe of Ireos much vsed: Take grœne rootes of Ireos fower and twenty ounces; cut them in pœces, stœpe them the space of three daies in as much well water as will couer them. Stirre them about twice a day, but that they may be couered vnder the water: afterwards straine the water from them, and powre other water vpon them, as before; kœpe the first water in a cleane pot, and doe the second time as you did at the first: Then temper both these waters togither, or sœthe each alone with a little Sugar. Afterwards mixe these things following with it; to wit, Scabious and Mayden haire, of each one handfull, Sperage

rootes

rootes, Fennell rootes, Ireos rootes, of each halfe a handfull, peeled Melon seede, Gourd seedes, Cucumber seedes, and peeled Pompeon seedes, seedes of Purslaine, of Cicorie, of Endiue, and of Lettice, of each one quarter of an ounce, Fennell, Annis, Sperage seede, and Smallage seede, of each halfe a dragme, Millet, and winter Cherries, of each three dragmes, fat Dates and Figs, of each fiue, Licorice, Madder, of each fiue dragmes: let them seethe all together vnto the halfe, and afterwards seethe the decoction with sufficient Sugar vnto a Sirrupe. Some do giue this Sirrupe a pleasant taste with Cinnamome. Other do keepe therein one quarter of an ounce of Rubarb, against the obstruction and debilitie of the Lyuer.

The Italian Phisitions do giue thereof, when they will prepare any bad humor, not aboue one ounce at the first, and afterwards alittle more, vntill they be wholly purged with it. It is also to be noted, that when this Sirrupe wareth old, it loseth the purging vertue. Also we will now speake of the iuice of the blew Floure de luce: When it is giuen alone, it annoyeth the stomack, and causeth the red or bloudie flixe. Further, for this sicknes is to be vsed the strupe *de Radicibus, de Absinthio, Capillis veneris, de Betonica,* and such like moe.

When it appeareth that the swelling of the belly, of the legs, and of the priuities doth decrease (be it in whatsoeuer Dropsie it will) then boyle *Ebulus* with the roote & herbe, and bathe or foment therewith the swolne places, or wash it with common Lye which is somewhat salted.

Other do aduise this following: Take Marierom, Wormewood, field Mints, Parietary, the rootes and leaues of *Ebulus*, Marierom gentle, Cammomill, and Mayden haire, all together, or which you will: seethe them in Wine or Lye, and therewith bathe the members; but alwayes after purging, for otherwise it is not requisite. Marke also, that for all sorts or kinds of Dropsies, the remedies are often to be altered, taking now one sort, and another time another sort: and that for this is alwayes a good order of dyet, as we shall heere briefely note, and set forth.

## The order of Dyet.

WE haue heeretofore sufficiently shewed, that sobrietie is good and needefull for all Dropsies. It is therefore required, that one do eate but once a day. Partridges are good for him, Turtle doues, and other yong Pigeons, Kids, rostmeate, Pullets, Fowles drest with Veriuice and the iuice of Limons, Barly or Spelt bread which is raised and well baked, are also good for him. He may also eate sometimes Endiue, Sorrell, and Cicorie, with Vineger, or a Sallet with Sorrell and Parsly.

And for a conclusion, we are to say somewhat more for opening the skin in this Dropsie, thereby to let out the water. The which the learned do permit at the last when the patient hath his legs and priuities full of water, that the same be then opened with a Lancet, thereby to let out the water, but not much at once. But in truth this is a slender help, and feebleth the sicke more then it doth strengthen: for inwardly as much water hath a course vnto it as may be letten out.

Other do open the legs with Cantherides. The third sort do cauterise the belly two or three fingers broad beneath the Nauell, so that there as much as may be they do draw ouer and open the skin, and that chiefely in *Ascite*, where it ought most to be vsed. We will also note at this present, that because oftentimes before the hote *Euphorbium* hath beene remembred, that the same is not to be vsed but in the greatest extremitie, euen as his nature and operation are at large described in the introduction.

*The thirteenth Chapter.*

## Of the Gall.

WIthin the middest of the Lyuer is a bladder established by nature, wherein is kept and gathered all bitter and sharp humors which are separated from the bloud: which humors the Grecians do call *Choleram*, the Latinists *Bilem*, and we call, the Gall. The nature of this humor is described after three kinds of wayes: to wit, light greene *Cholera*, yellow *Cholera*, and lastly black *Cholera*, like as before is sufficiently shewed. This blacke choler (by reason of her colour) is also called of the Grecians *Melancholia*, and is cold, dry, sharp, and heauie, and also none other then dregs

and yeast of the grosse blood: for it is nothing els but a yellow *Cholera*, that is *Oxymel* burnt, whereby the yellow and græne *Cholera* are easily altered into blacke *Cholera*. How this blacke *Cholera* doth make men mad and raging, in the first part in the twelfth Chapter, and 8. §. is sufficiently declared, and also shall be taught hereafter.

It happeth either through extremitie of heate or cold, that the black *Cholera* appeareth rather in the winter, and the yellow *Cholera* in sommer time. For when as the conduits which do carie those superfluities into the Gall are obstructed, then is the yellow *Cholera* dispersed through the whole bodie, with the rest of the blood, which causeth the yellow iaunders; and otherwhiles, by reason of their sharpnes and heate, a certaine Ague. Or if it get wholy the vpper hand, then doth it cause many kinds of ill and sharp Exulcerations, whereof we are to write more at large in other places.

Thus for to remedie this *Cholera*, and the foresaid Ague thereby, is this generall rule prescribed by *Galen*.

At the first it happeth otherwhiles, that the Gall doth send her superfluitie to the stomacke, whereby the digestion is hindred and spoyled, and the patient getteth great infirmitie: for this, there is no fitter meane to exonerate him thereof, then by vomiting, and that chiefely when one is fasting.

Contrarywise is the *Melancholia*, which through her heauines descendeth downewards, to be purged through the Stole, which may be most commodiously effected through Clisters, afterwards through sweating, and through the vrine.

And how this ought to be put in practise, is sufficiently declared before in the Dropsie, and yellow Iaunders. In like manner it is especiall good to bathe in sweete water, for thereby will both these said cholerick humors be moystned and cooled, if it be done in due time. This patient is also to forbeare Wine, euen till the declination of the sicknes.

And when the sickenes beginneth to decline, then is he to vse small, watered, and but a little wine. All meates that moysten and coole are good for these Aguish folke, if the same be soberly vsed. These herbes following may also be drest in his meate; as Orage, Bëetes, Sorrel, Mallowes, Lettice and Gourds. Also Barly paps (which is *Ptisana*) and fish which is caught in gravelly waters. All foules are good for him, which haue a soft and tender flesh, or the pinions of the grosse and hard foules. The braines and fëete of Swine, small birds, and rere sodden Egs be good, but chiefly the yolks which are more nourishing, and lighter to be digested.

He may vse all fruits that remaine not long in the stomacke; but he must refraine Hony, Mustard, salt and sharpe meates.

This may suffice of the Gall, of her bladder, nature, & of the tertian Ague which is caused by it. Of which Ague, amongst other, shall be further written in the first part. The sicknesses besides, which be caused through *Cholera*, shall be described more at large in their due places.

## *The fourteenth Chapter.*

## Of the Milt or Spleene.

THis third part of mans body containeth also in it the Milt, which the Grecians doe call *Splen*, and the Latinists *Lien*, a knowen and necessary part of mans body. It hath his place in the left side ouer against the Liuer and the Gall, next of all to the stomake. And if this were not found in the left side but in the right side (like as the same before time hath bëene sëene) then is it reputed to be against nature.

This Milt is fastened to the backe with certaine sinewes, where the ribs doe take end: and with one end it stretcheth to the Liuer in the right side. Her substance and essence is a tender and soft flesh, like to a spunge; yet to be compared to the Lights, it is so much harder and faster, as she is softer and tenderer then the Liuer. She hath also many vaynes and arteries, whereby she draweth easilie vnto her the grosse melancholike humors out of the Liuer, by which she is fed and sustained. She is different in colour to the Milts of beastes: for it is blacke grey, of fourme long and thin: and of all fourefoted beasts there is none which more agreeth with the Splæne of a Man, then that of a Hog.

The

The office of this milt is none other but to clense the liuer from all melancholicke humours, and that is brought to passe through the said vaines, whereby she draweth vnto her the same grosse humours, where she keepeth and retaineth the cleanest, and driueth from her the rest through certaine passages and conduits: which if it be not performed, the splæne is so weakned that it cannot perfectly drawe vnto it the same melancholicke humours, and then there proceed out of it diuers melancholicke sicknesses; as namely, heauines of minde, desperate madnes, and such like.

This disease of the splæne hath his certain and outward signes: As when one is sorrowfull, then doth he commonly feele paine about the splæne where melancholike hath her residence. Yea there is also written therof and beleeued by many, that if men were depriued of their splæn, that then they should thereby lose all their laughing, and that their laughing and mirth doth augment according to the increase of the splæne.

Also the foresaide feblenes of the milt causeth erulcerations, swellings, leaprie, the canker, and such like. And albeit that it do drawe the melancholicke humours vnto it, yet neuertheles can shee not by reason of her feblenesse expell the superfluitie of the same: but swelleth, whereby an impostume may easily follow. If then it force the biting and sharpe matter excessiuely into the stomacke; then doth it there cause the insaciably Dogs hunger, whereof we haue written in the eleuenth chapter and fiue and thirtie §. Or if the same harden in the stomacke, then doth it cause vomiting: the bowels will thereby be made sore and deadly annoyed, and also afflicted with moe other perilous accidents: by all which it may easily be perceiued, howe much the health of this partie importeth.

Therefore it is to the contrarie much to be marueled at, that certaine Beasts can be wholy without it. And so daily experience sheweth, that how much the lesse that a mans splæne is, so much the faster may one run, and do the more labour.

The chiefest diseases of the splæne, be inflammations, obstructions, and schirrosities: of which the obstructions and hardnings do depend so fast one vpon another, that the one cannot be well without the other. And the Phisitions haue also no other difference in vse, then that there be vsed for the obstructions moe inward medicines, then for the hardnes or schirrositie: for in the hardnes of the same must outward things be vsed, whether the same be caused through heate, cold, or winde, which do come commonly with it: So that the splæne in all these diseases hath great affinitie with the liuer: and so all that which is ordained for the liuer, is also seruing for the splæne.

And now to write briefly of the occasions of these maladies, whether the same be alwaies moued through inwarde or outward causes. The outwarde causes may be such meates and drinks as do ingender melancholicke blod: as Chese, Coleworts, salted flesh, and such like, according as hath beene said in the first part of *Melancholia*.

The inward causes do come of the liuer; or when the melancholike humors be too many; or when the splæne hath a bad complexion, whether it proceede of *Cholera*, *Phlegma*, winde, or any other occasion.

## Of the obstruction of the Spleene with heate, and an ague. §. 1.

The obstructed Splæne hath these signes: to wit, an hardnes which one may feele outwardly, with paine, swelling, thirst, thinne and ilfauoured colour of the vrine, a heauy ratling breath, bad colour of the face and of the whole bodie, heauines of minde, terrible dreames, and such like. But with the impostume is alwaies this difference, that the paine is in one place onely: but in the hardnes of the splæne without impostumation, the paine is ouer all the whole splæne. These diseases do also make the whole bodie leane, bicause that the liuer doth not performe her naturall digestion, and in stede of good blod doth ingender bad humours, wherewith the whole bodie is fed and nourished.

If with this paine of the splæne through heate be agues, and a red vrine adioined; then are these cooling things to be vsed for it: to wit, Lettice, Endiue with their seede, Saunders, burnt Iuorie, the seedes of Melons, Pompeons, Gourds, and of Cucumbers, Vineger, and such like. Of compounded things, the confection *Trisantali*, &c. These things following are temperate,

rate, and not only good for the Milt or Splæne, but also for the Stomacke, Lyuer, Gall, and for all inward parts, as Cammomill, Melilot, Lilly rootes, Burrage, water Lillies, Fumitorie, Mayden haire, and Harts tong.

But to proceede methodically, then is the patient first to vse these things following: Take Caper rootes, ryndes of *Tamariscus*, the innermost greene ryndes of the Ash tree, and the blossomes of Broome, of each one ounce, Endiue, Purslaine, Small Endiue, Mayden haire, of each one handfull, the seedes of Pompeons, of Cucumbers, of Gourds, and the seede of Melons, of each one ounce, Hony three ounces, Sugar nine ounces: let the foresaid rootes be steeped a whole night in Vineger, then afterwards make a sirrupe thereof, and giue two or three ounces of it (according as the cause requireth) with Endiue water, and that for the space of foure or fiue dayes in the morning fasting. For this are also these Sirrupes good, to wit, the sirrupe of Vineger, of *Oxymel simplex*, and *Compositum*, *Oxysacchara*, Vineger of Squils, and his *Oxymel*, *Aceteſus*, *Diarrhodon*, *De Fumo Terræ*, *De Epithymo*, *De Pomis*, *De Duabus*, & 5. *Radicibus*, and of Burrage and of Bugloſſe, of each halfe an ounce, Corans one ounce, Annis one quarter of an ounce, Polipodie rootes halfe a dragme: seethe the foresaid all together in sufficient water, vntill there remaine about foure ounces: Steepe therein a whole night *Mirobalani Indi*, then wring them well out, and drinke it bloud warme earely in the morning.

You may also for both of them in stead of the *Mirobalani*, temper amongst it one quarter of an ounce of the confection of Sene leaues, or *Hiera Picra*. Also this following may be vsed to purge withall: Take *Confectionis Hamech* halfe an ounce, or *Diaphœniconis* three quarters of an ounce. Item, pils of Indie, called *Pillulas Indas* one dragme: the Sene leaues may also be well taken, but hereafter followeth a briefer, safer, and a more meete way.

Take the confection of Sene leaues, and temper it (according to the strength and age of the partie) with Rubarb and Burrage water; giue it him warme fasting, and afterwards vse these Pils.

Take *Ammoniacum* one dragme, *Tamariscus*, Harts tong, and the seede of *Agnus Castus*, of each halfe a scruple: make nine pils thereof with the sirrupe of Vineger, whereof the patient is to take a little for the space of eight dayes together before supper, and one or twayne after supper, and then afterwards take this potion.

Take the water of *Tamariscus*, of Harts tong, and Cicorie, of each one ounce and a halfe, Vineger of Squils one quarter of an ounce, white Sugar halfe an ounce, then temper them together: this are you thus to drinke in the morning fasting, and then take of the foresaid pils twaine, and so continue it during the space of ten dayes. But especially you are to vse the potion, for it is the most forcible medicine for the Splæne that may be found.

In like manner is this also exceedingly commended: Take the whay of Milke, steepe Harts tong, *Epithymum* and *Calmus* in it, and so let it stand a whole night: afterwards you may seethe this a little while, and drinke often thereof. Likewise the seede of Purslaine, *Calmus*, and the rootes of Cicorie, of each a like quantitie: it is very good being taken with the sirupe of Vineger.

## Of those things which conuey the medicine towards the Milt.

IT is of no small importance, to know the vse of those things which may conuey the preparatiue and purgatiue medicines towards the Splæne, like as hath beene sayd elsewhere: This doth Tamariske, Harts tong, Caper rootes, Mather, burnt Squils, *Scordium*, wilde yellow Rapeseede, Pep, Spica of Indie, *Calmus*, Ireos, Horehound, Wormewood, Agrimony, Annis, Fennell, *Cuscuta*, the seede of *Agnus Castus*, small Germander, and bitter Almonds.

When as then the sicke bodie hath beene purged, the Milt vaine is to be opened: or if the melancholick humors do abound, then is the Lyuer vaine to be opened, for that this melancholick humor doth mixe it selfe with the bloud. Some aduise, and that not without reason, that Leches should be set in the fundament on the Pyle vaynes, because that by nature they do drawe out the black bloud. For a strengthening and alaying of the heate, this following is to be giuen, as confected Peaches, Cicorie rootes, with Vineger, conserue of Roses, of water Lillyes, of Cicorie, and of Violets.

For his drinke, is allowed him otherwhiles a draught of Cherry wine; for it is (as is oftentimes

oftentimes said) altogether temperate, and do moisten the dryed Splæne and the inward parts. Euery such patient is to beware of all sweete and grosse Wine, which is shewed before in the first part.

## Of the impostume of the Spleene. §. 2.

THis impostume may be caused out of bloud, of *Phlegma*, *Cholera*, and *Melancholia*: as also of windes and obstruction. The outward occasions may be blowes, fals, great labour, and chiefely by that which hapneth in the heate, whereby the bloud is burned: Item, of grosse meates, which make grosse bloud.

The common signes of all impostumes of the Milt are paine, heauines, and swelling of the left side, which stretcheth it out from the bowels euen to the shoulder blade, and sometimes it bringeth also with it a healing breath.

All the sowre humors do bring with them their proper signe like as is alreadie rehearsed, and for to remedie this present infirmitie, this is the right way.

First of all you are to let him bloud on the Lyuer vaine in the left elbow, and afterwards in the Milt vaine vpon the left hand besides the small finger, and if so be that the patient may abide it, then let the bloud runne vntill it staunch of it selfe.

With purging, eating, and drinking is he to be kept, like as it is said in the twelfth Chapter of the Lyuer. Otherwise is this following very commodious: to wit, distilled water of Purslaine, Mayden haire, Willow leaues, Harts tong, Nightshade, of Smallage, and of Endiue, of which one wil (alone or tempered together) & then the rootes of Capers beaten small and tempered amongst it. You may also boyle the foresaid herbs, and vse the decoction of them tempered with the sirrupe of Vineger. The first foure or fiue dayes the Milt is to be annoynted with this salue following: Take oyle of Roses one ounce and a halfe, oyle of Cammomill and Vineger, of each halfe an ounce, then temper it together. The second or third day temper amongst it halfe an ounce of the iuice of Nightshade. The first day vse this following: Take oyle of Roses, Cammomill, and the iuice of Wormewood, of each a like much, annoynt it very warme, and lay it vpon a warme cloth. Then lay this plaister following vpon it: Take Barly meale, pouned Holyhocke rootes, of each two ounces, Roses, red and white Saunders, of each three dragmes, rootes of Endiue one ounce, Vineger, and water of Harts tong, as much as is needefull for to make a milde plaister.

When as then the patient is letten bloud, purged, and hath dronken the foresayd water certaine dayes together, he is to purge againe with *Cassy*, and with *Epithymo*: but if the impostume be of cold (which chaunceth very seldome) then may it be knowne, for that it is very soft, white, and without paine. But if the same be caused through *Melancholia*, then doth the same shew it selfe hard with small paine, and then may you vse that *Oxymel compositum*, or *Oxymel* of Squils, with water wherein the rootes of Capers, *Tamariscus*, Harts tong, and such like be decocted. Concerning the purging of *Melancholia*, you shall shortly hereafter find perfect instructions.

## Of an obstructed Milt without Ague, but yet with paine. 3. §.

FOr this is chiefly commended the *Tamariscus*, and yet aboue this Harts tong, Caper rootes, Hony suckles, which haue altogither a maruellous power for to aswage the swelling of the Splæne. In like maner Centorie, Valerian, and *Meu.* or in the steede thereof, the rootes of wild Dill.

These are the principall things which may be vsed for the foresayd disease. Againe, these things following are good for to warme the cold splænes; as Aristologie, the middlemost rindes of the Ashen tree, Brome rootes, Burrage, Bugloss, Ammoniacke, Rue, Thyme, *Epithymus*, bitter Almonds, the water of the Ash tree leaues, Annis, Fennel, Caruway, *Ameos*, Parsly rootes, the rootes of Smallage, of Sperage, Squils, and their vineger, seede of *Agnus Castus*, Lupins, *Bdellium*, and Beuercod. Of the compounded things are the Confections of *Diacapparis*, *Diacalamintha*, *Diaciminum*, confected Caruwaies, and Comin, very good also. And albeit, that according to the opinion of *Galen* & others, this obstruction of the Milt, when the same waxeth old, is thought incurable: yet do the successors neuertheles think that it is very

very curable, although the obstruction of the forsaid Milt, and the hardnes of the same, had continued three or fower yeeres. For which they doe first giue things to open the spleene: to wit, one dragme of Mithridate, water of Sage two ounces, and that betimes in the morning, whereupon they require one to fast fower howers after. Item, take Squils and *Oxymel*, of each one ounce, sirupe *de Eupatorio* halfe an ounce, water of Valerian two ounces and a halfe: giue it him warme in the morning. Or take Hayden haire, *Polytrichum*, and Harts tong, of eache fower scruples, Madder, Brome rootes, of each two scruples, fresh Well water 24. ounces, Vineger three ounces, Licorice one dragme and a halfe; seethe them afterwards togither by a milde fier vnto the halfe: The patient is to drinke of this Potion seuen or eight dayes togither, euery morning fower ounces. The same is good and approued.

Secondly it is to be considered, how that this obstruction is to be opened. For this, it is good that one doe take euery morning early one quarter of an ounce of washt Turpentine, and fast fiue or sixe howers vpon it: Or in steede of this, that he doe swallowe two or three pils made of *Galbano*.

Thirdly, if so be that this wind be caused through winde, (whereof we are to speake more at large hereafter) then may one swallowe halfe a dragm of *Ammoniacum* made into pils. Other doe take *Pillulas Aggregatiuas*, and *Ammoniacum*, of each halfe a dragme.

Fourthly, to the end that the bad humors may be expelled out of the Milt, giue the patient one ounce and a half of the iuice of Horehound, tempered with two ounces of Smallage water, to drinke early in the morning.

Fiftly, to the end that no grieuouller disease doe strike into the Milt, and that the schirrosity or hardnes might be mollified & discussed, take Hollihocke rootes, and Swines bread, of eache three handfuls, *Bdellij*, *Ammoniaci*, of each halfe an ounce, Centory, Wormewood, Harts tong, and *Tamariscus*, of each one handfull and a halfe, Vineger sixe ounces; seethe them all togither in a pot of water, and steepe a spunge therein, and lay it very warme on the left side: when the place is then very warme, couer it with a woollen cloth which is made wet before in steeled Vineger, decocted water of Hony suckles, and of *Tamariscus*. And if so be that this swelling do not asswage thereby, then vse this plaister following.

Take the prepared marrowe of an Oxe, Badgers grease, and the oyls of a Fore, of each halfe an ounce, *Tamariscus*, Harts tong, Wormewood, Caper rootes, *Spica* of Indy, and *Spica Romana*, of each one dragme, *Ammoniacum* one ounce and a halfe, *Bdellium* halfe an ounce, oyle of Behen two ounces, Ware as much as is needefull for to make a plaister with it: then make it like to halfe a Mone, and lay it on the left side: and then shall you see in short time that the hardnes will weare away.

## Of hardnes or *Scirrhus* of the Spleene. §.4.

ALthough the auncient Philitions were of opinion, that this hardening of the Milt were not difficult to be healed at the first, but were in deede, if the same had long continued and were neglected, like as *Galenus* writeth that he knewe not how to cure it, neither had knowen any that could heale the same: Neuertheles one must not despaire, but administer freely vnto it al strong outward and inward remedies. For how much the longer that this accident continueth, so much the lesse veration hath the patient with it. But it is not to be neglected: for this danger is with it; that if the same doe inueterate, then the patient might happen to fall into the dropsie, whereby afterwards they commonly, one more, another lesse, happen to dye with a laske or scouring.

The signes of this hardnes are the same, that here before in the 2. §. and afterwards in the obstruction of the Splæn are discouered. There is alwaies a heauines in the left side: the whole body, and especially the face, getteth an ashcoloured, and ilfauoured colour: all the members will be weake, as if they were beaten in peeces. When the patient will doe any exercise, then seemeth it as if his breath would depart. The signes of the impostume of the Milt are also described: yet the same may be well knowen by the feeling.

All that be sicke of the Milt, will also be leane, very lither, out of courage, do get heauie legs, a heauy tong, and athin vrine.

If

If with the paine of the Milt, or the swelling and hardnes of the same, there be no Ague; then is the patient againe in the beginning of the cure to haue a vaine opened: and especially if it be discerned that the vaines be full of blod, then is the *Saphea* on the foote to be opened, and after certaine daies the milt vaine on the left hand. Afterwards are certaine sirupes to be vsed which doe purge melancholie: For which, this following, or such like is to be prepared: Take Ireos, Fennell rootes, and Parsly rootes, of each one ounce and a halfe, the inside of Squils one ounce, Caper rootes, the greene rindes of an athen tree, and brome rootes, of each one ounce, Mayden haire, Harts tong, field Cipers, Germander, and Rosemary flowers, of each one handfull, Annis, Fennell, Cuscuta, *Asarabacca*, seedes of Purslaine, of each one dragme, Licorice and Currans, of each one ounce, *Tamariscus*, flowers of Burrage and of Bugloss, of each halfe an ounce, Hony sire ounces, Sugar nine ounces: make thereof a sirupe, and vse the same as hath beene said of others.

This following is to be prepared for a purgation: Take Burrage, Bugloss, and *Tamariscus* flowers, of each halfe an ounce, Annis and Cuscuta, of each one quarter of an ounce, Thyme, *Epithymus* and *Agaricus*, of each halfe an ounce, Currans one ounce; sethe these all togither in ten ounces of water vnto the halfe: then take of this strayned decoction three or fower ounces, and temper therein one quarter of an ounce of *Hiera Picra*, and also prepared Azure stone halfe a dragme: or in stede of this, one dragme of Bolus prepared, temper them togither, and giue it him early in the morning. Also you may make pils of the other things without the water.

Another. Take Caper rootes, harts tong, *Asarabacca*, Lupines, Cipers rootes and Endiue, of each one quarter of an ounce, *Epithymum* halfe a dragme, Barly, Prunes, Violets, of each three dragmes; let them sethe all togither. Lastly, put the *Epithymum* and one quarter of Sene leaues vnto it: then sethe it vntill the third part be decocted. Then take foure ounces of this decoction, and temper therein halfe an ounce of fresh Cassie, beaten Pils, of Azure stone one scruple: last of all temper it together vnto a potion. But if the patient had rather vse Pils, then take Pils *De Lapide Armeno* or *Indo* one dragme at one time. The Lupins sodden alone in water, should be also good for this.

But if this hardning of the Milt be of wind and cold, as it otherwhiles befalleth, it is thereby to be perceiued: to wit, if one presse vpon it, that then the wind will rumble. For this, amongst other things, may be giuen *Trociscos de Capparis*, and to let the sicke bodie to drinke old Wine: but water must he wholy forbeare. But if one will vse water with it, then is the same first to be steeled, and all his drinke to be tempered with it, or any of these things following to be decocted in it, as Rue, *Costus* rootes, Cinnamome, Annis, Spica of Indie, Squinant, &c.

We haue also a little before declared, how that *Ammoniacum* is to be vsed: for this is also good rosted Millet, Salt, and Comin layd warme vpon it. Item, boring cups vnpickt set vpon the Milt. But if it be discerned, that there be any moysture in the Milt (which may be perceiued by rumbling if it be wrung hard) then is the patient to be purged, as aforesaid. For this, is also good the Sirrupe *Acetosus Compositus*: and this fomentation following is to be vsed with it: Take Annis, Fennell, Caruway, wild Thyme, Violets, floures of Burrage, *Calmus*, the rootes of blew Floure de luce, and Agrimony, of each one ounce, Cammomill one ounce and a halfe: let them sethe all together in Vineger, and wet a spunge in this decoction, and keepe it very warme vpon the Milt before meate; afterwards lay one of the foresaid plaisters vpon it.

Aboue all those which we haue hitherto rehersed, there be yet moe good things, whereof we will first discouer the simples, as namely *Agaricus*, which doth open all obstructions of the Milt and other parts, Sene leaues, *Epithymus*, and black *Ellebore*, or Neselewort. The compounded medicines be *Pillulæ Indæ*, whereof we haue spoken so often, which are worthie to be described heere, which be prepared as followeth.

Take *Mirobalani Indi*, blacke Neselewort, and Polipody rootes, of each two dragmes and a halfe, *Thymus*, *Epithymus*, Stechas, of each three dragmes, *Agaricus*, washt Azure stone, Coloquinte, Indie salt, or *Sal gemmæ*, of each one quarter of an ounce, Cloues halfe a dragme, powder of *Hiera Picra Galeni* three quarters of an ounce, the iuice of Smallage as much as sufficeth for to make a masse of Pils. These pils are good for all melancholicke accidents, for the Cancre, for the Lepry, for all incurable black impostumes, for all heauines of minde, the quartan Ague, yellow Jaunders, diseases of the Milt, and such like. One may take a dragme at once of these pils. Item, take ten dayes together the powder of Fearne rootes one dragme and a halfe,

pilulæ indæ.

augmen-

augmenting it still from day to day, to the waight of one dragme and a halfe.

Other do take of this foresaide pouder one dragme, and of the Pils *Aggregatiue* halfe a drag. and temper them togither. Item, take the iuice of Wormewood fower ounces, Sugar as much as you please, and so vse it ten daies one after another. It is also not onely good for the Milt, but also for the yellow Jaundise; as also for all moisture of the liuer, & for the dropsie. Item, for all hardnes and swelling of the same, being tempered with Vineger and so drunken.

Matter Triftrams water is also verie meete for all diseases of the milt, like as be also the most of all golden waters which be described in the eight part. Item, take Roses and Barberries, of each three dragms, burnt Juorie, Wormewood, *Cuscuta*, Licorice, Mastick, and Squinant, of each one dragme and a halfe, Endiue seede, Fennell, Annis, *Spica*, Agrimonie, *Opium*, *Asarabacca* rotes, Costus rotes, peeled Gourd seede, and Cucumber seedes, of each halfe a drag. then make Trocisks thereof with Endiue water. They be especiall good for the Milt, and also for the liuer.

For potions, he may take of these things following what he desireth: as namely, both kinds of *Chamedryos*, Harts tong, Maiden haire, Sene leaues, Capers rotes, Tamarisk, rotes of Parsley, Smallage, Fennell, Cinnamom, Licorice, Currans, Annis, Fennell water, and of Caruwaie, wherein *Thymus* and *Epithymus* be decocted.

## The order of Diet.

These patients are to beware of cloudie and foggie weather, and of harde and grosse meates: his bread must be well baked, and be a day or two stale, but vnleauened bread is not good for him: also Annis, Coriander, and Fennell, are to be baked in his bread. All fielde foules, as Phesants, Partridges, yong and old turtle Doues, Kids, yong mutton drest with Vineger, he may eate well, as also rere egs.

Of all other herbs these are good for him: Mints, Parsley, Fennel, Garlicke, Leekes, all kind of Cresses, Sage, Hyssop, Radish, Endiue, Agrimonie, red Pease, and the first decoction of red Coleworts. He must also eat oftentimes Annis, Comin, Dill seed, Fennel seed, & the seeds of *Sesamum*, Capers, Tamarisks, bitter Almonds, the kernels of Peach stones, and of Cherie stones: for this is also good, the losings of Comin, and of Annis. The milts of Swine are also to be eaten for the curing of the disease of the milt, and also the milt of a sound horse dried and beaten to pouder the waight of a dragme, take of it with strong wine: for it is in like manner very requisite for this purpose.

But if so be that there be no heate, then may he chuse some of these things following for to drinke: First, wine is not onely permitted for this hardnes of the Milt, but also highly commended. Also all famous Physitions do aduise that the patient must eate & drinke in the wood of Tamarisk: for they say that only hereby many be holpen, who haue gone twentie yeres with a hard Milt. But if this Tamarisk wood cannot be gotten, then are the shauings thereof to be taken and laid in his drinke. And if so be that one can continue this fortie daies togither, then he shall euidently see amendment. Ash wood doth the same which hath also the power of the Tamarisk: Of Wines, white wine is alwaies most commended, if it be too strong; then is it to be alayed with water that is steeled, or with raine water, or in the water of Harts tong. You haue also hereafter two kindes of good wines, which may be prepared for this vse.

Take Sene leaues, Balme, Maiden haire, and the rindes of Tamarisk, of each fiue handfuls, Polypody rotes foure handfuls, prepared Coriander three ounces, *Guaiacum* foure ounces, eight or ten Nutmegs, Cloues halfe an ounce, Galingall one ounce and a halfe, Citron pils one handfull, shauings of Ash wood as much as is needefull, at the most fiftéene quarts; make then an herbed wine thereof, and let the patient drinke the first draught thereof in the morning and euening. Another: Take the rotes of Cicorie, rindes of Tamarisk, Harts tong, and the middle rindes of the Ash wood, of each one handfull: powre ten pots of mulse, or some other good wine, and vse thereof as before.

And all other herbed wines which may be made, are at this present praised for the Milt: as wine of Eibright, wine of Tamarisk, each made by it selfe, or both togither. Item, wine of

Hyssop,

Hyssop, of Marierom, and of Wormewood, do warme the Milt and all inward parts: the wine of Gilloflowres, and of Betonie, be also good for this. Item, the Aromaticall wine, and no other spiced wines, and also the wine of *Asarabacca*. Reasonable exercise before meales is also much commended: and sometimes to bathe in water wherein the foresaid herbs be decocted. To the contrary, he must eschue all troubled wines, as Must, Syder, and Beere: for all such do not only obstruct the Milt, but also the Lyuer, the Lights, and Kidneies: which obstructions be causes of many sicknesses.

For this disease is also hurtfull Swines flesh, Milke, Cheese, Rice, Starch, Pease, Beanes, Seruices, Peares, Medlars, Quinces, Chestnuts, and Peaches: therefore be they to be refrayned.

We will also note some things, wherewith the sicke partie, and the Milt, with all other inward parts are to be strengthened. Amongst which, is *De Mina Citoniorum aromatica* one of the chiefe.

Item, this confection following if that heate and cold be mixed together: Take Uenus haire, Harts tong, of each halfe an ounce, *Ammoniacum* one quarter of an ounce, *Tamariscus* one ounce, seedes of *Agnus Castus*, and of broad Plantaine, Aristology rootes, Agrimony, Wormewood and Squinant, of each one dragme and a halfe, *Laudanum* one dragme, seede of Purslaine, Sorrell, Endiue, and of wild Endiue, of each two dragmes and a halfe, *Oxymel* of Squils fiue ounces, water Lillies, Violet seedes, and of Mallowes, of each one quarter of an ounce, Sugar eight ounces. Seethe the Sugar with vineger of Squils vntill it be as thick as Hony: when it is cold, then mixe the rest amongst it, with the water of Mayden haire: afterwards, seethe it againe with vineger of Squils vntill it be as thick as Hony: when it is cold, then mixe the rest amongst it, with the water of Mayden haire. Afterwards, seethe it againe vntill all the water be decocted: when it is then sodden and well brayed, then vse euery morning three dragmes of it. If you had rather drinke it, then temper it with Sorrell water: it is a maruellous good medicine.

Another Confection. Take *Mirobalani Indi*, and *Bellirici*, floures of Burrage, Bugloss, Elecampane rootes, and Foleswte leaues, of each one dragme, seedes of Endiue, of Lettice, small Endiue, and Sorrell, of each one dragme, pæled Melon seede, Pompeon, Cucumbers, and pæled Gourds seede, of each one dragme and a halfe, Pingles and Pistacia, of each two ounces, syrupe of Vineger foure ounces, Sugar three ounces, sowre Dates one ounce and a halfe: make a confection thereof, and take thereof euery morning before meate as much as the quantitie of a Nutmeg. This confection is very forcible to consume all melancholick humors and matters: it openeth the splæne, strengtheneth the stomacke and the hart, and depilateth also all obstructions. Item, Nutmegs, Walnuts, rootes of *Eringus*, and Elecampane, all confected, be very meete for this disease.

Amongst the Conserues, are the conserues of Betonie, of Gilloflowres, of Lauender, of Spike, of Marierom, Sage, Hyssope, Eyebright, and of Fumitorie, and all that may be made of these foresayd herbs very good. Likewise also both the Treacles, and Mithridate. Item, you haue more in the first part the twelfth Chapter and first §. a good grosse powder which is meete for this. Capers eaten with vineger, rootes of Smallage with the herb, and Dill, are also good. And let this suffice for the order of Dyet.

## Here followeth now what is outwardly to be vsed.

THis powder following is alwayes about the fourth day to be strowed vpon the head, the weight of foure greynes; and one may vse it with much furtherance as long as he liueth: Take Roses, burnt Iuorie, white and red Corrall, of each one scruple, Mace foure scruples, Cloues halfe a dragme, *Lignum Aloes* two scruples, then make a small beaten powder with it.

A bag for the breast: *Species de Xilo Aloes, Lætificans Almansoris*, of each fiue dragmes: put these in a red crimson silke bag, and weare it on the left breast. Concerning the oyles and salues are these most meete: Oyle of Bricks is very good for all diseases of the splæne. Item, the oyle of Bayberies, of bitter Almonds, of Spikenard, of Wormewood, Galingall, and of Capers. For all kinds of Salue may you make this following: viz. oyle of Lillies, Almonds, Capers,

and

and the marrow of all kind of beasts, Saffron, Vineger, Gum, Ware, Muscilage of Hollyhock rotes, of Linsede, and of Fenegreke sede.

The salue of Hollyhock rotes, *Vnguentum Althea* (which is well knowen to all Apothecaries) is also highly commended for this disease, the description whereof immediately ensueth: Take the rotes of Mallowes, of Hollyhocks, of Lillies, Dinions, Squils, Linsede, Fenegreke sede, Figs, and Reisons, of each halfe an ounce: poune them all together, and then stepe it a whole night in strong Vineger: afterwards sethe them all in water, and then stamp it to pap. This being done, mingle therewith the salue of *Althea* two ounces, Ducks grease, Calues marrow, and vnsalted Butter, of each one ounce, oyle of swete Almonds foure ounces, Ware as much as is nedefull for to make a salue.

For this is also good the salue *Martiaton*, and *Cerotum, De Hysopo Philagrij*. This following is a speciall good salue for the Splene: Take the iuice of wilde Cucumbers, and of Swines bred, of each foure ounces, put them in a glasse, and the salue of *Althea*, oyle of Capers, and fresh Butter, of each two ounces; let them sethe the space of foure howres in hote water: strayne it afterwards thorough a cloth, and afterwards put *Ammoniacum* vnto it, dissolued in the iuice of Swines bred one quarter of an ounce, Ware as much as is nedefull for to make a salue therewith.

And because that this salue cannot be made euery where by reason of the iuice, this following may be vsed: Take oyle of swete Almonds fiue ounces, Netes fete oyle two ounces, fresh Butter one ounce, the iuice of Bryony and Tamariske, of each two ounces: put this in a speciall pot, and let it sethe in boyling water vnto the halfe: put afterwards vnto it the rotes of Capers, Tamariske, *Agnus Castus*, and Harts tong, of each one quarter of an ounce, molten white Ware one ounce: then make a salue of it.

Another. Take oyle of Capers three ounces, Cammomill one ounce and a halfe, Harts tong, rotes of Capers, Endiue, wild Endiue, and Lettice sede, of each halfe a dragme, sedes of *Agnus Castus*, and Ware, as much as sufficeth for to make a plaister or salue: lastly, stirre a little Vineger amongst it. This salue is very good for the Milt in hote and also in cold causes: it mollifieth all hardnes, expelleth all winds and all impostumes of the same.

Now for to lay somewhat vpon it, boyle Rue in strong Vineger, and make a wollen cloth wet in it: wring out the same, and so lay it warme ouer it.

Item, there standeth the like alittle before: Take the rotes of Mallowes, &c. and that which is written shortly after it, euen to the salue *Althea*, and what further followeth: sethe them all in water of Cammomill, and lay it warme with a bag ouer the Milt: it helpeth maruellous well.

Take Drimel fiue ounces, Caper rotes one ounce, Wormewood halfe an ounce, beate them small together: afterwards make a wollen clout wet in it, and lay it so vpon it.

Hereafter follow certaine plaisters: Take *Ammoniacum* three quarters of an ounce, *Bdellium* one ounce and a halfe: dissolue them in vineger of Squils, *Tamariscus* halfe a dragme, Harts tong, Dill sede, and *Agnus Castus* sede, of each two scruples, broad Plantaine sede halfe a dragme, Ware one quarter of an ounce, and Rosen as much as is nedefull therewith to make a plaister.

Another. Take *Tamariscus*, Harts tong, sede of *Agnus Castus*, and of broad Plantaine, of each two scruples, *Ammoniacum* and *Bdellium*, of each three dragmes. You are to dissolue both these Gums in vineger of Squils, and when they be cold, then mixe the other things amongst it, beaten small. The same doth also the *Ammoniacum* alone dissolued in sharp vineger, and spred it vpon a cloth and so lay it thereon. Other do dissolue this Gum in the iuice of Swines bred, for then is it more forcible, as is here before admonished. Item, take oyle of Lillies, also of the floures of blew Floures de luce, and of Capers, of each one ounce, Barly meale, Linsede meale, and Fenegreke meale, of each one dragme, *Bdellium*, *Ammoniacum*, *Galbanum*, of each one dragme and a halfe, *Opopanacum*, Myrrha, and Frankincense, of each halfe a dragme. Make this altogether with molten ware and Rosen vnto a plaister, then spred it vpon a cloth, and vse it as all the rest. Item, take Rue leaues one quarter of an ounce, Boreas and Pep, of each three dragmes, *Ammoniacum* seuen dragmes: dissolue them in old Wine, and make a plaister of it, it mollifieth, healeth, and expelleth windines. Or take *Ammoniacum*, *Bdellium*, and Pitch, of each one ounce and a halfe, *Trociscos de Capparis*, white Mustard sede, Sulfur, wild Garlick, and

Cow

Cow dung, of each one dragme, Muscilage of Fenegréeke, and of Linséede, of each one quarter of an ounce: poune all them that be to be pouned: then first dissolue the Gum in strong vineger, and worke them one amongst the other: but first of all annoynt your hands with the oyle of Barberies.

Another. Take the Muscilage of Fenegréeke, and of Linséede, of each one ounce, the grease of Hens, Géese, and Ducks, of each three ounces, waght Butter, Swines grease, Neates féete oyle, of each one quarter of an ounce, beaten *Tamariscus*, Willow leaues, Harts tong, the middle ryne of the Ash tree, Capers rootes, Rue leaues, and Sepe, of each one dragme. oyle of Capers one ounce and a halfe, a little Ware and Vineger: then make a plaister or salue of it.

Item, take an Onion, cut off a péece at the top, and make it hollow within, and fill it with oyle of Lillies, and let it rest vncouered in the ashes so long till he haue soked vp all the oyle: afterwards stampe it, and lay it warme ouer it.

All these plaisters following are also good for it: as namely, *De Meliloto*, *Diachilon magnum*, *De Muscilaginibus*, and others. Take of the plaister *De Muscilaginibus* two ounces, *Ammoniacum* dissolued in Vineger, and *Marcasite* beaten small, of each fiue dragmes: temper it on the fire, and spread it on a leather cut after the fashion of halfe a Mone, and so lay it warme vpon the spléene, it is very good, and approued. We haue promised herebefore to describe the salue of *Dialthea*. It is also made after sundrie fashions, like as we shall also teach heere: Take cleane Hollyhock rootes eight ounces, Linséede and Fenegréeke séede, of each foure ounces, Sallet oyle sixtéene ounces, Turpentine halfe an ounce, Rosen one ounce and a halfe: the rootes and also the séedes shall you steepe three dayes and three nights in a quart of water; the fourth day séethe them so long, vntill they yéeld from them a thick tough slume or muscilage: wring them hard out, and take eight ounces thereof, and séethe it with the oyle vntill all the moisture be decocted. Afterwards put the Turpentine, Rosen, and foure ounces of Ware vnto it. When all these things be molten and well tempered, then take it from the fire, and stirre it well about vntill it be cold.

The second: Take eight ounces of faire sliced Hollyhock rootes, Linséede, and Fenegréeke séede, of each foure ounces, stamp them, and wring them thorow as before: then put vnto it foure ounces of Barrowes grease, two beaten Onions, one ounce and a halfe *Gummi Arabicum*, and let them séethe all together vntill that all the moysture be decocted: afterwards take foure ounces of molten ware, and then temper them together, and stirre it well about vntill it be thorow cold.

The third: Take faire clensed Hollyhock rootes twelue ounces, chop it very small, and powre two quarts of water into it, fiue ounces of Linséede, three ounces of Fenegréeke séede, and three ounces of Lilly rootes: then poune them all together, and when they be boyled to a tough slyme or muscilage, then strayne them thorow a cloth, and take twelue ounces of it, and séethe the same with 24. ounces of Barrowes grease vntill the iuice be all decocted: afterwards put vnto it foure ounces of Ware, Fenegréeke meale two ounces, *Galbanum* dissolued in Vineger, *Gummi Hederæ*, and Turpentine, of each one ounce. But if you cannot get the foresaid Gum, then take three ounces of Turpentine, and temper them all together as before: this salue is good for all swellings, for the shrinking of the sinewes, for all tumors of the breasts: it loseth phlegme, asswageth the Cough and all stitches in the sides, as also the paine in the Raynes, of the grauell, and is good for all extenuations.

The fourth and last: Take fresh Hollyhock rootes twelue ounces, Linséede and Fenegréeke séede, of each fiue ounces, Squils three ounces, Sallet oyle 24. ounces, yellow Ware fiue ounces, Turpentine, *Gummi Hedreæ*, and *Galbanum*, of each one ounce and a quarter, *Colofonia* and Rosen, of each three ounces: poune all that is to be pouned, and let it steepe together three dayes in water: afterwards séethe them all together, and strayne them thorow a cloth, and then take foure and twentie ounces of the muscilage thereof, and let them séethe altogether on a soft fire with the foresayd oyle vntill all the moysture be decocted: afterwards put Ware vnto it, and afterwards a little of the Gum, and lastly the Colosony and Rosen. When it is boyled ynough, then stirre it well about, and let it cole.

## Of the *Melancholia* and moisture of the Spleene. 5.§.

FOr as much as the Spléne (as is said) is the true receptacle of the blacke and melancholike blod; therefore reason requireth that we should write of what nature the same is, whereby other things may also be discerned which be incident to the Milt. First, we haue in the first part the 12. chapter and 8.§. described many kinds of causes of Melancholie, and in other places moe, especially in the beginning of the former §. and taught of the Milt, of her beginning, causes, and what hurt might proceed thereof: to wit, if the same got the maistrie, that there may follow not onely heauines of minde, frighting, and such like: but also it might depriue the whole body of his liuely colour, and cause also blacke vlcers, leaprie, the canker, quartaine agues, and such like: and lastely, all manner of distraction of the minde, raging madnes, and inhumaine beastelynes. Therefore, bicause this boke euerie where maketh mention of them, it is not needefull to discourse more at large thereof at this present. But we will onely describe certaine remedies which be fit for it.

Wherefore it is first to be noted that all preparatiue and purgatiue things are to be vsed, that the matter may be auoided through going to the stole, and not through vomiting, by reason that these melancholike humours are verie ponderous and heauie, and will not be expelled but onely downwards.

Before we then come to any particular remedies, we will first discouer what simples there be that do prepare these melancholike humours, and whereby the same may be expelled, viz. Borrage, Bugloss, *Thymus*, *Epithymus*, Capers rotes, *Tamariscus*, Harts tong, good Wine, bathing in sweete water, Licorice, Currans, Polypody rotes, grasse *Chamedryos*, *Cuscuta*, *Asarabacca*, Gentian, Lupines, Fumitorie, Calmus, *Spicanardi*, *Agnus castus*, bitter Almondes, Cicorie, Rosemarie, Radish seede, burnet, sea Crabs, and aboue all a chérefull courage or light hart.

The compounded medicines are *Oxymel* of Squils, hony of Roses, sirrupe of Vineger, *Syrupus acetosus*, *compositus de Fumo terræ*, and other moe. But chiefly this following is to be prepared for it: Take Cicorie, Rosemarie, burnet Hops, Cinkefoill, Endiue with the rotes, Fumitorie, the rotes of Bugloss, Burrage flowers, Liuerwort, *Chamedryos*, fielde Cipers, Capers rotes, *Tamariscus* rotes, and Harts tong with the rotes, of each two ounces, Prunes, and *Sebestes*, of each twentie or fiue and twentie, Sene leaues, *Cuscuta*, *Thymus*, wilde Thyme, and Fennell, of each halfe an ounce, Licorice, Raisons, *Stechas*, of each two ounces; Séethe them altogither in three pintes of water euen to the halfe: adde to this decoction (being strained) Bugloss, and the iuice of Prunes, of each eighténe ounces, Sugar fower and twentie ounces, Honie of Roses fiue ounces: then let them séethe to a sirrupe.

These things following are reputed for such as expell Melancholie and do purge, viz. *Epithymus*, *Mirobalani*, *Indi*, *Chebuli*, Polypodie rots, prepared *Esula*, Bolus, mountaine Mints, Cassie, Sene leaues, Fumitorie, Honie suckles, Hops, blacke Méelewort, Indie salt, wilde Saffron séedes, *Sal gemmæ*. The compounded medicaments are *Diasena*, *Hiera Ruffi*, *Hiera logodion*, and such like. Item, take Sene leaues, *Thymus*, *Epithymus*, *Cuscuta*, and Burrage flowers, of each one ounce, Annis, Fennell, and Smallage séede, of each halfe an ounce, Harts tong, Maiden haire, *Chamedryos*, and Agrimonie, of each one handfull; let them all séethe well, and take thereof foure ounces; stéepe therein *Mirobalani Indi*, halfe an ounce, and *Chebuli* three drags all the night: afterwards straine it well out, and temper therewith *Diasena*, three drags, *Cassia*, one ounce, washt Azure stone two scruples: giue the same vnto him in the morning. And there may lesse thereof be giuen at once, when as melancholie appéereth, then is the liuer vaine to be opened; for that surpasseth all other things: and the same is to be done more than once, and that alwaies according to the abilitie and strength of the patient. Item, care must be taken to open the piles, be it with rubbing, with the Launcer, or lastely with Leaches.

For this it is also very needefull that this patient be often purged: but he must first alwaies vse some kinde of sirrupe as is here before expressed. Also he must vse according as the cause requireth: The sirrupe of Burrage, of Bugloss, Apples, *de Epithymo*, and *Diarrhodon*, of Cicorie, Wormewood, of Roses, hony of Roses, *Oxymel*, and sirrupe of Vineger.

And for to purge, he must take *Mirobalani indi*, *Chebuli*, and *Citrini*, of each halfe an ounce, the outward rindes of the blacke Méeleworte three drags; poune them togither very small, and séethe

sæthe them in sufficient water: strayne it, and put into this decoction *Epithymum*, Tyme, Polipodie rotes, and Sene leaues, of each thrée quarters of an ounce, the sædes of Citrons one quarter of an ounce; then sæthe them againe vnto the halfe, and so let it stand all a night: afterwards strayne it out, and wring it hard, and put as much Sugar vnto it as you thinke méete. This being done, sæthe it away, and clarifie it with the white of an Egge. Lastly, temper amongst it the sirupe of Citron pils one ounce, and drinke foure or fiue ounces of it earely in the morning.

But this is hære to be noted, that if this sirupe be giuen to any bodie that is infected with the Pore, the same partie is first to be purged with the confection called *Lenitiua*, mixing with it thrée dragmes *Confectionis Hamech*. Afterwards giue vnto him this Sirrupe following, and then the decoction of *Guaiacum*, whereof we shall write hereafter more at large.

This patient must often before meate take *Cassia*, for it clenseth the bloud, and taketh away the sharpnes of it.

For this, is méete also the *Pillulæ Indæ Aggregatiuæ*, and *De Lapide Lazuli*.

Item, Sene leaues sæped in Yenbroth, strowed with a little Cinnamome; or Sene leaues sæped in whaye. Item, the same boyled with the floures of Burrage, of Bugloss, of Balme, and with the rotes of Parsly.

The Sene leaues may also be sæped with Wormewod, and with Wine: and it is good during the space of a whole moneth alwayes euery other day to drinke two or thrée ounces of the decoction or infusion of Sene leaues, both which are described in the eleuenth Chapter the 20. §. and temper amongst it two ounces of the laratiue sirrupe of Roses: the decoction of Sene leaues as much: vse this fasting. You haue also herebefore a powder for to purge melancholy, and two kinds of confections, *Diaturbith, cum Rhabarbaro*.

Item, whay wherein *Epithymus* hath bæne infused, or Polipody rotes haue bæne decocted, doth more prepare to purge.

## How the melancholick bloud is to be purged. §. 6.

Amongst all these foresaid medicines, there be diuers which do clense the bloud. And the drift of all Phisitions in this sickenes is, that all the heaule, blacke, and vncleane bloud might be purged, diminished, and corrected. Howbeit, there is somewhat else which is hære to be signified: to wit, for this doth Uenus or Mayden haire first serue, that educeth all bad humors and flyme out of the Lyuer, maketh good colour, lengtheneth the breath, clenseth the stomacke, the lyuer, and the milt, and also breaketh the stone.

Item, take the whay of Goats milke, sæpe Fumitorie in it, or mixe the iuice of the herbe amongst it, and drinke of it certaine dayes ensuing other at each time a good draught: or in the stæde thereof, take the Sirupe or Conserue of the same herbe, for both of them be very good. Also, make pils of pouned Mastick, and the iuice of Wormewod.

There be also certaine Wines for the cleansing of the bloud prepared, as hereafter ensueth: Take Corans thrée common pounds, Mayden haire fiue ounces, and one quarter of an ounce, blacke prepared Hellebor two ounces and a halfe, and one dragme of Polipodie, and Hermodactili, of each foure ounces, prepared Coriander, and Sene leaues, of each fiue ounces and one dragme and a halfe, Pockwod fiue pound, rynds of the same eightæne ounces. These being all well beaten together, then powre thereon two almes of Must, and halfe an alme of well water: then let them stand and worke together at the fire about fiue dayes space, stirring it well euery day about. When it is setled the space of thrée dayes, and fallen downe, then strayne it out cleare, and kæpe it vntill occasion serue to vse it. Of this foresayd wine must this patient drinke at meales in the stead of other wine the space of two moneths, or at least euery other day. This openeth the bodie very easily, and therewith expelleth all grosse humors and *Cholera* out of the bodie. And if this wine cannot be brooked by it selfe, then may the same be tempered with other common wine dronken moderately. It expelleth melancholie, and all heauines of minde: it maketh merrie, and of good chære.

In like maner are all herbe wines highly commended for this sickenes: viz. wine of Burrage, Bugloss, and of Harts tong, and of Tamariske; which not onely taketh away melancholicke humors, but doth withstand the quarterne Ague which is caused by it.

Of Confections you may vse *Diarrhodon Abbatis*, *Aromaticum Rosatum*, and *Dyanthos*. Likewise Conserue of Violets, of Roses, of Bugloss, and of Rosemarie. The Treacle and Mithridate, taken the waight of one dragme, is very commodious for this: for that they doe both diminish melancholy, and take away the heauines of the minde, feare, and such like, that may proceede of Melancholy.

The confected Citron pils doe repugne all melancholicke accidents. Confected Nutmegs do make fresh blod. For meates insteede of other, sauce with Sugar is to be vsed.

We haue before discouered, that bathing in sweete water is very profitable. So are also boring cups, set vnpickt vpon the sides, whereby to extract all windines.

You are also to vse the grosse powder, which in the first part, the 12. Chapter, and 1. §. is described, which is ordayned for the memorie.

*The fifteenth Chapter.*

## Of the Bowels or Guts.

LIke as we haue hitherto described the Stomacke, the Liuer, the Gall, and the Spleene, and made full declaration therof: so will we nowe discourse of the next adiacent parts, before that we come to the Kidneies: to wit, of the bowels or guts, and all that concerneth them. We affirme then that beneathe the stomack the Bowels haue their beginning, which are parted in fiue parts. The three first and vppermost are very subtile & thin; for which cause they bee called in Latine *Gracilia intestina*, into the which one parte of the digested meats are conueied. The other three sorts of the bowels be the vndermost, which are more thicker and fleshier then the three vppermost, whereby the sharpenes and hardnes of the *Stercora* should the lesse bruse them. And these fiue sorts of bowels haue their name giuen them by reason of their greatnes, and property of their operations, and not for that they be fiue seuerall things: for they hold fast one vpon another, so that they may rightly be taken for one Gut, which is placed in the belly after a wonderfull manner, with many kinde of crookes and windings about, and retcheth from the stomacke euen to the fundament. And to speake particularly thereof, the first which beginneth at the stomacke is called of the Latinistes *Duodenum*, and that for this cause, because it is twelue finger breadthes long. The second (which *Galenus* calleth the first) they doe name *Ieiunum*, which is the empty gut, because it is alwaies empty. This gut hath some crookes and turnings: afterwards, it doth retche forth straight out euen to the liuer. The third is by the Grecians called *Ileon*, and by the Latinists *Volvulus*, which is the winding gut; not onely for that by his length it twisteth and windeth about, but also for this cause (as the learned write) because there be ingendred in this gut great Collicke and gripings, which doe drawe hither and thitherwards through their great paines, as now in one, and then in another place they be most violently perceiued. Thus are these three (as is sayde) thin and subtile of substance, differing onely herein, that *Ileon* is not found alwaies empty, like as the two former. The fourth gut, which they do call *Cœcum*, that is, the blinde, and *Monoculum*, being the annexed gut, which they do call *Cœcum*, for that it seemeth that it hath but one going out or issuing: whereas notwithstanding the Anatomists doe attribute twaine vnto it: we will call it also the bag, for that it is like to a fat Stomacke: yet somewhat lesse, and better to receiue all that must bee auoided through going to stole. The fift is *Colon*, and by the Latinistes called *Crassum Intestinum*. This gut is fleshier then any of all the rest: also of a reasonable length, & crookednes, in the which, and especially in the end of it, the meate is conuerted to dunge: which (before and ere that it is digested) the learned doe call *Chylum*. In this foresaid gut doth the Collicke properly ingender. The last gut is *Intestinum rectum*, which is the arsegut, that is called *Longanum*, for that it doth not crooke, and stretcheth to the end of the fundament. These are now the lower guts, and they be otherwhiles called the lower belly. But what each sorte of these bowels haue for a nature, property, power, vertue, & operation, were here too long, & contrary to our purpose to decipher, because we do not here thinke to discourse of any thing, but onely the cures of the diseases that the bowels or guts are subiect vnto.

Of

## Of the payne and griping of the Guts in generall. §.1.

IN both these sortes of the guts come great outward gripings, stitches, and paine, whereof there be two sortes; the one *Iliaca*, the other *Colica*. *Iliaca* is in the vppermost small guts, and *Colica* in the vndermost bowels: which sortes of paines or stitches receiue their names of the bowels, or the bowels of this foresaid grypings or sickenes. And because that in both these sortes of paines of the bowels the remedies are alike, whereas in other diseases they be greatly differing: therfore we will treate of both these seuerally. Afterwards we will also determine of the Wormes in the bowels, of all other diseases which are to be ascribed to the bowels, as of all the scourings, of blody flixe, and obstructions, &c. whereof we haue heretofore discoursed &c. where bee many kindes of things to be found for the paine of the guts.

## Of the vppermost paine and griping of the Guts, *Iliaca Passio*, which the common man calleth *Colica*. §.1.

*Ileos*, or *Iliaca Passio*, are gripings or stitches in the vppermost small guts, which be caused of some obstruction or swellings of the guts, whereby the congested filthe or corruption cannot fall downe into the great guts. Whereby such great intolerable pain, sicknes, and gryping do ensue, that the guts seeme to be bored thorow with a bodkin, and that commonly with a continuall vomiting and parbraking: yet not in all patients.

Therefore, if so be that this paine, pricking, and obstruction, do get the maistrie; then doth there follow it a stincking belching, yea a parbraking of all filthines and of ordure through the mouth, and that by reason that the stopping beneath is so great, that neither ordure nor wind can euacuate beneathe: neither can it be opened through Clisters, whereby it must needes follow, that all the belchings do drawe the winde and filthe vpwards, and must lastly be auoided through the mouth.

Certaine learned men doe dispute of these cases, and that not without reason: for some doe thinke, that it is not the right ordure which is ejected by the mouth: But that it should be onely a certaine filthe and corrupted meate which lyeth stinking in the stomacke, because the same cannot be expelled. But be it how it will, this sickenes is neuertheles so terrible and painefull, that certain ancient Phisitions do call the same *Domine miserere*, Lord haue mercy vpon me.

And it is a grieuous sickenes indede: for besides all that is said, if it come with a great heat, then it doth commonly cause an impostume in the bowels, wherby commeth the Crampe, & the contracture of the sinews, so that the sick person therby doth lose his sences & runneth mad.

These and other signes which shall hereafter followe, are so deadly, that scarsely euer any one recouereth his health againe.

The common people which haue no vnderstanding of natural things which pertain to mans body, do call this *Iliaca* the mother in men, like as the common people in Italy doe call *Paron*, which is father, whereas notwithstanding men haue no mother within them.

The causes of this *Iliaca passio*, are inward and outward; the outward may be through fals, thrusts or strokes on these places: or through drinking of much colde water, through much binding, grosse meates, as hard Cheese, Colwe beese, or any other hard flesh which is not well sodden or rosted, salt Porke, and principally of ill boyled wood Pigeons, or meates which be swallowed downe not well chewed. Item, there be moe things which be hurtfull for this sicknes; as Peale, Beanes, Medlars, Quinces, Seruices, Peares, Sloes, and such like binding fruits. For this paine of the belly is commonly more rife in harueft, when fruits are found most abundant, than at any other time of the yeere. These sicknesses may also be caused of colde and pearsing winds, as the Northerne windes: as also to the contrary, out of great heate and great labour: and lastly through venyme taken. The inwarde causes commonly proceed from other partes: as if there bee ante impostume present, whether it bee in the Bowels or in the Liuer, or in the sucking vaines called *Venæ Mesaraica*, in the Kidneyes, or in the Bladder, or when the Bowels thorough some vapour fall downe into the priuities. If so bee that the

cause be in the bowels, thereof there be sire: to wit, if the gut *Ileon* or *Colon* be too hot or too cold, or be fraighted with any cold tough matter, or through winde, or obstructed with some hard corruption, or when the bowels be full of wreathed wormes: lastely, this disease may also be caused through faintnes of the expulsiue or strength of the retentiue vertue.

Concerning the signes, they may be demaunded of the sicke persons or standers by. But if there be any impostume in any other parts, it may be knowne by the place affected where the impostume is. The hot impostumes of the guts are discerned by the continuall agues, thirst, & panting or beating of the same parte; whereas to the contrary the cold impostumes be without great paine and without agues, but onely with a kinde of heauines and tumour: and these commonly assaile a man that is accustomed to vse much cold and moist meates, as milke, fish, and such like. If this sickenesse be caused through the obdurated corruption of the bowels, then is there with it an extreame paine, so that it seemeth to the patient that his bowels are cut vp, and that chiefely if he haue taken before any such things as may cause these bindings, and harden the filth or corruption, as inward or outward heate, and through vse of dry things. Or if this disease come through winde, then doth the paine depart from one place vnto another, with a kinde of rumbling, and that with such stitches, as if the bowels were prickt through with awls. And if the same be caused of cold flyme, then be cold rheumes felt, and such like in the bowels, and that chiefely through certaine meates taken, which do increase *Phlegma*.

## Of the paine or griping in the guts, which is called *Colica*. §. 3.

*Colon*, or *Colica Passio*, is a paine of the bowels, to wit (as is before discourſed) of the neathermost guts, which is caused, when the superfluitie which nature is enured to naturally to auoyd and cast from her, is stopt and hindred, and if the corruption, winds, or wormes be not expelled, as they were wont to be. But the paine of the collick commeth commonly by fits, ceasing otherwhiles, and then immediately returning with great intollerable paine, with heauie breath, with shiuering, shaking, and sweating. The causes of this collick are for the most part the same with *Iliaca Passio*: for both of these sorts of paines in the guts be matched so neere together, that they may be well called Sisters. But there is only this difference betweene them both, that the neathermost bowels be fat by nature, and therefore may gather fatnes vnto them, that by that meanes the guts are made so narrow, that the hard ordure cannot passe through them, but is vtterly hindered.

The signes of the Collick be these: when the ordure and windes are dayly shut vp, and hindred. And although the Stoole be furthered through Clisters, or some other meanes, yet is the ordure neuertheles hard and burnt, as Sheepes dung, or Goats dung, whereby the naturall appetite doth abate from day to day, vntill it be vtterly lost. Thence followeth then so great paine and gripings about the Nauell, that it seemeth that the guts be knit or haled together with strings, or pluckt asunder, and bored through with bodkins. As often as one stirreth him, or turneth from one side to the other, then doth the paine increase vehemently in this sicknes; the patient is alwayes greedie of sower and sharp things, and hath a loathing of all that is fat.

Each humor whereof this paine is caused, is knowen by these signes following: If it be caused of *Phlegma*, then is the same with paine, heauines, and desire of all warmth. The paine is to be knowne by the feeling. Old folks, and such as be phlegmatick by nature, are most of all subiect to this passion. Also the winter, eating of much fish, of much fruite, and of much milke, excessiue rioting, and great quietnes, much going into the water, and such like, be to this sicknes a great cause. If in case that this sicknes be caused through heate, then is there a great inflammation, and with it drouth of the tong, great thirst, itch, and great heate in the vrine. Chiefely if the person be yong, and in the Sommer time if he be cholerick by nature, if he haue vsed much about the fire, or much spice. Or if this paine of the bowels be caused through obstruction, it may be knowne by the going to the stoole, and paine of the guts, to wit, as if the same were torne asunder, and stuck through. And if the patient would go to the stoole with great forcement, then is it all to be auoyded very like to Clay, the which may be caused through long vse of any old meate, through the patients dry complexion, and through long continuing labour, and with much sweating in the hote ayre.

Or if this colicke procéd through winde, then is hearde much rumbling in the bowels and puffing vp of the belly, his excrements do swim vpon the water bicause they be full of winde: and so much the more may one be ascertained thereof, if one knewe that the patient had eaten before much Pease, Beanes, Chestnuts, Rapes, Figs, Husse, and such like windie meates or drinkes, much water, or much watered wine.

Or when this paine of the bowels is caused of any hot impostumes, then doth the patient feele hotte stitches; he hath thirst and great paine, and that alwaies in one place; he hath also a red face, extuberation of the eies, and restraint of vrine.

But if this greefe be caused through a colde impostume; for it be all these things beforementioned much feebler: being caused of superfluous meates, of much fish, of much colde, and moist herbes, fruites, swines flesh, and such like: also stooles be full of *Phlegma*.

## Of the difference of these paines in the Guts. §. 4.

ABoue al those which are before discouered be these two sorts of paines in the bowels disagréing in this: to wit, that in the paine of the vppermost guts, the extremitie is much greater, and can kil a bodie much soner; for that this vppermost, tender and small guts are much more sencible then the neathermost great guts: Secondly, bicause that *Iliaca* is vnsteadfast (as it is said before) and remoueth from one place into another: Thirdly, bicause this *Iliaca* is higher than the nauell. And when this paine setteth there and about the raines, then is it the generall opinion of all the learned that in no wise, neither through medicines, neither through any other meanes is this sharpe matter or winde which hath no vent, lying shut vp in the crooked gut *Ilion* and there making this paine, may be made to auoide, neither yet expelled, and that there will follow of it the Dropsie, *Tympania*, wherein the winde doth after spread it selfe abroade betweene the skinne and the flesh behinde ouer the whole bodie, as hath béene said more at large before in the twelfth chapter, and fiftéene §. The fourth difference is, that the vppermost paines of the guts or *Iliaca* are to be holpen through medicines from aboue, and the vndermost paine *Colica* through clisters; for that the clisters be verie commodious for the *Cholera*, and verie little for *Iliaca*, or nothing at all: Fiftly, if there appéere any other accidents with it, as swouning, trembling of the hart, short breath, much waking, or colde of the outward parts; they be then alwaies the more grœuous in *Iliaca* then in *Colica*; bicause that it is nérer to the hart, and therefore the more perillous.

Now to come to the remedies, we will (according to the custome of the auncient Phisitions) distinguish these paines of the bowels by fiue seuerall causes, whereof the first is the obstruction or binding of the bodie; the second *Phlegma*; the third windes; the fourth impostumes; the fift *Cholera* and heate: but we will héere declare for the first certaine things that be generally conuenient for both these greefes: the remedies which be ordained and vsed in both these paines of the bowels are also verie méete for either of them onely (as it is saide) that the clisters for *Iliaca passio* do seldome do any good: not that the same be therfore altogither forborne, for both must alwaies be first indeuored to open the passages of the guts, & as sone as one perceaueth the pain to be presently in hand with clisters, & also to make somwhat ready which may be laid vpō the belly to warme the same therewith, like as with these things following: to wit, Pellitorie, of the wall, Mugwort, Southernwood, Fennell, Elecampane leaues, Wormewood, white Mints, and Marierom: of these herbes, take as many and which you will, put them in a bag, and let them séethe in Wine: afterwards wring them out, and so lay them warme vpon the place of the paine.

Item, take Millet or Dates, mixe them with salt, and a little Annis, Fennell, Dill, and with Linséede: parch them, and lay them on the payne. You may also make and vse after the same manner a bag with Cammomill, Venus haire, and Stechas. Item, take Althea, Butter, Barrowes grease, Hens and Ducks grease, of each halfe an ounce, oyle of Cammomill one ounce, annoynt the place of the paine with it: what is particularly to be vsed besides for either of these paines in the guts, shall be distinctly shewed hereafter.

## Of the paine in the guts through obstruction or binding of the body. §. 5.

IN the beginning of this description of this paine in the bowels, when they come chiefely through the binding of the bodie, they are to be cured with Clisters, which hereafter be described against winds, and with the purgatiue medicines, whereof diuers be set downe in the eleuenth Chapter, 20. §. And both these are to be vsed so often, and so long, vntill that the bodie be thoroughly opened. In like manner, this patient must endeuour himselfe to eate all soluble meates and herbs, viz. Mallowes, and herbe Mercury drest with fresh broths with Butter and Sallet oyle, which for this disease is not only needefull, but also much commended.

Lay also outwardly vpon it this plaister following: Take Mallowes, Hollyhock rootes, and Bearefoote, of each one handfull, Fenegréeke meale, and Linsæde meale, of each fiue ounces, oyle of Violets, Hens grease, Barrowes grease, & fresh Butter, of each two ounces, foure white Lilly rootes rosted. All the herbs are to be sodden, and afterwards stamped, and you are afterwards to temper the rest amongst them ouer the fire, and then to apply them warme vpon it. For this is also very good the sirrupe of Violets, dronken with some broth wherein Damaske Prunes, Raisons and Figs haue béene decocted, and wherewith some Cassie is tempered. He may also vse the herbs and other things stamped, whereof the Clisters be boyled, and make a plaister thereof with Butter, or oyle of Violets, and with Barrowes grease, & lay it ouer all the belly. He must also eschue cold ayre, and must kéepe him alwayes warme, continuing this so long, vntill that he haue his bodie very open.

## Of the paine in the guts through flyme and Phlegma. §. 6.

THe other former discouered cause is *Phlegma*, which (as is sufficiently shewed before) doth shew her selfe apparantly, if with a tolerable paine there be no great heate nor thirst adioyned. And if there be any salt matter (which the patient shall perceiue in his mouth) or any obstruction of the bodie, stincking, belching, and great faintnes with it, then must preparatiue medicines be ministred to the patient, and such as may procure no wambling, and so begin with these Sirrupes following: viz. the sirrupe of white Mints, of Wormewood, and all sorts of Drimel, or any such like. Afterwards is much commended by the auncient Phisitions the confection *De Gallia* for to purge, which followeth hereafter: Take Mastick, Cloues, Ginger, Pepper, long Pepper, Cinnamome, Nutmegs, *Gallia Muscata*, and *Diagridion*, of each a like quantitie: afterwards wring out the iuice of sowre Quinces, and put as much hony as iuice vnto it: then take of both these one ounce and a halfe, and put halfe an ounce of powder vnto it which is made of the foresaid things: but let this iuice and hony séethe before to the thicknes of a sirupe, and afterwards temper the other things amongst it, whereof you are to giue at once one quarter of an ounce or two dragmes and a halfe. Also the purging confections of Quinces, which be described in the eight part, is very méete for this purpose, and in like sort the *Electuarium Indum*.

A purging Confection: Take Turbith one quarter of an ounce, Ginger one scruple, Mastick halfe a scruple, Sugar three dragmes; temper them well together, and then take it with what you will. But if so be that the sick bodie be not addicted to vomit, and that the same be not feared, then are these Pils following to be exhibited vnto him, called *Iliacæ*. Take Coloquinte, and *Sagapenum*, of each ten dragmes, *Diagridion* three dragmes and one scruple; then make pils of it with wine, and giue thereof one dragme at once, they ease very spédely the payne. For this is also very good *Benedicta Laxatiua*, or *Hiera Picra* one ounce, *Hiera Picra magna* halfe a dragme, Turbith, and Ginger, of each one scruple: then mixe them together with a good draught of wine. But in case that in this collick the purging medicines will not help, and the sicknes still increaseth, then make these suppositories following, and if so be that these suppositories will not sufficiently relaxe, then are Clisters to be vsed, which are the very best and safest remedies for the collicke which one can deuise, therefore we will héere reherse some of them, and begin first with the mildest. But note alwayes (which is good in all Clisters that are to be vsed for the collick)

collick) that the herbes, and all that is to be vsed with them, are to be decocted in such brothes wherein Calues heads, Lambs heads, and feete be boyled: for these brothes be very requisite for all obstructions of the bodie.

Take Cammomill, Hollyhocks, and Mallowes, of each one handful, Fennell, Annis, Caruway, of each one quarter of an ounce: seethe them all together in wine, or water. Take fiftéene or sixtéene ounces of this decoction, and dissolue therein fresh Butter, and Sallet oyle, of each two ounces and a halfe, or three ounces, the yolke of an Egge; temper them well, and minister it warme. Item, take one pound of Linseede oyle, and vse it very warme for a Clister: Or take Mallowes, Hollyhocks, Beetes, Mercurie, Fenegréeke, and Linseede, of each one handfull, fiue or sixe Figs cut, Annis, Fennell, of each one quarter of an ounce, Bran one handfull: seethe them all together in sufficient water. Of this decoction you are to take fiftéene or sixtéene ounces, and then temper amongst it *Hiera Picra*, and Cassie, of each one ounce, oyle of Rue three ounces, and then make a Clister thereof.

Another: Take Mallowes, Hollyhocks, Mercury, and Bearesote, of each one handfull, ten or twelue fat Figs, pouned Fenegréeke, and Linseede, of each one ounce and a half, Dill seede one ounce, Bran halfe a handfull, oyle of *Sesamum* and Hony, of each one ounce and a halfe, *Sal Gemma* one dragme, Cassie and *Hiera Picra*, of each three quarters of an ounce: temper them all together in sixtéene ounces or more of the foresaid decoction vnto a Clister. You haue before in the eleuenth Chapter and the 21. §. a Clister of Malmsey, which is also conuenient for this vse. Item, take the iuice of Parietarie, and the iuice of Wormewood, of each fiue ounces, one Nutmeg, Peach kernels beaten very small halfe a dragme, make them all together warme, and minister three of these Clisters in one day.

Another: Take Annis, and the seede of Pellitorie, of each one quarter of an ounce, Pellitorie leaues one handfull: seethe them all together in wine, and take thereof fiftéene or sixtéene ounces: melt Butter therein, and Linseede, of each two ounces, then temper them together. When the patient hath auoyded this Clister, then let him afterwards drinke fiue or sixe ounces of the oyle of sweete Almonds, and that tempered with Sugar. Item, take oyle of Rue twelue ounces, fiue or sixe Leekes heads, stampe them, and seethe them in the oyle: then straine it through a cloth, and then vse the oyle for a Clister. Item, take Pellitorie, Centorie, Marierom, and field Mints, of each one handfull, Annis, Comin, and peeled wild Saffron seede, of each one dragme, Polipodie rootes, Turbith, and Radish seede, of each halfe an ounce, *Sal Gemma* one dragme: temper all this into a Clister, as is aboueſaid.

You are also to obserue heere, that these and such like Clisters shall be ministred but onely when other remedies will not auaile. Item, oyle of Cammomill is more pretious then common oyle: but if Cammomill cannot be gotten, then is oyle of Linseede to be vsed in stead of it. Also heere do follow hereafter many sundry remedies against all paine of the guts, which serue also very well for the *Phlegma*.

## Certaine Potions for the cold Phlegma.

TAke the rootes of Smallage, Fennell, and Parsly rootes, of each two ounces, Annis, Fennell, Caruway, Parsly, and Smallage seedes, of each one ounce, Radish two ounces: make a decoction of this, and drinke thereof adayes oftentimes as warme as you can suffer it.

Also once or twice a day drinke a spoonefull or twayne of Rose hony tempered together with the foresayd potion.

Item, seethe an old Cock vntill the bones fall from the flesh, and in this broth seethe Polipodie rootes, the seedes of Dill, and of Annis, and drinke otherwhiles a good draught of it. Also you may oftentimes with the waters and seedes of the foresayd rootes, foment the place where the paine is, and afterwards annoynt the place with oyle of Rue wherein Annis seedes are boyled.

Some do highly commend the oyle of Sulpher, viz. to drinke in the winter one drop or twayne with Muscadell wine, or with vitall water. It will maruellously help and expell all gripings in the guts of a cold occasion.

Item, the confected Elecampane rootes, and confected Pimpernell rootes, do asswage all paines

paines of the bowels which proceede of cold. In like manner the confected Ginger doth warme and strengthen all inward parts, and so doth also the rootes of *Eryngus* when it is confected.

Amongst other Conserues, there be also meete and commodious the conserues of Piony, and Rosemary, of Hyssop, of Spikenard, and after purging the Confections of *Trion pipereon*, *Diacalamentha*, and such like.

## Of the paine in the guts through winde. §. 7.

THe third cause of these paines in the bowels are winds. If then this paine do come of no obstruction, and yet neuertheles one feele rumbling in the belly, and heareth the paine run vp and downe in the bellie, and if the paine do come by fits, and there abateth againe: against this be these remedies to be vsed that do expell winde. For which, the confection of Bayberies is so highly commended, that it is thought that her like cannot be found. At the Apothecaries they call this *Electuarium de Baccis Lauri*, and it is thus prepared: Take dry Rue one dragme, Ameos, Comin, Nardus seede, Louage seede, Marierom, Caruway, bitter Almonds, long Pepper, *Daucus* seede, white Mints, Pepper, Calmus, Bayberies, and Beuercod, of each one quarter of an ounce, *Sagapenum* halfe an ounce, *Opopanacum* one dragme, all these being pouned together and molten, then make a confection of it with clarified hony, and giue the patient thereof the quantitie of an hasell nut with a draught of wine. Marmalade with spices is also very meete for this purpose. Item, in like sort be both the sorts of Treacle and Mithridate, for that they do waste winde, and be good for all cold diseases of the intrailes. Item, there is also fit for this vse the confection of Horseradish, which shall hereafter be expressed.

These Confections following are also very commodious: viz. *De Cumino*, *Diatrion pipereon*, *Diagalanga*, *Dianisum*, *Diacalamintha*, *Diapiris*, *Aromaticum rosatum*, and after them a good draught of Wine.

If you desire to make a powder, then prepare this following: Take Ginger halfe an ounce, Annis one quarter of an ounce, prepared Coriander one ounce and a halfe, Mace, Galingall, Cucubes, and Nutmegs, of each one dragme. This being beaten all small, then put as much Sugar vnto it as you please. This powder consumeth all winde, and hindreth also the generation of other. You haue also herebefore certaine grosse powders for the stomacke, which be also very good. In like manner do Annis, Fennell seede, Caruway, and Comin, (either bare or confected, and taken before meate) consume all payne in the guts. The sirupe of Wormewood expelleth also windes.

For this are also verie conuenient clisters if they be made of such things as do cause winde to auoide, as this following: Take Mallowes, Hollyhocke rootes, Violet leaues, Bearefoote, and Bétes, of each one handfull, Centorie, *Raponica*, Calmus, white Mints, Marierom, Southernwood, Rue, & Hyssop, of eache halfe a handfull: Séethe them all togither in sufficient water, and take fiftéene or sixtéene ounces therof, hony of Roses, and oyle of Rue of each thrée ounces, *Hiera Picra* one ounce, *Benedicta laxatiua* halfe an ounce, then temper them all togither.

Yet this clister is to be diminished or augmented according to the abilitie of the sicke person. Suppositories may also be vsed for this which are thus to be made: Take Rue, & Comin, or Caruway, of each one handfull, Swines bread one roote and a halfe, Borcas one dragme, clarified Hony thrée ounces, make suppositories thereof. Another: Take Beuercod, Hony, Dregal, and oyle of Violets, of each a like quantitie, let them séethe somewhat thicke; afterwardes wet a suppositorie in it bounden at a thréed and vse it as before: it consumeth winde exceedingly and purgeth very much.

## Potions and such like.

TAke the rootes of Smallage, of Fennell, and of Parsley, of each two ounces, Raisons, the stones (taken out) two ounces and a halfe, ten or twelue fat Figs, twentie, or fower and twentie Iuiubes: Séethe them all togither in two quartes of water euen to the halfe, and take thereof thrée or fower ounces tempered with the foresaide confection. The common people and husbandmen do commonly vse slight things which they can best get amongst which may

may this potion following be reckoned: Take fresh cowdung about halfe an ounce; temper it with good wine and wring it thorowe a cloth and then drinke thereof, it is much commended. Other do ascribe this to sheepes dung, also Chickweede is commended for the same boiled in water and so drunken. Likewise also Wormewood wine, or Wormewode sodden in water: also Meade being drunken is very good for this paine; Wine measureably drunken driueth not onely the winde out of the bowels, but also out of all partes of the bodie. The wines of Harts tong and Marierom gentle are also much commended for these paines in the guts, and moe other aromaticall wines, as of Galingall, Nutmegs, and Cloues.

Item: Take *Species Iustini* one dragme, and drinke the same twice a weeke with one ounce of Rose water, it is also good against the grauell. Master Tristrams water is also good against all paines in the guts: likewise is also commended one dragme of Beuercod drunken with one ounce of *Mellicraton*.

In the meane time may outward things also be vsed: for this one may take the herbes, the seede, and other ingrediences whereof clisters haue beene made, wring them out harde, stampe them and temper them with butter, with Barrowes grease and oyle of Cammomill vnto a plaister, and so laie it warme ouer the belly, it is verie good. But if one will laie any thing vpon the maladie; then must the belly be warmed well before with warme clothes, for this may be made also the foresaid bags of Millet and Salt: or take vnbeaten Millet, Dates, and Fennell, or Bran, which you can get; parch them in a panne and applie it warme vpon the paine. Item: Take parched Linseede fiue ounces, parched Comin one ounce, Bran halfe a handfull; beate them all grosse and make a bag thereof, then let it seethe in water or wine a good space, afterwards wring it out and laie it verie warme vpon it. Item: Take the oile of Scorpions, oile of bitter Almondes, and Turpentine, of each fiue ounces; let them melt all by the fire, afterwards temper halfe a dragme of Saffron amongst it. Lastely, dippe sheepes woll in it and laie it warm vpon the greefe: or take Pellitorie, and pouned Linseed, of each one handfull, poure two ounces of the oile of Scorpions vnto it, & let them be made hot togither; afterwards put a little Saffron vnto it and vse it as before. Warme bread laid vpon the belly or the stomacke asswageth the paine, and is good against the suffocation of the mother or wombe.

Another: Take Hony, Butter, Salt, and Vineger, of each alike quantitie, let them seethe all together a good while vntill it begin to be somewhat tough, then spread it on a cloth, and binde it warme vpon the belly.

Item, take wilde Thyme, Marierom, Caruway leaues, Cammomill, Wormewood and Sage, which you will, cut it all small, and put it into a bag, then make it moyst with wine or water, and let it warme in a pan and vse it as before. Or Cowdung and Butter, of each alike much; temper amongst it halfe so much beaten Comin. Wolfs dung is also very good for this vse, a plaister being made of it. For this is also good the plaister of Bayberies, which is described in the eleuenth Chapter and the 5. §.

Item, another salue also which is described in the third part in the tenth Chapter and the 5. §. Take Comin, Caruway, &c. Or prepare this following: Take Goose grease, and oyle of Scorpions, of each three ounces, Saffron one scruple, Ware as much as sufficeth.

These oyles following are also to be vsed for this disease, viz. oyle of Lilies, of Cammomill, of Rue, of Dill, of bitter Almonds, of Spike, of Bayberies, and Elecampane rotes, of Peniroyall, and such like oyles which be warme of nature, and chiefely if Ameos and Mastick be boyled in them.

The bathing and fomenting is also very profitable for this sicknes, which may be made as hereafter followeth; and may be prepared according as the cause requireth. The bathes of sweete waters are very good to asswage the paine, and they be especially commended after the collick and after purging and that fasting. After bathing is some Treacle or Mithridate to be vsed and taken, and to sweate after it.

For this be also good Sulpherie bathes which be warme by nature. Now will we declare all the foresayd things that expell winde and consume it, and especially these which may be vsed for Bathes and Fomentations, viz. Rue, Dill, Rosemary, Fennell, *Chamedrios*, and field Cypers.

Amongst the seedes, Annis, Fennell, Comin, Caruway, seedes of Rue, Ameos, and Dill seede. Note ye that the patient must sit no deeper then to the breast in his bathe: and also may not

tarry

tarry long therein, that he fall into no swoune: Otherwise the bathe is very profitable, for it openeth the pores, and doth consume the winde whereby the payne is delayed. You may wet a Spunge in this bathe, and lay the same oftentimes warme vpon the belly. Likewise you may also fill a bladder and hold it warme vpon the belly. If you haue not this decocted water, then fill a bladder halfe full with Linsæde oyle, and then make it warme in hote water and so lay it vpon the belly.

## Another Bathe.

After that the bodie is well purged, he may sit in a Tub with warme Sallet oyle, and when the paine is asswaged, then to go out of it againe. But if the oyle cannot be had nor be gotten, then vse this ensuing: Take Pellitorie, Violet leaues, Rue, Cammomill, Linsæde, Fenegræke, Hollyhocks, and the sprigs of Colewoorts, of each three handfuls; sæthe them all together in water for a bathe. Of this may you also make a Lotion for the fæte, be it cooling or warming according as the case requireth.

For a Fume: Take Frankincense, Mastick, *Lignum Aloes*, and *Sandaraca*, of each a like quantitie, cast it vpon hote coles, and receiue the fume vpon the belly or where the paine is, for it doth draw much wind vnto it. The place also is first to be rubbed so long vntill it be thorow red, and afterwards well annoynted with any of the foresayd oyles.

The winde may also be consumed through good gouernment (if the same be put in practise) through exercise and sobrietie; for that where there is not much moisture receiued into the bodie, there cannot ingender much winde. And when such a patient hath recouered his health, then must he beware of græne herbs, Milke, and all other things which be windie. He must also addict himselfe to drinke hony water with spices, or prepare this Meade ensuing.

Take two ounces of clarified hony, three pintes of water, sæthe and skim it well. When it is clensed, then are you to hang therein halfe an ounce of grosse beaten Pepper, and afterwards let them sæthe againe vntill there remaine about one quart of moysture. When it is then cold, take out the Pepper being well wrung out. For this, serueth also burnt wine, or *Aqua vitæ*: yet there is nothing better then good old Wine moderately dronken. He is to be restrayned from all watred wine because it ingendreth winds. He must likewise beware of all cold drinks, viz. the water of all herbs, fruit, fish, milke, and such like.

## For all manner of paine in the Belly. §. 8.

Albeit that herebefore there be many things discouered for to asswage the paine of the belly, notwithstanding we must here set downe somewhat of the *Narcotica*, which be things that take away or do numb the sences, for which we aduise in the vse of them to begin alway with the laske, and so to come to the greatest, so that nature be not violated. Therefore where great paine is, you must apply parched Millet, Panick and salt. Item, take Cammomill, Melilot, Rue, Marierom, Penitroyall, Rosemary, Comin, Annis, Fennell, and Dill sæde beaten grosse which one will, and as much as one will: let them sæthe in wine, and whilest it is warme wet a spunge in it and lay it vpon the place of the paine. Make bags of the foresaid sædes and herbs, and sprinkle wine vpon a hote stone and warme them thereon. Or sæthe it in wine and then lay them vpon the belly as all other. Afterwards annoynt the place with warme oyle, viz. oyle of Cammomill and of *Costus*, but if the paine be intollerable great in the vppermost guts that one feareth to fall thereby in a swoune, one must (through extreame nede) put things in practise which do numb the sences, for which the confection *Philonium* is to be vsed and chiefely with the purging confection *Diaphœnicon*, but this must be done with the counsell of a learned Phisition, as we haue oftentimes alreadie admonished, yet shall suffice halfe a dragme tempered halfe an ounce of the conserue of Roses.

Others vse in stede of *Philonium* the pils *Cynoglossa*, for that they be safer; also the *Triphera Saracenica*.

And albeit that through all these former reasons it may be sufficiently vnderstode, how that he is to be kept with meate and drinke, neuertheles we will briefely rehearse it once againe for methode sake.

These

These patients are oftentimes and very long to be rubbed with warme clothes. He is also to enure him alwayes before both meales to walke easily. He is also to be restrayned from all Fruite, Pease, Beanes, and of Must, and of all that procreateth windes. He shall also eate all light meates, and dresse his meate with Dill sæde, Comin, and Annis: Partriches and all other field Fowles are very good for him. The iuice of old Cocks boyled with the foresaid sædes, is here much commended.

For this sicknes is also much aduised to eate Hedghogs flesh rosted, which causeth all paines of the intrayles to cease. His bread must be alittle moresalted & raysed: then commonly good old cleere and white wine if there be no Ague with it, is to be his drinke.

## Of the paine in the bowels through any impostume and other affections of the guts. §. 9.

9: I.

WE haue numbred this herebefore in the 4. §. for the fourth cause of the paine in the bowels. But in case this paine in the bowels be caused through any impostume and vlcer of the Lyuer, of the Splæne, Kidneys, or any other parts, then is the same to be knowne by the place where those parts do dye: Like by each of these is sufficiently declared what is to be done for it. But if the bowels be hurt without any impostume, and that the same may be felt with the finger or any other instrument, then may you finde all that described in the tenth Chapter and 3. §. But if in the paine of the belly through heate there appeare any impostume in the one side, then must a vaine be opened on the other side, for the same must not be forsaken, for that it is much needfull. First, he must before other things haue a vaine opened within the third or fourth day in the contrary side of the paine, and afterwards on the other side where the paine is felt. This being now done, then take two parts of water, and one part of vineger, and make a spunge wet therein, and so apply it to the paine. When the spunge beginneth to be warme, then wet it againe, and reiterate this oftentimes.

Moreouer, the patient is oftentimes to be purged with Manna, Cassie, and sowre Dates, and let him be ordered like as one is to be ordered who hath an Ague. He must also beware of Vineger, sowre Pomegranats, and also of all sowre things which may hurt the bowels. Boyled barly, and oaten paps, Mallowes, Burrage, and Dzage decocted in Henbroth, or eaten alone, be very meete for him: and if the Ague be not great, then are they to be drest with butter or with oyle. He must also keepe a good dyet, and must vse much oyle of *Sesamum* in his meates. His drinke must be barly water decocted with Licorice, and all his whole gouernment coling and moystening as followeth hereafter. Take Mallowes with the rootes, Hollyhock rootes, Bearefote, and Violet leaues, of each one handfull, Burrage floures, and floures of Buglosse, of each halfe an ounce, foure or fiue Prunes; sæthe them all together in a pot of water euen to the halfe, and then take of this decoction twelue or sixtæne ounces, and temper with it two ounces of Cassie, oyle of Violets three ounces, of Hony one ounce, then make a Clisser of it. This is also especially commended being made with Goats milke, Cassie, and oyle of Almonds. When as then the impostume is broken vp, then are you to vse for to clense it, Clisters, barly water, and Hony, and afterwards consolidating medicines. But if so be that one perceiue any parings of the bowels in the stooles and that with great paine, then are these following to be vsed.

Take somewhat lesse then a pound of stæled water, and sæthe therein broade and picked Plantaine and Roses, of each one ℔. euen to the halfe. Take twelue or sixtæne ounces thereof, and melt therein one ounce of Dære suet, three yolks of Egs well beaten, oyle of Roses two ounces, Thomas Sugar one ounce, and temper them all together.

Another: Take broad Plantaine, wild Tansie, and Comfrey, of each one handfull, Pomegranat pils one ounce; sæthe them all together in a pot of stæled water euen to the halfe: then melt in this decoction two ounces of Dære suet, *Trociscos de Carabe, De Terra Sigillata,* of each one quarter of an ounce, then make a Clisser of it.

For plaisters, take the sooden herbs and the other things of the former Clisters, poune them to grout, and temper therewith halfe an ounce of pouned red Saunders, Barly meale two ounces, and oyle of Violets as much as doth suffice for a plaister, and then lay it warme ouer it, it doth abate the paine very much.

Another:

Another: Take Hallowes, and Hollyhock rootes with the herbes of Nightshade, Violets, Cammomill, and Melilot, of each halfe an ounce: beate them all togither, and temper therewith oyle of Violets, of water Lillies, and Duckes grease, of each three dragmes, Linseed meale one ounce, and then make a plaister of it.

If neede require to purge more, then may the same be done with the conserue of Prunes.

But if so be this paine of the bowels be with a cold tumour, then must stronger clisters be vsed, as there be sundrie set forth in the fire §. against the paine of the bowels through *Phlegma*. But first are the oyle of Cammomill with Vineger, and the oile of Roses (that it may pearce and strengthen the bowels) for to be vsed: afterwardes the clisters expressed before in the fift §. may this plaister following for mollifications be vsed for to ripen and asswage the paine: Take Linseede meale, Fenegreek meale, Wheaten meale, and Barly meale of each two ounces, fire yolks of egges, oile of Cammomil, and good wine as much as is needefull for to make a plaister, this must be laid warme vpon it.

Another: Take eightene or twentie Figs, seethe them well in water, crums of white bread two ounces, Wheate meale one ounce and a halfe, vnsalted Barrowes grease, and oile of Cammomill as much as is needefull for to make a plaister: let them all seethe a little togither, and then laie them warme vpon it: you may also put warme vnto it one ounce of beaten Cammomil.

It happeneth also sometimes that in these impostumes the vrine is retained backe, bicause that the conduits are stopt through the tumour; therefore if that fall, the *Saphea* must be opened, and the kidneies and the priuities annointed with the oile of Cammomill, and oile of Violets, and also with it clisters and plaisters to be vsed, like as shall hereafter be further spoken of the prouocation of vrine.

## Of the paine in the bowels through heate and *Cholera*. §. 10.

THis is the last cause whereby (as is discourled before in the fourth §.) the paine of the guts may be ingendred; and when it commeth with heate and an ague, it is not then hurtfull nor so lingring as that which proceedeth of *Phelgma*. For this must the patient first of all be purged with strupes and such like things as do cole, and further be kept with necessarie meate and drinke. He is lastly to vse clisters in this manner following: first of all he is to take certaine daies togither preparatiue strups, as both the strups of Vineger, *Oxysacchara*, strupe of Violets, of Roses, of Endiue, and of water Lillies, with some decoction wherin the same herbes haue beene decocted, whereof diuers be described in the third part.

### For Purging.

TAke fresh Cassie one ounce or one ounce and a halfe, the iuice of Endiue well clarified and skummed three or fower ounces: then make a potion of it and giue it him warme, or in stede of the iuice (if one cannot get the same) then take Endiue water.

Another: Take eightene or twentie Prunes, and fiue or fire fat Figs; seethe them all togither in sufficient water, and take of this decoction three or fower ounces, temper Cassie therein, and oile of sweete Almondes fiue or fire ounces tempered with Sugar, and the same dronken at once, lose the bodie verie gently, and is also most sure that one may giue to the children newly borne: Likewise *Manna* decocted with fower Dates, Prunes, and with Sugar, is also verie requisite to lose and cole.

Concerning the meates he must be restrained like as in other hot sickenesses, and must chiefly eschew alwayes meates which make winde. But oile of Almondes vsed in his meate, be very meete for him.

All his clisters must be made soluble and coling, like as be these following: Take peeled Barley, Hallowes, Hollyhock rootes, and Violets, of each one handfull, Prunes, *Sebestes*, of each eight or ten, the seedes of Melons, of Purslaine, of Gourdes, of eache one ounce, Branne halfe a handfull; Seethe them altogither, and take of this decoction and put vnto it oile of Roses, and of Violets of each one ounce and a halfe, Cassie for the clister one ounce, *Electuarium de Succorosarum*

*farum* fiue dragmes; then make a clister of it like as hath bene sufficiently shewed.

But here is to be noted that if any parings auoide with the guts, then must oile of Roses be most of all vsed; yet oile of Violets doth asswage the paine of the guts if the same come through any sharpnes or any heate.

Or take Mallowes, Hollyhockes, Bearesote, Violet herbes, and Betes, of eache one handfull, Barley and Branne of each halfe a handfull; let them sethe all togither, and then take of this decoction twelue or sixteene ounces, and temper Cassie in it one ounce, *Hiera Picra* three quarters of an ounce, *Benedicta Laxatiua* three dragmes, oile of Violets three ounces, Salte one dragme or twaine; minister it as is accustomed.

This ensuing is also especiall good if any body haue bene bounden certaine daies togither: Take twelue or sixteene ounces of Cowe milke, temper one ounce of Cassie amongst it, and minister it warme.

There may also a coling plaister be layd vpon the belly, whereof there be diuers discouered against the heate of the stomacke and the liuer: yet must alwaies some Cammomill, Wormewood, and such like be tempered amongst it.

For a coling you may also take preserued *Ribes*, or any such like, as in the eleuenth Chapter §.6. is shewed.

## Of the paine in the belly mixt with grauell. §.11.

For this disease is much aduised, to take three dayes one after another, a good draught of the water of Elderne flowers, which helpeth maruellous well. Item, take the iuice of Pellitorie eight ounces, oyle of Rue two ounces; sethe the dung of a Dog in it, which hath eaten nothing but bones: straine it thorow, and vse it for a Clister. It is also much aduised for to take for purgation halfe an ounce of *Diaphœnicon*, and Sebestes one dragme and a halfe, *Philonium Romanum* one scruple, *Species Iustini* halfe a scruple: temper them altogither, and drinke it, and drinke a little fat broth after it. But how easily an error is committed in distinguishing the paine of the guts, for the paine of the raines, and the paine of the grauell, it shall hereafter be declared, where we shall speake of the grauell.

## Of the payne in the bellies of young children. §.12.

We haue here briefly shewed of the oyle of swéte Almonds, which is to be tempered with Sugar, and may be giuen boldely to newe borne children, for the paine of the bellie: This is alwaies found to be good. The water of Larkes spurs is also good for the same, aswell in olde folkes as in yong children. For a small Clister, take Mallowes, Hollihocke rootes, and *Pyrola*, of each halfe a handfull, Melilot and Rosemary, of each halfe so much; sethe them in a pinte of water, and then take of this decoction little or much, according to the bignes of the childe, Honie of Roses halfe an ounce, oyle of Cammomill two ounces, Salt halfe a dragme: temper them all togither. Item, take vnto small children alwaies a spoonefull of the water of blacke Cherries in their pap, for it swageth the paine. Oyle of Nutmegs annoynted about the Nauell, and a warme cloth layd vpon it: And in like manner the oyle of Scorpions is also very commodious for this infirmitie. Also Chickeweede fried in oyle, and applyed warme on the belly. Also take Mints, Mallowes fried in fresh Butter, or Cammomill and Wormewood, of each a like much: cut them all togither meetely small and put them in a little bag: then make it meetly warme in hot wine, wring it well out, & so lay it ouer the childes belly. Item cut an Onion very small, frie it in oyle, and binde the same vpon the Nauell of yong children and old folkes.

Albeit that it be not now our intent to write much of Chirurgerie, yet neuertheles, we cannot let this escape: viz. if any be wounded in the belly that his bowels issued forth, & then happen to swell, that they cannot be put backe into the body, then warme them with warme milke or wine. After that may the Chirurgion well knowe what he hath to doe.

## Of the wormes in the belly. §.13.

FIrst of all, there is not any thing more certaine, then that in mans body, like as in stinking kennels, in cheese, and in stinking flesh, wormes do growe, and that out of a putrified matter: But in man do they chiefly proceede through vnaccustomed meates, that cannot be digested: also of surfetting and ouercharging of the stomacke. Item through bathing, and vse of venery with a full stomacke, through eating of fresh Beanes, of salt fish that is without scales, through Swines flesh, and such like things moe. Also these wormes doe growe by eating much fruit. Therefore haue children most annoy thereby about haruest.

These wormes doe ingender sometimes in the stomacke, and otherwhiles in the bowels: And some suppose that they onely grow in the blinde gut; but they which haue somewhat more carefully beheld them, doe write that the long wormes doe ingender in the uppermost bowels, and the small, like vnto cheese Magots, onely in the arsegut, and in the middlemost guts should round wormes ingender called *Ascarides*. Some doe take it otherwise. In fine, wee will let them dispute thereof; for they do accord herein, that there be three sorts of wormes which may growe in mans body like as is shewed before.

And to the end that somewhat be discoursed of these kinds of wormes; The long ones be knowne to be in yong children through their gnawing in the bowels, through a small, dry, and troublesome Cough: Moreouer, they do awake suddenly out of their sleepe sometimes with an outcry; afterwards they do quickly hold their peace, and haue an vnequall pulse. Also they haue vncertaine Agues, with coldnes of the outward members, which accidents do happen vnto them without any cause three or foure times a day. Such children haue an vnnaturall desire of meate, they let out their tong, gnash with their teeth, sweate about the eyes: they be gladly quiet: they be also very quickly angrie, and snappish or testy on them that do awake them, and as now they be ruddy, and immediately bleake againe: they talke in their sleepe, be frighted in their dreames, and do lye very vnquiet. When they awake, they do then rub their nose, the eyes sinke into their heads, they will be very hard fauoured in their face, they feele great paine in the belly, they haue much some and spittle, their mouthes will be dry, yet more by day then by night, and their breath stincketh much.

In like manner it happeth very well, that they auoyd the wormes at the nose, at the mouth, and through stooles: but amongst people in yeares there be besides these signes such an extreame paine of the belly also, that they cast their hands and feete from them like as it were a collick. And as they come into their stomacke, then do they get a great wambling and loathing of all meates. And when one forceth himselfe to eate, yet can he not swallow the meate, but must cast vp againe presently the meate which he hath taken: their ordure is very stincking, their belly swelleth on high, like as if it were full of winde.

These be now the signes of the long wormes, which signes though they be not alwayes apparant, yet neuertheles this disease may be knowne by some of these.

The broade wormes be as well in them that haue no Ague, as in them which be troubled with lingring Agues: they do also bring some of the foresaid signes with them, and especially these will be knowne as well through the great gnawing in the stomacke, as through the vnmeasurable desire of meate. And although they haue eaten inough, and do not by and by eate againe, yet then do they feele that gnawing and biting againe as before. They will be also very leane, and dry of bodie. But this is the very surest signe, that the patient doth auoyd through the stoole small things, like to the kernels of Gourds. It is also found, that some not esteeming this gnawing of the wormes, and had taken no aduise for it, that the guts be bitten asunder, and that the wormes are got into the hollownes of the belly, whereof doth follow afterwards a great calamitie, as madnes, the falling sicknes, dogs hunger, swouning, paine of the belly, obstruction or binding of the bodie, and lastly, the painefull and bitter death. Therefore is this disease not to be accompted small, but rather men are betimes to vse all requisite remedies for it.

But if the wormes be not in the bowels, but in the stomack, and in the mouth of the stomack, then be they commonly vomited vp, and they that be in the bowels are rid and dispatcht through the stoole.

Of the third kind of wormes, they which keepe themselues in the Arsegut, shall immediately hereafter be discoursed. I haue therefore the longer discoursed of this, for that it is a common disease amongst children and common families, whereby common householders might knowe their right difference, afterwards we will write of the remedies seruing for these common sorts of wormes: but aboue all, there be prescribed by the learned certaine common rules of them. The first is, that the lower the wormes be in the bowels (whether they be there growen or descended out of the stomack thither) so much the bitterer and stronger must the medicine be which is giuen from aboue, because that she may not lose her vertue through so long a passage. Secondly, the wormes *Ascarides* are not so easily killed through Phisick, as other wormes, therefore must stronger remedies be vsed for them. Thirdly, to preserue himselfe from wormes, he is to beware of all such meates as do increase *Phlegma*, and to purge out the same in aged folks, like as we shall speake more at large thereof. Fourthly, the first intention of the Phisitions is to kill the wormes, afterwards to expell them, for that through their stench they do not infect the hart, the stomack, and the whole bodie. Fiftly, as soone as one perceiueth the wormes, then must he indeuor to expell them, and so to free himselfe from great distresse. Sixtly, all remedies which be hote in the third degree, are very fit for this purpose, if there be not a strong Ague or impostume with it. Seuenthly, if one will expell the wormes through any meate or drinke, then is the same to be done with an emptie stomack, and fasting. Eightly, the wormes are most fittest to be killed through hote and very bitter things, as (to the contrary) through sweete and fat things they are fed and sustained. Ninthly, all they that haue the wormes, may be fed two dayes with sweete and fat things; but the third day when they be hungrie and emptie, are bitter things to be giuen. Tenthly, if one take any thing to kill the wormes, then must the belly and the stomack be annoynted or plaistred on the out side with astringent and bitter things. Eleuenthly, if so be that the wormes be in the vppermost guts, or in the stomack, then will they be more easily killed and expelled through that which is taken at the mouth. But if they be in the nethermost guts, then are they killed with Clisters and Suppositories. But in the middlemost guts are to be vsed of both these remedies.

## The order how a man may preserue himselfe from wormes.

ALl those that are to be preserued from wormes are of three sorts, as children which do yet suck, children of the age of foureteene yeares. Now for to free the sucking children, the Nurse must eate all light meates, and refraine from all Fruit, Fish, and Milke, but especially from ouercharging themselues with any kind of meates. The children which do not suck must be kept after the same manner, and be restrained from all that is slimy, and also beware of Fruit, and especially of those which be not ripe, and those that be wormeaten, for they also ingender wormes in the belly. The youths and people in yeares are to be kept likewise as we haue sayd. Also twice or thrice a yeare, phlegme ought to be prepared in them, with *Oxymel* of Squils, or *Compositum*. or with the sirupe of *Calamintha*, and such like. Afterwards he is to take *Hiera Picra*, with the decoction of Polipodie rootes, *Mirabolani*, *Chebuli*, of a little Coloquinte, for to purge. He is also to vse rather rosted meate then sodden. He must eschue all grosse and fat meates, for thereby do the wormes growe especially. Also he must eate euery day a little Mustard seede.

But if so be that the wormes be present, then must one loke to kill and expell them by all meanes, for which purpose these hote things following be fit, viz. Wormewood, Bay leaues, Peach kernels, Rue, white Pints, bitter *Costus*, Centorie, Horehound, Lupins, Annis, Smallage seede, parched *Nardus* seede, Mints, Elecampane rootes, dry Bayberies, Southernwood, Comin, Cresses seede, Caruway, bitter Almonds, *Diptamus*, Pennyroyall, Gals of old beasts, and chiefely Ore gals, or Wolfs gals, the common Wormeseede, Cinnamome, Gentian, the rootes of the femall Fearne, and Agrimonie: of all which foresayd things, one dragme, or a dragme and a halfe is to be taken in winter time with wine, and in Sommer with some coling waters, and that chiefely with Purslaine and Endiue water.

These things following do not only kill the wormes, but also expell them forcibly, to wit, Aloe, rootes of blew Floure de luce, the iuice of wild Cucumbers, *Agaricus*, Coloquinte, wild Saffron, the freshy iuice of Elecampane rootes, Turbith, and *Rabarbarum*. One may vse some

of these forsaid things, if there be no Ague with it.

Cold simples which doe kill the wormes are these: viz. prepared Coriander, Butchers Broome seede, *Hypocistus*, sealed earth, Purslaine seede, seedes of Endiue and of Lettice, the iuice of Plantaine, rinds of Pomegranats, sowre Pomegranats, Oranges and their seede, Citron seede, burnt Harts horne, Asses milke, all that is sowre, bread infused in vineger, Broome seedes, Colewort seede, dry Plantaine, seedes of Orage, and vnripe Sallet oyle, a good deale of it taken at once. You may boldly take these things, where as heate and the Ague is.

And further to speake of the compounded things, we will first of all take the things in hand which may be vsed inwardly and in heate. Take the sirupe of vineger one ounce and a halfe, temper it with Endiue water and Purslaine water, and drinke this certaine dayes together alwayes fasting. Item, take the seedes of Butchers Broome, sealed earth, *Hypocistus*, the iuice of Sloes, of each one quarter of an ounce: boyle them all together in sufficient water euen to the halfe, and drinke thereof certaine dayes together three or foure ounces at once. Or take Grasse rootes, and Butchers Broome seede, of each one ounce; sethe them all together in a pot of water euen to the halfe, and drinke thereof as before. Another. Take eightéene or twentie Sebestes, Purslaine seede one dragme, Grasse rootes, and Millet, of each one quarter of an ounce, Sugar foure ounces, Veriuice, and the iuice of Pomegranates, of each two spoonefuls; let them sethe together, and skumme them well. But if you haue not this iuice, then take in steede thereof good Vineger. Item, take prepared Coriander, and the seede of Smallage, of each one dragme and a halfe, calcined bones of a Stags hart three quarters of an ounce, red Corall one dragme, Cinnamome halfe a dragme, *Calmus* halfe a scruple, prepared Perles halfe a dragme, *Diptamus*, *Ammoniacum*, filed Iuorie, and burnt Silke, of each two greynes, eight or ten Bayberies, Sugar three quarters of an ounce: make a fine pouder of it, & giue one drag. of it more or lesse.

Burnt Harts horne alone two or three dragmes giuen with Weade, doth maruellously kill the wormes. Or take burnt Harts horne one dragme, Pyonie seede, Smallage seedes, Coriander, Cole wortes seede, Nardus seede, seedes of Plantaine and of Endiue, of each halfe a dragme, *Diptamus* one scruple, red Saunders, Corall, and Pearle, of each sixe graines, Sugar as much as all the rest; make a subtile pouder of it.

Another: Take filed Iuorie which is a little parched one quarter of an ounce, prepared Coriander one dragme and a halfe, *Diptamus* one dragme and halfe a scruple, Sealed earth one dragme, temper them al togither. Item: Take Rubarbe, Basill seed, Plantaine seede, Pomegranate peeles, Carueway, Butchers broome seeds, *Cardus Benedictus* seed, filed Harts horne, and filed Iuorie, of each halfe an ounce, rindes of Mulberrie rootes, Colewozte seede, Citron seede, and rindes of Willow trees, of each three dragmes, Purslaine seede, and *Diptamus*, of each two scruples, red Corall and Pearles, of eache one scruple: make a pouder thereof, and then giue one dragme or twaine of it, viz. in winter (when there is no ague) with wine; but in sommer, and when there is an ague with *Oxycrato*. Item: Take burnt Harts horne one dragme, prepared Coriander, and Aloe, of each halfe a scruple; beate them altogither, and giue it him with the sirupe of Vineger, or grasse water. In like manner is also especiall good for this the leaues of Smallage one dragme: or take the seedes of Purslaine one dragme, Muscus fower scruples, red Corall, and prepared Coriander, of each one scruple, Orage seedes one dragme; make a pouder of all these, and giue thereof with strong wine, or with water wherein grasse rootes and Agrimonie haue béene decocted, eache time fower graines. Another: Take Orage seedes one dragme, Wormeseede (which is *Semen*) one dragme and a halfe, Grasse rootes, flowers of Hyssop, Southernwood, of each halfe a dragme, Licorice fower scruples, Cinnamom, and Dill seede, of each halfe a scruple: stampe each a part, and afterwards mixe them togither, and at the last put halfe a scruple of *Muscus* vnto it: then giue thereof from three or sixe graines vnto halfe a scruple with warme grasse water.

Item: Take the seedes of Orage, of Purslaine, wilde Thyme, and Marierom, of each halfe a dragme, Wormeseede three dragmes, Licorice, and Lupines, of each one scruple, *Muscus* halfe a dragme, *Ambra* halfe a dragme: mixe them all togither and giue one dragme and somewhat more at one time with Grasse water. Another: Take the seedes of Plantaine, and Wormeseed of each one dragme or somwhat lesse, according to the age, and giue thereof as before. Item: Take Plantaine seede, calcined Harts horne, and Wormeseede, of each a like quantitie, vse it as the other. Or if you will make a confection, then take burnt Harts horne one dragme, prepared

Coriander,

Coriander, Pyonie sæde, the sæde of Smallage, *Nardus* sæd, the sædes of Plantaine, and of Endiue, of each halfe a dragme, *Diptamus* halfe a scruple, red Corall, Sanders, and Pearles, of each fiue graines, Sugar one ounce and a halfe: then make Tabulates thereof with Grasse water. Then take about one quarter of an ounce at once.

You haue before in the second part the thirde Chapter, and seauen §. of the hardning of the breast, and in the third part the second Chapter, and elsuenth §. a preparation of earth wormes into pouder against the yellow Jaundise, whereof may a drinke or confection be made. But if the guts be distended and the heate not ouer great, then lay this plaister following vpon the belly: Take Linsæde meale, and Beane meale, of each one ounce and a halfe, Wormewood one handfull, Aloe three quarters of an ounce, and make a plaister of it with Weade, or with the oile of Wormewood.

But if there be a small ague with the wormes, then may be giuen to people in yéres (each according to his age) Treacle or Mithridate; for both of them do kill the wormes and expell them.

Item: Take the sædes of *Sophia* one dragme, calcined Harts horne and Pomegranate pæles, of each halfe a dragme, *Diptamus*, Cloues, Rubarbe, of each one dragm, Worme sæd halfe a dragme, Saffron fiftéene graines, Sugar nine ounces: Sœthe them all togither in Wormewood water, or in Grasse water, and then make Tabulates thereof: or take Wormesæde one quarter of an ounce, Knot grasse, and white *Diptamus*, of each two scruples, burnt Harts horne, Peach leaues, of each one scruple, Rubarb one drag. make them al togither into a subtile pouder, & giue therof on e dragm or twaine at once. But if you will haue a confection, then take thereto three ounces of Sugar decocted in water of Knot grasse, and giue therof from halfe an ounce vnto a whole, according to the age of the patient. Item, other moe which be Laxatiue: Take parched Rubarbe, and Wormesæde, of each one dragme, prepared Pearles one dragme and a halfe, burnt Harts horne one dragme, Sugar sixe ounces; make a Confection of it as before. Or take Wormsæde halfe a dragme, Comin one scruple, Cinnamom two scruples, burnt Harts horne halfe a dragme, Turbith one quarter of an ounce, Sugar one ounce and a quarter: make losings therof, and giue about one quarter of an ounce of it. Item, take Cinnamom, burnt Harts horne, Centorie, and Gentian, of each one dragme, Rubarbe one scruple, Sugar sixe ounces decocted with grasse water: make also losings thereof. They be very good, and they be altogither easie.

The sædes of Rue should also be very good for the Wormes: like as also is the vineger of Rue, and the common good vineger. Take in like maner the flowers of Feuerfew as much as you can gripe betwéene two fingers, and vse it fasting. This hereafter ensuing may be vsed for children of three yeres of age: Take white *Diptamus*, Wormesæd, *Carlina*, and Rubarbe, of each a like quantity; poune them to powder, and giue each time one dragme therof more or lesse with wine, according to the importance of the cause: whereupon you are to vse for children the salue of Orenges, which shall be described hereafter, and after that, this potion ensuing: Take Rubarbe two scruples, *Carlini* one scruple, pouned small with Wormewood water. In like sort also be very méete these pils following: Take Gentian, Mirrhe, *Diptamus*, Wormewood, Pints, and filed Harts horne, of each one dragme, Turbith halfe a dragme, *Agaricus* one quarter of an ounce, *Sal gemmæ* one dragme, Ginger and Cinnamom, of each two scruples, Aloe as much as the rest: then make pils of it with the iuice of Wormewood, and vse often times of it about one dragme at once.

This composition following is most highly commended of the auncient Phisitions: Take Gentian, Centorie, and *Agaricus*, of each one dragme, Cloues, *Nardus* sæde, the roots of Costus, Annis, and water of *Scordium*, of each fower scruples, burnt Harts horne, Roses, Sorrell sæde, and prepared Perles, of each halfe a dragme: poune eache alone, afterwards temper them togither, and sprinckle them with the iuice of Limons, with sharpe Vineger, and Rose water, of each a like quantity, and let it drie againe; doe so fiue or sixe times: At the last temper with it halfe a dragme of Saffron, one graine of Muske, and make thereof small losings with the sirupe of Citrons. One may take thereof from halfe a dragme to a whole, whether it be made in powder or Pils. Conserue of Gilloflowers, and of Peach flowers, be also much commended for this purpose.

There may be also many things dronken; as the iuice of Radish, and giue of it to a strong

person one quarter of an ounce: it is a very strong and a right medicine for a Ploweman. This also is very like the same; poune Garlicke, and wring out the iuice, and drinke it as before. Item, take the herbe Basill, sæthe it in Vineger, and drinke of it; the wormes will run quicke out of your bodie. Another: take Rye, boyle it, and drinke sometimes of the decoction, and also temper your wine with it. Or take Citron pæles one dragm, or one dragm and a halfe, giue it to children in milke; it should be especiall good. Take the iuice of Elecampane rotes fowre ounces, and drinke it; it is taken to be a speciall remedy. Item, take Wormesæde one ounce, Sene leaues one quarter of an ounce: poune altogither to powder, and take one dragme of it or twaine, with wine, Bære, or Meade.

Item, take Pomegranate pæles beaten or sodden in wine, and drinke of it fasting about one quarter of an ounce. One dragme of pouned Zeduary dronken once or twice a day, doth also kill the wormes through his heate.

Another. Take Cammomill two handfuls, twenty or fiue and twenty Sebelles; sæthe them in a pot of water vnto the halfe: then take three ounces of this decoction, and temper with it three ounces of *Oxycraton*, and drinke of it three or fower mornings one after an other.

Clisters be also very good for this, if one can get Asses milke for it. If that cannot be gotten, then is there to be taken for it a broth which is decocted with 20. or 25. Sebelles and Rye, and mixe with it Butter and Hony.

Also Cowe milke may be taken for it alone, tempered with Hony.

For to vse outwardly, the learned haue ordayned diuers remedies; as plaisters, salues, and other meanes moe, as hereafter followeth: Take Aloe, Southernwood, of each a like quantitie, temper them with Hony, or oyle of Wormewood, and annoynt therewith the belly.

Item, rub Ore gall vpon the Nauell as much as you can: if it be too thin, then temper amongst it beaten Wormewood, Gentian, or any other bitter thing. Note also, because that all bitter things be enemies to yong children, that regard must be had to help them with salues, plaisters, and such like, as hereafter shall follow. For that through these meanes the wormes may be killed in yong children, because children haue tender, subtile, and thin intrailes, so that the plaisters and salues may penetrate, kill the wormes, & expell them, which also through the vineger which is mixt amongst it may be the easier effected. This salue following is very approued for it: Take Wormewood, Lupins, Siluermountaine, Comin, *Nardus* sæde, Centorie, *Doronicum*, burnt Harts horne, & Myrrh, of each half an ounce, Aloe one ounce & a halfe, *Agaricus* one dragm, the iuice of Oranges two ounces, oyle of Wormewood, of bitter Almonds, and oyle of Peaches, of each one ounce, an Ore gall: let the iuice & gall be sodden together, and afterwards mixe all the sayd things amongst it, and then make a salue of it with Ware: with this salue is the belly, the stomack, and backbone to be annoynted. But if you will make a plaister of it, then will it be good for the stone of the kidneies and bladder. Or take the iuice of Mints two ounces, Centorie, Wormesæde, and Lupins, of each halfe an ounce, Gentian, Wormewood, of each one dragm. *Diptamus*, *Semen Zedoariæ*, of each three dragm. Ore gall one ounce, Aloe one dragm and a half, Mastick of *Spica*, and of Wormewood, of each one ounce, vnripe Sallet oyle, and vineger wherein tosted bread hath bin infused and is wrung out againe, of each two ounces, the iuice of Oranges halfe an ounce, white ware vi. ounces: sæthe the iuice and the oyle vntill all the moisture be consumed: when the oyle is cold, then temper the rest being beaten small amongst it, and let it sæthe alittle againe vntill it be thick: lastly, put three greines of *Muscus* vnto it, and spread this salue on a round cloth and bind it on the Nauell: it killeth all kinds of Wormes, and also expelleth them.

Another. Take the iuice of Fleawort, Wormesæde, Southernwood, Centorie, Swines bread, Peach leaues, Lupins, *Ebulus* rotes, and Pomegranate pils, of each one dragme, the iuice of Garlick two ounces, the iuice of water Cresses twelue ounces: let all these sæthe vnto the halfe: afterwards put as much Ware vnto it as sufficeth for to make a salue. Item, take Centorie, Wormewood, and Lupins, of each halfe a dragme, *Lignum Aloes*, burnt Harts horne, and *Diptamus*, of each one quarter of an ounce, Aloe, as much as the rest, oyle of Wormewood foure ounces, Ware as much as will suffice. Or take Wormewood, and Lupins, of each halfe an ounce, Cinnamome, Comin, *Nardus* sæde, Centorie, Wormesæde, oyle of Peach kernels, and of bitter Almonds, of each foure ounces, Ware fiue ounces, make a salue thereof: it hath bæne approued oftentimes. But if so be that you will haue it stronger, then take *Agaricus* vnto

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it one dragme, Aloe one ounce and a halfe, Mirrh one dragme and a halfe, the iuice of Oranges two ounces, Ore gals one ounce, and vse it as the rest. Take Treacle halfe an ounce, *Diptamus*, Gentian, and Wormeseede, of each one scruple, Aloe two scruples, Ore gals one quarter of an ounce: temper them all together, and make with beaten Coriander a salue thereof; then spread it vpon a cloth, and lay it vpon the stomacke. Item, take Zeduary rotes, Gentian, Aloe, and Wormeseede, of each one scruple, Cloues and Mastick, of each halfe a dragme, Treacle one dragme, & one quarter of an ounce. Of the stomachicall salue which is described in the eleuenth Chapter and the 5. §. make a plaister of it, and lay it ouer the stomack; for it expelleth wormes, and doth also strengthen the stomacke. Item, take Aloe, Wormewood, oyle of Peach kernels, of bitter Almonds, of Mastick, and of Spica, of each three quarters of an ounce, *Hypocistis*, sealed earth, and Lupins, of each one scruple, *Aloe*, *Spec. Hierae Picrae*, of each halfe a dragme, *Nardus* seede, *Gallia Muscata*, Southernwood, Ore gall, *Lignum Aloes*, of each one scruple, burnt Harts horne one quarter of an ounce, Endiue seede one dragme, Ware as much as sufficeth for a Salue.

Another: Take oyle of Wormewood, and of Mirtles, of each halfe an ounce, beaten Aloe, prepared Coriander, sealed earth, and *Nardus* seede, of each fiue dragmes, the iuice of Quinces, and Ore gals, of each halfe an ounce: seethe them with the oyle vntill all the moysture be consumed: afterwards temper the other ingredients amongst it.

This Salue following is very good, and common at the Apothecaries: Take the oyle of Wormewood three dragmes, oyle of bitter Almonds one ounce, oyle of Mastick one quarter of an ounce, Mirrh, Aloe, and white *Diptamus*, of each one scruple, Ware as much as needeth.

The salue of Oranges (whereof we haue spoken before) is thus prepared: Take a sower Orange, cut it vp at the top, and wring out the iuice; then annoynt the temples with it, the hart and the stomack: the same is especiall good for yong children.

Item, take oyle of bitter Almonds, of Wormewood, Ore gals, and white *Diptamus*, of each one dragme, Mithridate and the iuice of Oranges, of each one quarter of an ounce: temper them together, and annoynt the Childe therewith vpon the Hart, Stomack, and Nauell. Put also vnto it one dragme of Aloe: it is a good and safe salue, especially if there be an Ague present with it.

Another: Take Southernwood one ounce, Wormewood, and the rindes of the Bay tree, of each one dragme, Sugar, Colewort seedes, of each halfe a dragme, Bayberies one quarter of an ounce, Aloe halfe an ounce, burnt Harts horne one dragme, white *Diptamus* two scruples: seethe them all together in Vineger and Oyle: then strayne it thorow a cloth, and vse it as the other. Or take Linseede oyle one ounce, Rosen more or lesse according to the age: melt it at the fire, and annoynt therewith the temples of the head, the stomacke, and the belly. Some do much commend the same, although it seeme slight.

Item, take Aloe halfe an ounce, white *Diptamus* and Saffron, of each one scruple: mingle them with a little sharpe Vineger, afterwards spread it on a leather, and binde it on the Nauell.

Take fresh beaten Wormewood, wet it with Vineger, and lay it warme vpon the stomacke. Take the marrow of Stags bones, temper it with a little molten Ware, and annoynt therewith the whole back bone, and then lay it beaten vpon the Nauell. The iuice of Radish spread vpon the Nauell is also good for wormes. In like manner the oyle of Wormewood rubbed into the Nauell (chiefely of yong children) is also good for wormes. Item, there is also often to be vsed *Petrolium* for the same.

Heere do also follow certaine plaisters which be good: Take Wormewood two ounces, *Euphorbium* one dragme, burnt Harts horne, and the gall of a Hare, of each halfe an ounce, Hony as much as sufficeth for a plaister.

Item, take *Nardus* seede two scruples, Aloe and red Coral, of each one dragme, Wormewood and Mastick, of each one quarter of an ounce, prepared Coriander one ounce: make powder thereof. Item, take Rye meale three ounces, Lupin meale fiue dragmes, Saffron one dragme, Vineger, and the iuice of Rue, of each two ounces, the iuice of Wormewood foure ounces, then make a plaister thereof.

Another: Take Mirrh, Gentian, Aloe, and *Diptamus*, of each two dragmes and a halfe, Wormewood, seedes of Purslaine, and of Orage, Lupine meale, filed Iuorie, and burnt Harts

horne, of each one dragme, Saffron one dragme, Barly meale one ounce, the iuice of Garlick foure ounces: temper them all together, and put two greynes of *Muscus* vnto it.

Item, take Mints, Wormewood, of each two ounces, Centorie, *Agaricus*, of each halfe an ounce, Aloe one quarter of an ounce, Rose water one ounce, Lupine meale as much as all the rest: make a plaister of it for to lay vpon the stomacke.

Another: Take Lupine meale, the iuice of Wormewood, Mints, Peach leaues, and the iuice of Quinces, of each two ounces, sealed earth, prepared Coriander, Mastick, Myrtle seede, and Aloe, of each halfe an ounce, Dre gall one ounce, and red Wine. Item, take *Nardus* one scruple, Aloe one dragme, prepared Coriander two scruples and a halfe, Wormewood, Mastick, of each one quarter of an ounce, red Corrall one dragme, prepared Coriander two scruples and a halfe, Wormewood, Mastick, of each one quarter of an ounce, red Corrall one dragme: make a powder thereof, and temper it with the iuice of Wormewood, and with Vineger: wet a cloth in it, and lay it vpon the belly.

Another: Take the water of Mints, and of Hyssope, of each fiue ounces, the water of Grasse twelue ounces, Malmsey eight ounces, Gentian, Myrrh, and Saffron, of each one drag. *Lignum Aloes*, Wormeseede, of each three quarters of an ounce, *Muscus* fiue greynes, Vineger fiue spoonefuls: vse this, as is aforesaid.

If it be so that the patient be very weake, then may this following be vsed: Take Sorrell water, and the water of Bugloss, and of Grasse, of each three ounces, *Spec. Cordialium temperatarum* one dragme, water of Wormewood, and of Hyssope, of each two ounces, the water of Borome floures three ounces, Gentian, and *Diptamus*, of each halfe a dragme, Saffron halfe a scruple, mingle them together. One may also vse these bags following: Take Mints, Pennyroyall, Wormewood, white Mints, Southernwood, Roses, and Plantaine, of each halfe a handfull: beate them all grosse; afterwards put them into a little bag, and weare it on the stomacke. The patient may also smell oftentimes to black *Nardus* seede, and likewise to toasted bread, which hath beene steeped in Vineger.

## Of the wormes *Ascarides*, which do keepe in the Arsegut. §. 14.

MOreouer, we will heere for a conclusion of this Chapter, discourse of the small wormes *Ascarides*, which do keepe themselues in the Arsegut. These wormes may be perceiued by the great itch that they cause there. And for to remedie this, dip a little woll in the oyle of Abricocks, or the iuice of white water Mints. Also, you may mixe Aloe and Ore gall amongst it, and so thrust it into the Arsegut.

But first, the bodie must be purged with Rubarb; afterwards are Suppositories to be made of fresh Porke and put vp into the Arsegut, and all the little wormes will stick fast vnto it. Some doe take for this the poudred Porke. Also, one may annoynt the stalke of Colewoorts with Ore gall, and vse the same as a Suppositorie. But aboue all other things is much to be commended Quicksiluer mixed with Barrowes grease, and to dip thy finger in it, and so grease or annoynt the Arsegut within with it. But for Children may Suppositories be prepared with Hony, and salt Peter, putting them vp, and plucking them forth againe immediately. Also, there may a small Clister be ministred of Milke, with *Hiera Picra*, and *Cassie*. Olde folkes are to haue Clisters after this manner following: Take Southernwood, and Wormewood, of each one handfull, the seedes of *Cuscuta*, parched Comin, and the seedes of Smallage, of each one ounce, Wormeseede one quarter of an ounce, Bran halfe a handfull, oyle of Peach kernels one ounce and a halfe, Salt one ounce, *Hiera Picra* fiue dragmes, the iuice of Lockes one ounce. Of this decoction take not aboue eight ounces, and make of it a Clister.

Of

## *The sixteenth Chapter.*

# Of the Kidneyes.

IN the left side right vnder the Milt, in the bodie of all beasts, is the one Kidney placed, and the other in the right side, a little higher, so that otherwhiles it doth touch a great part of the Lyuer. The Kidney which lyeth in the right side, is also in all beasts somewhat greater and fuller then that which is in the left side, and is not couered with so much fat. For because it is hoter then the left, therefore doth it consume the same fatnes, which groweth through moysture, like as it is very needefull: for there is no part which soner waxeth fat then the Kidneies. Both of them be made fast very strongly to the back bone. They haue sundry vaines from the Lyuer whereby they draw bloud, with water, and also some part of the gall vnto them, separating the same bloud from the water, and keeping as much of the bloud as sufficeth for their sustenance: collecting also the water together in their concauities (like as in a pot) which the gall dyeth yellow; and then through the Conduits *Vreteres* (whereof each Kidney hath one by it selfe) descendeth into the Bladder, and from thence is ejected by the yard. These Conduits or *Vreteres* are whitish, hard, somewhat fleshy, & of the nature of the Bladder, wherby they may not suddenly be bruised through the sharpnes of the vrin, or through some other occasions. The substance of the Kidneyes is of a tight well compacted fleth, fashioned partly round, and not vnlike to Dre Kidneyes (the greatnes excepted.) These Kidneyes be also through many causes, and sundrie sorts of sore diseases infected, which the Grecians do call *Nephrites*, which is paine of the Kidneyes. But this paine of the Kidneyes doth come of many causes, as of impostumes, with heate and cold, of the grauell, and the Stone, and further of many diseases, and sharpnes of the vrin, whereof we will hereafter directly write and discourse. But here, before we goe any further, we will make a generall declaration thereof.

First, the learned do deuide all diseases of the Kidneyes into three principall sorts: to wit, if they be subiect to any bad complexion, whether they haue it of themselues, or be compounded with other diseases. Secondly, if they be not as they ought to be by nature. If they from the time of their birth be too great or too small, or fraighted and laden with grosse tough fleme, which do oppilate and stop vp the conduits that do descend into the Bladder. Thirdly, there may be also impostumes and vlcers. These three things may be very well compounded together, whereby diuers diseases and paines of the Kidneyes may be caused. The causes of these foresayd diseases may be as well outward, as inward: The outward may be blowes, falles, vnaccustomed exercise, hard riding, much going a foote, great heate or cold about the Kidneyes, to drinke puddle water, to carie vnused packs, excessiue lecherie, long vse of diaretticall meates and drinkes. The inward causes are a bad complexion, as if it be too hote, or too cold, too dry, or too moyst, the putrification of naturall seede, or sperme, impostumes, and other paines of the Kidneyes. The signes be apparant of themselues, and to be knowne by the paine of each place, as if the same be small, meane, or great. This doth otherwhiles appeare through pissing bloud, or the water which is like the bloud, euen as there were fleth washed in it. But if these diseases assaile one with heate or cold, therefore we will also (according to our custome) discourse alittle of it, and comprehend them in two especiall points.

## Of the paine in the Kidneyes through colde and moysture. §. 1.

THe signes of the colde diseases of the Kidneyes, are they which haue neyther heate nor thirst, nor great paine, and their water is not high coloured, but is much in quantitie, because the same could not be wasted through vnnaturall heate, which Ague, winter, and the grauell augmenteth.

For these diseases, must first a good dyet be kept. All grosse, slimy, hard meates, and all cooling things are to be eschued, as Endiue, Lettice, Cicorie, Spinage, and Bætes, &c. vnlesse there be some hote things drest with them, as Parsly, Fennell, Comin, and such like. Fish that be sodden are not good for this, neither that which is drest with dough or milke. Cheese is also herein forbidden. Also cold cléere water, thick red wine, and all Fruits which make grosse bloud, as Peares, Apples, Quinces, Chestnuts, Dates, and such like. In all other things he may direct himselfe according to his old custome: but he must not swallow downe his meate grædily nor vnchewed, that the stomack be not cloyed.

Great exercise immediately after meate is hurtfull vnto him. He is to kéepe himselfe quiet one howre and a halfe after meate at the least, without slæpe. Also all moyst and cold dwellings are to be shunned, like as nére to the earth, or such as be vnder it, or do lye nére vnto the water. But he is to prouide himselfe of good clothes, and of a good dry chamber. He must forbeare all sorrow, veration, anger, lying long vpon the back, riding, and such like.

Concerning the remedies, hæd is first to be taken whether the Kidneies be obstructed: but if so be that this be, and that the patient be yong, full of bloud, and strong, then is the Median vaine to be opened on the right syde, and to let out about foure ounces of bloud. And afterwards this Clister following is to be set according to his age: Take Bætes and Coleworts, of each one handfull, boyle them as is accustomed: then take thereof about sixtéene ounces, and temper in it *Benedicta Laxatiua*, and the confection of Bayberies, of each one quarter of an ounce, course Sugar and Cassie halfe an ounce, Salt one quarter of an ounce, oyle of *Sesamum* and of Lillies, of each one ounce and a halfe: temper them all together, and then minister this Clister one houre before supper. This foresaid Clister is alwayes to be vsed euery other day, according to the abilitie of the person.

After letting bloud, or after the second vse of Clisters, then may this purgation following or such like be vsed: Take the confection *De Psillio*, and *Sebeste*, of each two dragmes and a halfe; temper them in thrée or foure ounces of the decoction of Parsly rotes, and fast after it at the least fiue houres.

Or if you had rather haue pils, then is the patient to take the pils *Fœtidæ* one scruple, *de Hiera Composita* two scruples: make fiue or seuen pils thereof, and take them earely in the morning.

Immediately after purging is the patient to vse this following one whole wæke or twaine alwayes betimes in the morning.

Take *Syrupum Acetosum Compositum* one ounce, *Syrupum de Calamintha* halfe an ounce, Fennell, Annis, and Wormewood water, of each one ounce, afterwards drinke this warme.

When these kinds of potions haue bæne vsed, then is he to purge againe after this manner: Take Aloe halfe an ounce, *Agaricus*, Coloquinte, and *Bdellium*, of each one scruple, Ginger halfe a scruple, *Sal Gemmæ* fiue greynes: forme eight or nine pils of one dragme thereof, and take them betimes in the morning.

Or take the confection of Bayberies one dragme, *Electuarium Indum* thrée dragmes and a halfe tempered with wine, and vsed as before. This confection following is also good for this: Take the sædes of Endiue, of Smallage, and of Sorrell, of each one dragme, Millet one quarter of an ounce, Cinnamome, Ginger, Cloues and Mace, of each one dragme and a halfe, *Oxymel Compositum* sixe ounces, hony of Roses thrée ounces, Sugar two ounces: temper them together, and take a spoonefull euery morning before meate foure howres, and so continuing it the space of two moneths.

You haue before in the twelfth Chapter and 11. §. a good iuice against the yellow Jaunders, beginning, Take Gentian, &c. which is also very good for this purpose. But if you had leauer haue a confection, then take *Spec. de Seminibus* one dragme and a halfe, *Milium Solis*, Licorice, Cinnamome, Ginger, Annis, and Fennell, of each halfe a dragme, white Sugar foure ounces, being dissolued with Fennell water, make Tabulats of it: then take thereof thrée dragmes alwayes before meate, and that induring the space of a moneth. Sauin drieth and warmeth well; it is good for the kidneyes, but women must not vse it much.

The sirupes which be fit for this are these: to wit, *Oxymel compositum*, *Miua cydoniorum aromatica*, *Oxymel scylliticum*, *compositum*, *& de Radicibus*: all these sirupes do deopilate the obstructions of the kidneies. The plaister of Bayberries is especially commended for the cold kidneies.

A good plaister.

Item: Take Barley meale, Frankinsence, and Mastick, of eache one ounce, Myrtle sæde, Roses,

Roses, Cammomill, of each a like much, for to make a plaister withall, laye the same warme vp on the Kidneies. This plaister strengtheneth, dryeth, mollifieth, and suppleth, and doth hinder that the disease cannot corrode any further: and it is very good to incarnate or to ingender new flesh.

For a salue, take oyle of *Nardus* one ounce and a halfe, Saffron and Pepper, of each halfe an ounce, the salue of *Aragon* one ounce, white Ware three dragmes: melt them, and make thereof a salue. With these salues is the patient to be very well annoynted morning and euening in the warme Sunne all ouer the back bone.

Another: Take oyle of Rue and of Saffron, of each two ounces, the salue of *Aragon* three ounces, temper them together, and let euery euening and morning the back bone be annoynted with it: and the back fumed with *Laudanum*, and as then lay a warme cloth vpon it. Also to set boring cups on the buttocks with picking is much commended for this disease, because that the vaines which fede the conduits of the vrin do there end themselues in the very buttocks.

And if so be then euery such patient do recouer his health through the foresayd remedies, yet is he notwithstanding to vse the foresayd salue, and two or three Clisters more. And if so be that the sicknes will not auoyd with this, then take Spelt, Millet, of each three handfuls, made very warme in a bag, and lay the patient warme vpon his back thereon, vntill it begin to be cold, and then annoynt him on his kidneies with this salue following made very warme: Take oyle of sweete Almonds, of *Costus*, and of Lillies, of each one ounce, oyle of *Euphorbium* one ounce and a halfe, Beares grease and Badgers grease, of each one ounce, Hens grease one ounce and a halfe, *Sagapenum*, *Stechas*, *Costus* rotes, Mirrh and Saffron, of each one scruple, Ware as much as is needefull for to make a plaister withall. If you occupie it, then warme as much as you meane to occupie at one time.

## Of the paine of the Kidneies through winde. §.2.

THis paine doth not appere in one place onely, but spreadeth it selfe abroade, and hath no signes of any impostume, neither of the stone nor ague; for the paine is more after that one hath eaten well then before, and it is especially augmented through windie things when the meate is halfe digested. Now for to remedie this paine through windie things, then must he beware of all kindes of Pottage, of Pease, of Beanes, &c. Item: from all manner of fruit, from Chesnuts, from Rice, from Rie bread, and from Bere; for all these do ingender winde in the bodie. Against which are all things to be vsed which be light of digesture and expell winde, as Annis, Fennell, Comin, Caruway, the sedes of white *Sesamum*, *Agnus castus*, and Rue sede; likewise the confection of *Diacyminum*, *Diacalaminthum*, is very good for this.

He is also to be outwardly annoynted vpon the place of the kidneies with oile of Rue, of Costus, of Lillies, & with oile of *Sesamum*. and afterwards to weare this plaister vpon it: Take Parsley, Smallage leaues and rotes, white Watermints, Marierom, of each one handfull, Comin, Caruway, and Dill sede, of each one ounce; beate them and frie them in the oile of Dill and of Rue, then make a plaister thereof and laie it vpon the kidneies: it is not onely good for all cold paines of the kidneies with winde, but also for the grauell and for the stone, and against al obstructions of the same which do proceede of cold.

## Of the obstructed Kidneie. §.3.

OVt of these forementioned reasons may easily be discerned, that the most causes of the paines of the kidneies be none other then coldnes and obstructions: for this cold applications may be vsed, the conserues of Marierom gentle which doth open all obstructions of the inner partes. In like manner also conserues of Betonie, confected rotes of Pimpernell, Eringus rots, and Calmus. Of wines be fit for this Elecampane wine, Hyssop wine, aromaticall wine, and chiefly all spiced wine, as Claret wine, and Hippocrasse. Item, Betonie wine, *Asarabacca* wine, and wine of Marierom gentle. In like sort also all the distilled wines, or *Aquæ vitæ*, of these herbes also Meade, and Hony water. But he is much to be restrained from all puddle wines; for that they

they not onely obstruct the kidneies, but also all inward parts; they ingender grauell and the stone. Item: there is also a potion described in the twelft chapter, and eleuenth §. of certaine rootes decocted which be also verie commodious for this disease.

The great Treacle or *Diatessaron* if it be knowen how to giue them in good sort, are highly commended for this purpose. This pouder following is also verie good and meete for to open the obstructions of the kidneies, and to expell the cold: Take Annis, Fennell, Millet, Smallage seed, of each one quarter of an ounce, *Spica romana* halfe a dragme, Licorice three dragmes, Dragagant, Gum of the Cherrie tree, of each one quarter of an ounce: beate them to pouder, and take thereof about the second day alwaies one dragme with wine.

This sirupe following hath an especiall propertie in deopilating of the obstructed kidneis: to wit, *Mina citoniorum*, *Aromatica*, and *Oxymel* of squils with other moe described before.

The Simples which do open these obstructions, be Agarick, Saxifrage, *Mirium Solis*, Parsly of Macedonia, or stone Parsley, white Mustarde seede, Nettle seede, red Pease porrage, Fennell rootes, Parsley rootes, and rootes of Sperage, of Smallage, and of Butchers broome, *Spicanardi*, *Spica romana*, water Cresses, garden Cresses, and Pingles; the compounds are *Diacalaminthum*, *Electuarium Ducis*, and *Philantropon*.

## Of the paine in the Kidneies through heat and drieth. §.4.

THe signes of these hot diseases of the kidneies, are such as that they may be perceiued by the heate in feeling, and all cold things are welcome to the patient, and hot things contrarie vnto him, vnlesse the fulnesse of the bodie doth hinder and let them.

The patient hath also great thirst at all times, and a bad stomacke; his vrine is verie little and high coloured; there swimmeth otherwhiles some fat vpon it, and the rather in yong, cholerick, & hot men; with the hot pain of the kidneies is more danger then with the cold: Therefore must one without all delaie proceed forward with all necessarie remedies; and that much rather, for that through the foresaid heate (which is mired with a tough thicke Phlegmaticke matter) the stone of the kidneies might easily grow, wherein first the liuer vaine is to be opened, afterwards the *Saphea*, and such clisters to be ministred as may clense the guts, that is, such as be decocted with Quinces and dates. This following is to be oftentimes vsed: Take Goates milke twelue or sixteene ounces, melt in it Goates suet one ounce, oile of Roses two ounces, and vse them as the other. For preparatiue potions you are to make this: Take Lettice, Purslaine, Liuerwort, shepheards purse, of each one handfull, the seedes of Lettice, of Purslaine, Endiue, Roses, Butchers broome seede, Barberies, water Lillies, burnt Iuorie, red and white Saunders, of each one quarter of an ounce, Sugar twelue ounces, then make a sirupe of it. You are afterwards to purge with lower Dates, with Cassie, with *Manna*, and with *Succo Rosarum*.

Also for this (like as in the paine of the kidneies through cold) is needefull a good order of diet. Therefore is his dwelling to be high from the grounde, and not on the water, but to open towardes the East and the North, and not towards the South or against the West. His clothes are to hang lose on his body, and not girt tith or hard. Venery is also very hurtfull for this disease. Out of these foresaid reasons may easily be noted, that sore labor is hurtfull; as to ride hard trotting horses, to goe vp hils and staires, and that chiefly after meate. Notwithstanding moderate exercise is more commendable than to sit still vtterly vnoccupyed. Also anger, heauines of mind, and all other motions of the same are to be eschewed. One must not eate too much, for this sicknes is caused most of all through ouercharging of the stomacke, or gluttony; sleeping or waking must also be moderate: for to vse too much of either of them is hurtfull. But one must chiefly refraine from lying much vpon his backe, for thereby will the humours sincke much towards these partes: therefore is the first sleepe to bee done on the right side, and then finish it on the left side. To his meate and drinke must bee taken some more heede: hee must eschewe all olde and vnleaued bread, olde flesh, and all hearbes which make grosse humors, as Beetes, Coleworts, &c. All hot and tarte meates, as salte flesh, Garlick, Dinions, Leekes, and Radishes shall he forsake. In like maner must he not vse the things that doe vehemently force vrine; as Fennell, Parsly, Smallage, and such like. But he may not eate bread

which

which is light and leauened, and is two or three daies old. Hens, Pullets, wild Duckes, yong Pigeons, Fesants, Partridges &c. will be his best meates: but he must forsake all water-fouls. Yong Bucks flesh, Veale, Lambe, young mutton, Conies, Hares, and wilde Swines flesh may he eate very well, and especially yong Hogs flesh is much commended for this disease. The fruits and herbes are Barly pap, wheaten pap, Colewarts, Spinage, Gourds, Cucumbers, Melons, Abricocks, græne Fennell, and aboue all, Sage & Betonie: And in fine, all that hath a saltish and opening power, and not hot aboue the second degree, all sortes of Cherries, and especially the kernels of the same, bee good for to cleanse the kidneies, and to breake the stone. In like manner also Hasell nuts, fresh Almonds, and Figs that be well dryed, and Raisons, be altogither much commended. This patient may eate sower Apples (but no sweete) and also Peaches. He must refraine from Peares (if they be not very sweete, and the stones taken out of them) Pistacies, Pingles, (and sometimes nuts) be commended: but Chestnuts, Medlars, and Seruices, are hurtfull. Of all milke Sheepes milke is the very best for the kidneies, and next to that Goates milke: but aboue all other, the whaie of milke. But the first milke after caluing or *Colostra* must be eschewed, except that of sheepe and goates. The butter is not much commended, but Sallet oile is much more requisite. Cheese is vtterly to be refrained, for it hath an especiall nature to ingender grauell, vnlesse that it be permitted otherwhiles for custome sake, and that it be Cheese of a yere old, which is drie, well salted, and not rotten. And alwaies in the end of the mealetide, of confected fruits, Oliues, and Rapes, (of Brimstwicke) are most healthfull, and *Sesarum*, Quinces, Ginger, walnuts, conserues of Pionie, of Burrage, Bugloss, of Roses, water Lillies, and especially of Cicorie, which do open the obstruction and cleanseth. Item: Vineger, the iuice of Citrons, of Limons, halfe sower, halfe sweete, Pomegranates be also verie meete for this Maladie, but veriuice is forbidden.

Of spices and seedes these are good, Cinnamom, Pepper, Ginger, Saffron, Annis, Caruway, Louage seede, *Ameos*, Rueseede; but a little of each for meates.

The drinke for this patient shall be white wine, or light red wine which is not harde nor sower, but of a good and pleasant taste. The Cherrie wine doth not onely coole and moisten alone the kidneies, but also the inward parts of the bodie, therefore may the same be freely drunken. Preserued Cherries do also the same.

Thus much haue we meant to speake of the order of diet for those that be plagued and vexed with the Grauell, which may be augmented or diminished according to the qualitie of the cause.

## How to asswage the paine in the Kidneies. §.5.

WE will speake nowe first of all of some particular things which haue a secreat vertue for to conueigh the medicines into the kidneies and bladder: viz. Saxifrage, *Milium Solis*, Parsley of Macedonia, and stone Parsley, *Cantharides*, the rootes of Fennell, Sperage, and Butchers broome seede, of Melons, Gourdes, Cucumbers, and Pompeons. These following haue power for to coole the kidneies: viz. Lettice seedes, the seedes of Purslaine, Endiue, white Poppie seede, Tassell, iuice of Quinces, broad Plantaine, and such like.

The compounded things are the syrupe of water Lillies, of Vineger, and all that cooleth the liuer and the splæne, whereof is written before. Afterwardes you haue in the third part in the beginning of the eight Chapter, sundrie things which are also good and verie meete, therefore are you not to leaue them vnred. But if you will haue yet more, then looke what is written of *Diabete*.

If any body then do meete with this disease, or feare to get the same; then must he take the vtmost græne pils of Beanes, and distill water of them, and drinke thereof two ounces tempered with Sugar. Other do temper amongst it as much water of Hounds tong, and so vse it euerie daie. Take oile of Violets, of water Lillies, and such like cooling things, and annoint therewith the kidneies.

You haue also in the beginning of the foresaide eight chapter, a salue called *Anodyna* which asswageth all paines. Item: Take the oile of Violets two ounces, oyle of *Sesamum*, and

and of swéete Almonds of each one ounce and a halfe, Butter one ounce, Saffron one drag. and a halfe, Waxe one ounce and a halfe, Dill séede, Cammomill, Duckes greafe, of each halfe an ounce, three yolkes of Egs; temper them all togither, and make a falue thereof.

Another. Take Elderne oyle one ounce, oyle of Roſes and of Violets, of each halfe an ounce, Ceruſe one ounce and a quarter, Roſe water one ounce, two yolkes of Egs, Waxe fiue ounces: The oyle and Waxe muſt be molten togither; and let them ſéethe a little: when it is almoſt cold, then mixe the other things amongſt it; and at the laſt the two yolkes of egs, and ten dragmes of fine Bolus, and afterwards ſtirre it well about. This ſalue is maruellous good for all ouer heated Kidneies, and eſpecially if one after the annoynting doe laye water Lilly leaues vpon it.

Likewiſe doth the Saunders ſalue expell all hot matter and diſtemperature of the Kidneies: like as the ſame is deſcribed in the firſt Chapter and 1.§. page 293.

Item, take the Saunders ſalue, and of that which is called *Comitiſſæ*, of each halfe an ounce, oyle of Violets one quarter of an ounce; temper them al togither, and annoynt the Kidneies with it twice or thrice a day.

The Roſe ſalue which is deſcribed in the firſt part, the ſecond chapter, and firſt §. and other moe which be noted in the ſecond parte, the fourth chapter and 3.§. are altogither méete for this purpoſe. page 216

Item, take Roſes, Purſlaine, of each one handfull, ſéethe them in Cow milke, and ſtampe them to growte: ad vnto it red Saunders powdred two dragmes, oyle of Roſes as much as you will for to make a ſalue of it. Item take oyle of Oliue and freſh Butter, of each halfe an ounce, the iuice of *Veronica*, of *Milium Solis*, & Pariterom gentle, of each three dragmes: let them ſéethe togither vntill the iuice be conſumed. This ſalue is much commended. Or take the foreſaide herbes, and ſéethe them in oyle or greaſe, and wring them thorowe a cloth.

Take Roſe water and oyle of Roſes, of each one ounce, Vineger one ſpoonefull, the white of an egge, and braye them well togither, and lay it blod warme ouer the Kidneies.

If the paine will not thereby be eaſed, then let him weare a leaden plate, full of holes, vpon the Kidneies continually: it taketh away the heate and venery. If one perceiue any grauell in the kidneies, then cut a Radiſh in thin ſlices, and frie it in Goſe greaſe, & lay it on the kidneies. In fine, for all ſuch enflaming of the Raynes, there is nothing better then to bathe, and chiefely in all ſuch waters as do run ouer iron mines. You are alſo to loke how to ſtrengthen the ſtomacke in this diſeaſe: loke for that in the eleuenth Chapter and the 4.§. vnto the end thereof, where is ſhewed at large what ſtrengtheneth the ſtomack with heat or with cold. For this, alſo is conuenient all that hereafter ſhall be written of the grauell and the ſtone of the kidneyes.

## Of an hard Impoſtume in the Kidneies. §.6.

THe Grecians do call this diſeaſe *Scleros*. The ſame may alſo be cauſed through two manner of meanes: Firſt, if the matter of the impoſtume begin to harden through great heat, & to alter into a ſtone: Or that at the firſt it be an impoſtum of Melancholike humours, which is eſpecially cauſed of colde that hardneth the matter. The ſignes of the ſaid impoſtumes are ſorenes, or hauines about the place of the kidneies with little or no paine at all, whereby the members doe grow leane. The vrine is wholly cleare, rawe, and verie little: and although it be (as manie famous Phiſitions do affirme) that this diſeaſe is not to be holpen, yet are you to vſe all things for it which be herebefore deſcribed for the hardnes of the Milt and Liuer. And firſt of all he is to be purged, the *Saphea* or Liuer vaine is to be opened, and afterwards the kidneies to be annointed with Hens greaſe, with the marrow of Neats féete, or with the ſalue *Althea*. And afterwards this plaiſter following is to be applied vpon it: Take Linſéede, and Fenegréeke, of eache fiue dragms, Mallowes, Hollyhocke ſéede, Dill ſéede, and Cammomill, of eache halfe an ounce, Gum, *Bdellium*, and Turpentine, of each three dragmes. Firſt diſſolue the Gum in warme water, afterwardes temper the reſt amongſt it, and ſo make a plaiſter of it. If ſo be then the patient haue any want of ſtooles, then is Caſſie or *Manna* to be vſed for it. This diſeaſe of the kidneies doth make alſo oftentimes that one cannot hold his water, yea that otherwiſe it paſſeth away from the patient vnwittingly in his ſléepe, wherof we will hereafter ſpeake and diſcourſe a part.

Of

## Of impostumes and vlcers in the Kidneies. §. 7.

WHat difference is betweene the impostumes and vlcers of the kidneies, it is suffciently declared in the eleuenth chapter, and twentie nine §. bicause that the kidneies be subiect to both of these maladies. Therefore we will discourse of them seuerally, and speake first of the impostumes, and therewith also shewe all that concerneth both of these diseases.

Notwithstanding that both these diseases, of *Hippocrates*, of *Galen*, and of all other learned be thought to be incurable, or that at the least wise the same could not without great industrie and long time be holpen; for which they alleage many reasons; yet are there nevertheless many kind of meanes found, whereby the paine may be allwaged. And if so be that the same maladies thereby could not be thorowly and perfectly healed: yet may one staie them that they do not grow and ware worse. Now then concerning the outward remedies of this disease, you haue for it salues, plaisters, and other meanes before for to laie vpon it, wherewith is this remedie also much commended: which is, that one is to laie tow ouer all his priuities being wetted in the braied yolks of egs, and to refresh and renue the same often.

We must also speake here somewhat of the causes of the impostume, and shewe first that the kidneies and the bladder in this paine do depend so much one vpon the other that they cannot be discerned one from the other: therefore all that we shall write hereafter are fit for both these partes.

These foresaid impostumes may procéede aswell out of cold as hot matter, which commeth to fall vpon the kindeies and the bladder, and there to assemble. But if any outward cause do happen vnto it, as blowes, fals, ridings, and such like; that must be learned of the sicke person. If the impostume be in the kidneies, then is there great paine in the same place, the patient cannot make his water, and there is a small ague with it. Or if the disease be in the bladder, then doth there arise a very painfull swelling about the priuities, like to womens pangs in child-bed, chiefly if it be a hot matter, which causeth also an ague. And if this doe come through cold, then is the paine and the ague more tolerable, but the making of water very grieuous, and this disease lingreth long. But in case that the impostume be in the right kidneie, then doth the payne drawe vpwards: or if it be in the left kidney, then doth the paine stretch downwards euen to the bladder; the patient hath one while cold hands, another while cold fæt: & his legs on the same side will be for the most part aslæpe. Also the sick person cannot lie vpon the whole side, but must lie vpon his backe, or his side where the maladie is. There doth come also oftentimes great binding of the body, with the first headache, watching, rednes of the eyes and face, heauie breath, and especially if the impostume be in the membranes. And if the patient do stir himselfe forcibly, then thinketh he that the impostume hangeth or sacketh.

But before we come to the remedies, there be certaine rules which are to be obserued in such like impostumes. First, in the beginning he must beware of giuing too strong purgations. Secondly, onely laratiue things are to be vsed: as Violets, Cassie, and such like. Thirdly, if so be that the patient be Plethoricke of body, you must open the Liuer vaine or *Saphea*. Fourthly, there must not be giuen vnto him, so long as the impostume is not ripe, any thing that forceth vrine: for therby would the humors be driuen to sinke the more vehemently vpon the kidneies, or into some other part of the bodie, whereby the disease might be increased. Fiftly, one must endeuour that the humors which doe flowe towards the kidnies, may be conueyed into the outtermost members. Sixtly, and that by reason that the kidneies should not harden. Seuenthly, when the impostume is thorowe ripe (which may be perceiued by the vrine) then is there to be giuen him diureticall and strong things. Ninthly, if the body be bound, then must he not be let blood; likewise also if he haue too many stooles: but all accidents are to be preuented and matched before. Tenthly, because that the kidneies be so far distant from the necke of the stomacke; therefore are the medicines which are to be taken by the mouth, so to be composed, that their vigor, through so long a distance and passage, be not enfæbled and abated. Eleuenthly, all they that haue any disease in the kidneies, are to eate and drinke but little, chiefly if there be many humors in the body present. Twelfthly, if so be that the disease of the kidneies may be holpen with any milde things; then must there be no strong things to knit and draw them togither that they

they cannot come to any corruption. Therefore are temperate things to be vsed vnto it, and warme and cold things to be mixed togither.

## Of the impostumation in the Kidneies through heate. §.8.

And for to come to the remedies; if so that this impostum be caused through heat, then is it first to be opened with Clisters, as hereafter followeth: Take Mallowes, Violet leaues, and Hollyhocke rotes, of each one handfull, Linsede, Fenegreeke sede, of each two ounces; sethe them all togither, and take of this decoction twelue or sixteene ounces, oyle of Violets three ounces, oile of Roses three ounces, for to strengthen the kidneies: make a Clister thereof, and you are to vse the same three or fower times, if it be needefull: Or take Barly water alone, with the foresaid oyle, or Sallet oyle. But if there be any laske or scouring with it, then vse binding Clisters, and such as doe strengthen the intrailes, whereof euery where be diuers discouered.

Also the lyuer vaine is to be opened in those sick persons on the same side, and that in the arme where the disease is.

Secondly, if the patient may sustaine it, the vaine is to be opened in the hammes or bending of the knee. Or if it be not to be found, then to take and open the *Saphea*, and that alwayes in the side where the impostume is.

Afterwards cooling salues are to be vsed, or those plaisters to be layde vpon it which we haue lately described. And if the sicknes come to diminish therewith, then is it a good signe: but if the paine and the Ague do continue still, and the patient cannot make any water, or that it passe too exceedingly away from him, then is it a signe that there is an assembly of corruption in the Kidneyes, against which you haue also a note before, what is to be done in these hot kinde of accidents.

For this is this plaister following good: Take Roses one ounce, the sede of Purslaine, and white Poppie sede, of each halfe an ounce, Sallet oyle three ounces, Barly meale as much as will suffice for to make a plaister. Item, take pouned Cammomill, and Linsede oyle, of each one ounce, oyle of *Sesamum* foure ounces, Bran as much as will suffice for to make a plaister: these being made, apply them on the Kidneies. Item, take the slime of Fleawort, and of Quince kernels, of each one quarter of an ounce, oyle of Roses two ounces, Endiue water sixe ounces, the sede of Purslaine, of white Poppie, and Vineger, of each halfe an ounce, Barly meale as much as is needefull for to make a plaister. Item, take Holyhock rotes, and Mallow rotes, of each one handfull, fresh Figs one ounce, the marrow of Veale bones, Butter, and Ducks grease, of each halfe an ounce, oyle of sweete Almonds, and of Cammomill, of each one ounce and a halfe, Cammomill and Balme floures, of each halfe an ounce, Barly meale, and wheate meale, as much as sufficeth for to make a plaister. This pap or plaister maturateth all impostumes.

In the beginning of these impostumes giue the sicke persons Barly water or Meade to drinke, the water of Melons and Pompeons, tempered with Barly water the space of one weeke. Other do ordayne this drinke: Take the syrupe of Violets, the muscilage of Fleawort, of Mallowes, of Hollyhock rotes, and the sedes of Cotton, of each halfe an ounce, Reisons (the stones taken out) one ounce, Licorice three dragmes, Sugar eightene ounces: then make a syrupe of it, and temper a little of the iuice of Nightshade with it, and drinke it so with Barly water.

This syrupe coleth, and therefore it is very good against the Ague, which is alwayes present with this hote impostume; it relaxeth, clenseth, and asswageth the paine. Afterwards is the bodie to be purged with Cassie, sowre Dates, Manna, and such like.

## The Dyet.

All such patients as haue a hote impostume in their Kidneyes, must (as it is sayd) keepe themselues very sober in eating and drinking, and must eate none other but Barly paps, Hen brothes made sowre with Veriuice, stoned Spinage, Mallowes, Orage, Lettice, Burrage

Burrage, Almond milke, and yong Pullets decocted with Gourds, &c. And this is to continue so long, vntill it be openly seene and knowne that the impostume is ripe. If so be then the patient betweene meales be troubled with any great thirst, then must be giuen vnto him sugred barly water to drinke. But if so be that the Ague be very small, and that the impostume be through cold *Phlegma*, then must he rather drinke Meade. But if there be great heate with it, then must he leaue flesh, and wine, alwayes at the first.

But if the same be caused through cold, then may watred wine be allowed, but no flesh at all, chiefely Porke and Beefe; also Cheese, Pease, Beanes, vnleauened bread, and Rice, be forbidden. But all field fowles, rere egs, riuer fish, dressed with Parsly rootes and salt, are permitted for him.

## Of Impostumes in the Kidneyes through colde. §. 9.

We haue admonished before that all such impostumes of the Kidneyes may also proceede of cold, and whereby the same may be knowne. For this impostume are Clisters fit to be adhibited, and then to make afterwards this potion following.

Take water Mints, Hyssope, Wormewood, rumpled Mints, Reisons, Ireas, of each one ounce, Caruway, Fennell, Endiue, small Endiue, of each one quarter of an ounce, Licorice halfe an ounce, Hony nine ounces: prepare it then, and vse it as other potions. And if so be that after eight dayes there be many humors present, then first open his Lyuer vaine, afterwards the *Saphea*, and purge the *Phlegma* with *Diaturbith*, and vse Clisters of herbs which be mentioned in the first potion: but put Mallowes vnto it, Hollyhock rootes, and Cammomill; also oyle of Cammomill and of *Nardus*. After the taking of this Clister, the patient is to lye very high with his tayle, that the Clister may the better runne towards the Raynes.

## Of the Exulceration in the Kidneyes. §. 10.

This Exulceration may as well come in the Kidneyes, as in any other places of the bodie, where they with their matter and corrosion do take away the naturall operation of the Kidneyes. The causes of these vlcers may be blowes, falles, wounds, and such like: as also bloud, and other humors, which descend thitherwards, and do there exulcerate and open the Kidneyes and the bladder through their sharpnes. Item, if that any impostumation of the Kidneyes be not thorowly healed: Item, through the grauell and the stone, that do bruse the Kidneyes within: also of the vse of all hote meates and spices, and of eating salt, and by doing ouergreat labour in the heate of the Sunne. All these former causes may ingender some sharp humors which fall afterwards vpon the Kidneyes, and there do corrode and exulcerate them.

The signes of these vlcers are corruption, and bloud, with tough slime, as if they were small vaines peeces, as it were flesh, which do passe away with the vrin. If so be that there be any heate with it, that is knowne by the thirst and by the feeling. The signes of the Stone are to be found in their proper place.

If so be that the disease of the Kidneyes and the bladder, with other mo such like diseases, do agree so neere together that the same may be hardly discerned, yet we will neuertheles discouer certaine especiall signes of it.

For the diseases of the Kidneyes there is no griefe in making water, like as there is in the disease of the Bladder, wherein the water is made with paine and longsome. In the vlcers of the Kidneyes are alwayes found in the vrin small peeces of flesh, like small red Cozans; where to the contrary, in the vlcers of the bladder, there auoyd great and white peeces.

If so be that any skalines be pist out with bloud, and corruption which stincketh, then doth such come out of the bladder: like as contrarywise, that which commeth from the Kidneyes doth not stincke. In the exulceration of the Bladder is losse of a little bloud; but in the vlcers of the Kidneyes much. If so be then that the Kidneyes haue any disease, then doth the patient feele paine about the Raynes: and in the disease of the bladder, there doth the patient feele paine a-

boue

boue the p̄iuities. The co̅ruption which commeth out of the Kidneyes is mixt together with the v̄in, and doth settle in an howres space not to the bottome of the glasse: where contrarily all that which commeth from the bladder, doth separate it selfe forthwith from the v̄in, setling to the bottome of the glasse.

We are also to alledge certaine common rules for this: as first, if there be any yong cholerick person which feeleth paine in the water conduits, that the same must be forbidden Wine. Secondly, for as much as these vlcers do chiefely p̄ocæde through the falling downe of any sharp humors, then it is needefull that their sharpnes and heate be alayed with swæte things. Thirdly, one must refraine from all hote, sharp, salt, bitter, and sowre things, and to vse all that is to the contrary of them. Fourthly, to drinke too much, whether it be Wine or Bære is hurtfull, that one be not thereby constrained to make much water. Fiftly, Venerie, great labour, and exercise, be very hurtfull for this disease, for that the parced Kidneyes cannot be thoroughly healed without rest and quiet. Sixtly, if so be there be nothing that may hinder the letting of bloud, then is the same very p̄ofitable, as be also all great purgations. Seuenthly, by reason that vomiting maketh the matter to haue recourse vnto another place, therefore is such not to be taken to be vnp̄ofitable for this disease. Eightly, if there be great paine with this vlceration, then must diligence be giuen first to allwage the same paine, and afterwards loke well how to cure and cleanse this disease. Ninthly, for to heale this disease, one must first begin with things which p̄ouoke v̄in gently, whereby the Kidneyes may be a little clensed. Tenthly, all medicins which are to be taken for the diseased Kidneyes, whether it be to vomit, or otherwise, must be alwayes done fasting, and he must also fast long after it. Eleuenthly, after the mundification of the vlcers, astringent and healing things are to be taken, tempered alwayes with exiccatiue medicaments. Thus for to heale these vlcers these are the right meanes: If so be that the patient be hard bounden, then is he to be losed with gentle Clisters. Accordingly, if he be full of bloud, he must first haue his Lyuer vaine, and afterwards the *Saphea* to be opened. For his drinke, the patient is to vse Hony water, or to make this drinke following: Take twelue ounces of pæled Barly, Fennell rotes, Smallage rotes, and Mayden haire, of each one handfull: sæthe them all together in two pots of water, vntill that the Barly be well swollen. Afterwards take twelue ounces of Hony, and boyle it all together with the forsaid decoction: but scumme it well, and drinke thereof. If so be that the vlcer be great, and that there be næde of stronger things, then put Ireos, Hyssope, and Horehound, of each two ounces, a god pinte of water more. But if there be but a small vlcer which hath not long continued, then take Mallowes, Hollyhock sædes, the sædes of Melons, and of Pompeons, of each a like much. But you must pæle the sædes, and giue thereof thræ dragmes at one time tempered with Meade. Afterwards shall he vrge himselfe to vomit once euery fourth day. Let this much suffice, as briefely spoken, of the vlcers of the kidneyes.

## Of the pissing of Bloud. §. 11.

For as much as this pissing of bloud may be caused as well of the vlcers in the Kidneyes, as in the Lyuer, therefore we will describe it here in this Chapter. The pissing of bloud is of two sorts: the one, when one pisseth faire cleane bloud: the other, when the same is mired with matter or corruption. This pissing of bloud, commeth of inward and outward causes. The outward may be caused through falles, blowes, strong riding, insatiable venerie, great labour, of certaine meates, drincks, wounds, of a concourse of melancholick humors which are wont to be driuen out through womens Termes, or through the Pyles. Of their inward causes are superfluitie, sharpnes of humors, and of the v̄in, winds, tumors, impostumes, debilitie of the kidneyes, and of the Bladder: then doth he fæle the paine aboue the p̄iuities, and the bloud is congealed, and separated from the v̄in. In case that the bloud be much, and runneth out swiftly, then doth it signifie a broken vaine: but if it come out slow or longsome, then an vlcer: but if the v̄in be like water wherein fresh flesh is washed, then it is of a weakened Lyuer: and if so be that it do come of a superfluous bloud, then is the same to be sæne by the fulnes of the bodie: but if it come through the sharpnes of the humors, then doth the patient fæle a continuall burning. But before we do come to the perticular remedies, it is needefull that we do make declaration

ration of certaine common rules. First, if so be that the maladie be new, then aboue all things is the Lyuer vaine to be opened: and afterwards (if the cause require, and that the patient be strong inough) the *Saphea* is to be opened, thereby to deriue the bloud to another place. Secondly, in the beginning are not astringent nor binding things to be vsed, that the bloud may not congeale and clod, but he must first begin with such things as do cleanse the water conduits. Thirdly, if this pissing of bloud do come as an expulsion of superfluitie, or *Crisis*, then is it not to be stayed, if it be not so that thereby the naturall powers be ouermuch weakened. Fourthly, whensoeuer the pissing of bloud, whether it be caused of the Lyuer, Kidneyes, or Bladder, be thorowly clensed, then is the same bloud to be holpen with cold and astringent things, and to mixe amongst them Anodines. Fiftly, all such patients are to eschue great labour, venerie, hote drinks, all spices, and all hote things. Now for to come to the remedies of the same: then it is to be considered, whether this pissing of bloud do proceede of outward causes, which may well be perceiued by the sick person, and is also to be remedied. First of all, whether this pissing of bloud haue continued long or not. Of the pissing of bloud which hath not long continued, we haue hitherto spoken. But in old pissing of bloud, one must begin according to the contents of the other rules, with the cleansing of the Ureteres, which is to be done through these meanes: Take Mayden haire foure handfuls, Melon sæde one ounce and a halfe, Sugar and Hony, of each nine ounces: make a clære syrupe of it, and giue it with water wherein Melon sæde is decocted.

Another which is very good: Take fower handfuls of Cinkfoile, Sugar 9. ounces; sæthe the herbes in sufficient water, then wring it out & with Sugar make thereof a syrupe. This syrupe is to be giuẽ with water wherin Plaintaine is decocted: this syrupe healeth & clenseth certainly.

A syrrupe to healer & clense ye kidneyes.

If any one fall or be beaten whereby a vaine is broken in the bodie: the liuer vaine is then to be opened, for that thereby the blood will be drawne backe which doth runne out of these places. But if that the blood do auoide in abundance, and that the patient be strong inough, then is the *Saphea* to be opened the second day afterwardes: and to the end that the blood which lieth clotted in the water conduits might be caried forth; then giue to the sicke bodie a potion wherein Fennell rootes, the rootes of Smallage, Dragon rootes, Ireas, Hyssop, Mayden haire, and Ciceres be sodden; afterwards one dragme, or one dragme and a halfe of *Trociscis de Carabe* may be giuen him, with water wherein the sæds of Butchers broome, and such like is decocted, or the *Trociscis de terra sigillata*.

For this is also mæte, the confection of *Philonium Persicum*, but it is not to be vsed without the aduise of a learned Phisition.

Some do take also thrée quarters of an ounce of the conserue of Roses, and temper amongst it seuen graines of Henbane sæde, and two scruples of prepared Corall, which may be vsed with stæled water. It is also verie fit to vse otherwhiles one ounce or one ounce and a halfe of Callie, and chiefly if there be heate with it. We haue spoken before of the letting of blood, and thereupon are to giue to this sicke person a profitable purgation of Rubarbe in substance which is beaten, and not wrong out, but in pouder with Plaintaine water: afterwards giue him one dragme of beaten Horsetaile, and one quarter of an ounce of Plantaine water, and strowe all his meates with the same herbe.

All his flesh is to be sod with Butchers broome sæde, and vnripe Grapes. He is alwaies to beware of all sharpe, tarte, and salt things, and laie a plaister on the place of the maladie made of Bolus, and the iuice of Sloes, *Aloe*, *Lycium*, Vineger, & Rose water. If you will haue moe remedies, then loke into the former §. of the impostumes & vlcers of the kidneys: And although all the same were caused of other meanes, yet shall you finde also thrée remedies mæte for the same. And if so be that this blæding be caused through any sharpe meate, or any composed winde, then is the patient to order himselfe, as of the letting of blood, and taking of the foresaide *Trociscis* as is beforesaid. But if there be any impostume or vlcer of the kidneys with it which may be sæne by the matter & blood: therefore haue you hereafter all that is requisite for the pissing of matter.

## If any man pisse matter. §. 12.

THe pissing of matter must proceede out of the bladder, kidneies, or some of the vppermost parts; as from some vlcer of the sides, vlcer of the lights, the liuer, &c. the which may proceede from some outward causes, as of blowes, fals, wounds, strong diureticall medicines, and such like. The inwarde causes may be vn-

cleane impostumes, vlcers, superfluous, tough, and grosse humours, wind or stone, which do settle there and make some excoriation. The signes of these accidents may be perceiued easily by the paine of the same place, and by the declaration of the patient. This infirmitie is thus to be holpen: Take pæled Melonsæde, Cucumber sæde, Gourd sæde, and Pompeon sæde, of each one ounce and a quarter, fine Bolus, *Gummi Arabicum*. Frankinsence, and Dragon blode, of eache fiue dragmes, *Opium*, one dragme and a halfe, the sæde of Smallage one dragme: Make Trociskes thereof with the mucilage of Quince kernels, and giue it the sicke folkes euerie day the waight of one quarter of an ounce with the sirupe of Popie heads. For this is also to be vsed consolidating and mundifiyng things, as hereafter followeth: Take pæled Melon sæde, the sæde of Hollyhockes, and nightshade, of each halfe an ounce, bitter almondes, Pompeon sæde, fresh Maiden haire, Ireas, and Licorice, of each halfe a dragme: make a confection thereof with Sugar, or with clære Hony. For mundification are also fit, Barley water mead, the decoction of Figs, of Horehound, and Maiden haire decocted with milke. Now for to heale you are to take great and small Comfrey, of each one quarter of an ounce, Dragon blod, Frankinsence, Masticke, and fine Bolus, of each one dragme, parched Rubarbe, the iuice of Sloes, and Myrtle sæde, of each halfe a dragme, Indie *Spica* halfe a scruple, Sugar as much as you please, make a confection thereof. This sirupe following may also be prepared: Take Licorice one quarter of an ounce, Maiden haire, and Hounds rib, of each two handfuls, pæled Melon sæde, Pompeon sæde, Cucumber sæde, and Gourd sæde, of each one dragme, white Poppie sæde, Hollyhocke sæde, and Muscilage of Quince kernels, of each halfe an ounce, Dragagant, and Gum, of eache three dragmes, Rubarbe, Roses, of each one ounce and a halfe, white Sugar nine ounces; make a clære sirupe of it. The *Trociſci de Alkekengi* which is of winter of Cherries, are surpassing good in this disease: and not onely for this, but also for all other diseases of the Kidneies: Giue one dragme thereof, or one dragme and a halfe with Goates milke, or Plantaine water. Also for this disease is Hony water to be spouted into the yearde: and when the patient hath kept it in a certaine season and pist it out againe, then is this following to be vsed: Take Ceruse, *Sarcocolla*, Gum, Frankinsence, *Opium*, Dragon blod, of each halfe a scruple; temper it with fower ounces of womans milke, and spout one ounce thereof at one time through the yeard. In like maner shall he drinke Radish water, and water of Horse radish, or spout it in. For this must also this order be obserued: to wit, that he now vse consolidating, & then againe mundifiyng things, and do alter them according as occasion serueth. Item, Take oile of Roses two ounces, oile of Myrtle, and the iuice of Plantaine, of each one quarter of an ounce, *Trociſcorum de Terra ſigillata, de Carabe*, of each one dragme, Vineger one quarter of an ounce, Ware as much as is needefull for to make a salue. This salue for the pissing of blod and water is to be rubbed on the place of the Kidneies, and also round about the priuities aboue and beneath, being rubbed well in, and then well couered with warme clothes.

## Of outward vlcers of the Kidneies. §. 13.

THese vlcers outwardly in the Kidneies are wont to be caused if one lie vpon his backe, then are the places of the Kidneies red, & do come to exulcerate. Now whē this is perceiued, then is there a plaister to be made with the meal of millet, and with Pannicke meale, and to be laid thereon, and then you are to strowe it with Willow leaues, and to moisten the heated place with cold Rose water, or to laie any coling things vpon it. These salues following are also mete for this, viz. salue of Ceruse, Poplar salue, Saunders salue, and other coling salue of *Galen*, Vine leaues steeped in Rose water and thinne beaten, Led also which is full of holes worne vpon the raines. Item: Take oile of Roses tempered with a little Vineger and laid often vpon it. If that there do then appeare bladder or blisters which do breake open: then are they to be cured with coling salues, and dried vp with the salue of Ceruse, or *Album coctum*.

All these foresaid sicknesses and diseases are the true messengers of the most greuous disease of the stone, or grauell of the bladder and the Kidneies, whereof we will hereafter further discourse and write. But we will first of all prescribe a briefe order of diet for all them that be infected with these terrible diseases, as the paine of the Kidneies, impostumes, and vlcers.

The

### The order of diet. §.14.

ALl meates of milke, of wheate meale, of the crums of bread, Barly paps, Oaten paps, are verie commodious for this disease. In like maner all field fowles which are to be eaten, as Partridges, Pheasants, Doues, turtle Doues, Kidds, and yong mutton, if it be vtterly without an ague: but if so be that there be a great heat with it, then is he to vse Melons, and Peaches, which be verie ripe.

Hasell nuts, Almonds, Pistacies, Pingles, and such like may he also eate. Item, yong Hens, rere egs, Henbroth wherein Purslaine, Lettice, Melon seede, Pompeons, Gourds, Cucumbers, or any other cooling things haue beene sodden: all riuer fish that haue scales, fraied, are to be tollerated. Greene herbes, as Orage, Mallowes, Purslaine, and Lettice, are also verie meete for him. His best drinke were indeede Barly water; but if he will drinke wine, and so there be no ague with it, then may he drinke good thicke red wine tempered with water: Asses milke is maruellous good for him: and if the same cannot be gotten, then may one take Goates milke. It is before admonished that euerie such patient is to beware of all sharpe, hote, bitter, and sweete things, and chiefely of all fruit, whether they be greene, or dryed.

## *The seuenteenth Chapter.*

## Of the Grauell, Sand, or Stone of the Kidneyes, and of the Bladder.

THis Stone or Grauell, hath his principall offspring in the Kidneyes, in the Bladder, and seldome in the hollownes of other inward parts, as of the Lyuer, &c. The cause of it is commonly by inheritance, like as the Gout or Podagra, the Leprosie, and other moe. Also these diseases do come through a weake Stomack and Lyuer that ingender much tough and grosse slyme. In like sort also of a foggie ayre, surfetting by meate, or drinke, the feeding of ouermuch slymie meates, the which do obstruct not onely the Kidneyes, but also all other inward parts, as hath beene sayd, and hinder them that they cannot haue their right operation: the which may euidently be seene in yong children, which are most subiect to this disease, for that they eate much Milke, whereby the stone and grauell is most of all ingendred, of which the grossest sinketh into the bladder with the vrine, where the same lyeth and dryeth, and is confirmed to the hardnes of a stone: Like as we for an example cannot otherwise liken this foresaid grosse matter of the stone, then with the matter of a tyle stone, which is first a weak tough slimie earth, afterwards dryed, & at last burnt & baked in an ouen to a hard stone. The stone of the bladder differeth also much from the stone of the kidneyes, for it is whiter, harder, & greater then the stone of the kidneyes.

This foresaid stone or grauell are knowne by these signes. Lyeth he in the Bladder? then must the patient often rub his priuities with his hand, his member is alwayes erected. Also in yong children they feele most paine about their priuities: the vrine palleth from him with labour and very great paine, and otherwhiles the Arsegut thereby descendeth. But if it be the stone of the Kidneyes, then do they feele greeat paine in the raynes of the backe, as it were the Collick, or were paine of the guts, because that the paine draweth downewards. As sone as they stirre themselues, then doth the paine increase: they are much inclined to vomiting and casting, their body is bound, their vrine is rawe and waterish, they are alwayes prouoked to pisse, neuertheles they cannot be rid of it without very great paine: therefore can this growing and confirmation of the stone in these parts of the kidneies not be without great paine and griefe. It is also euidently and sufficiently well knowne to each mans eyes, where the paine remaineth in one place that the vrine doth auoid with grauell, sand, tough slyme, yea sometimes mixt with bloud and other things, and the kidneies be full of heate.

Afterwards this griefe and paine stretcheth euen to the conduits of the vrine, and principally in fat folks, and before euen to the priuities, and then especially where they would make water. But because there be many deceiued in the knowledge of the stone, and adiudge otherwhiles the Collick for the Stone, and so come to vse contrary medicines; therefore it is not

without great néede that we make a declaration of both their differences.

The first is this, that the paine of the kidneies is not so sharp as the paine of the Collick. Secondly, the paine of the Colick doth appeare beneath in the right side, and stretcheth her from thence vpwards towards the left side. Contrarywise, the paine of the kidneies doth begin from aboue, and so descendeth softly downewards euen vnto the place where it doth settle it selfe, and stretcheth her a little more towards the back. Thirdly, the paine of the kidneies is much more forcible when he is fasting, and the paine of the Collick is by fasting and emptines eased. Fourthly, the Collick commeth vpon a sudden. And to the contrary, the paine of the kidneies commeth in a longer time. Fiftly, the Collick will be taken and driuen away when the wind and the ordure may haue their expulsion or auoydance by Clisters, but the paine of the grauell not. Sixtly, all Saxifrages and all other things that breake the stone are good for the kidneies and not for the Collick. Lastly, there is found in the vrine grauell and sand, and not in the collick or paine of the guts.

By all these foresaid declarations one may easily adiudge whether this disease be in the kidneies or in the bowels.

## For to hinder and restraine the ingendring and growing of the grauell and stone. §. 1.

AND that we may orderly procéede herein, héede is first of all to be taken how the matter, whence the sand and stone is ingendred, may be taken away, and how that the vnnaturall heate may be tempered, the which is first to be done through these things that do purge the same matter, as hereafter followeth.

Take *Electuarium Indum* three dragmes, *Agaricus* one scruple, Ginger fiue greynes, temper them with a little white wine, & drinke it vp, & fast thereupon foure howres, then drinke a cruse of sugred Barly water, and then eate foure howres after it.

Or take *Electuarium Diaphœnicoxis* one quarter of an ounce, *Turbith* one dragme, Ginger one scruple, Salt of Indie three greynes, giue it him with water wherein *Milium Solis* is decocted, and then made warme with Sugar.

One more milder: Take *Turbith* one dragme and a halfe, *Hermodactyli* one dragme, *Diagridij* fiue greynes, Salt of Indie two greynes, Ginger halfe a scruple, Annis and Mastick, of each three greynes, Sugar pennets one ounce, white Sugar halfe an ounce, steepe them all together in three ounces of the water of Smallage or the water of Mayden haire throughout the whole night: after that rosing it out well and drinke it, if so be that there appeare any phlegmatick matter, then may the patients vaine be opened: but if so be that the matter fall into the stomack, then is it aduised that the patient be made to vomit, and how that the same is to be effected, looke for that in the Register: for that thorow vomiting the matter will be especially drawne away, which would run towards the Raynes. For this vomiting, be Radishes, Drage séedes, the middlemost péeles of Elder, and *Nux vomica* to be vsed.

Some vse Clisters, but they must be very easie and milde: but Suppositories are much more praised for this disease. Item, all things which moue vrine, do also let & hinder the growing of the stone or grauell. But first the mildest are to be begun withall, like as with these following, as Licorice &c. and where as is heate, Melon séede, Pompeon séede, Gourd séede, Cucumber séede, Sperage rootes, or the water of them, fresh Fennell, Hollyhock rootes and the floures.

Afterwards are stronger things to be vsed, as Smallage, Mayden haire, dry Fennell, yellow wild Rapes, *Milium Solis*, Louage, wild Smallage, Harts tong, wild Thyme, Pillacies, Radish séede, Tassels, Thistlin séede, and such like, the ashes of Hares heds, of Wagtailes, prepared Bucks bloud, *Lapis Spongiæ*, and Jewes stone; of all these foresaid things may Sirups, Juleps, Confections, Powders, Pils, Salues, Bathes, & such like be prepared: and because the vnnaturall heate is one of the chiefe occasions of the stone or grauell, therefore are the foresaid cooling things to be vsed, and also all such medicines which in this former Chapter & 8. §. be described.

## To let the growing of the stone. §. 2.

NOw for to let that the stone may grow no more, that consisteth in two kinds of causes, viz. that one preuent the tough phlegme from growing which is the cause of the stone, and that the vnnaturall heate get not the maistrie.

But

But in this it chiefely consisteth, that one keepe a good order of diet, and eschue all that may cause that grosse matter, as Milke, and all that is dressed with it, fresh Cheese, Cow beefe, Swines flesh, Goats flesh, Geese, and all water fowles, all grosse fish, & all other that be without skales, all that is not well baked, sandie, or is ground with a new sharped stone, Rice, Pease, Beanes, Colewoorts, sowre fruits, unripe Apples & Peares, Citrons, &c. and hard sod Egs be also very hurtfull, troubled water, red thick wine, Must and Beere are also to be eschued.

But to the contrary, all such light meates are to be used, as light and hard baked bread which is a day or two old, wherein Fennell, Annis, Caruwayes, or *Nardus* seedes are baked, Hens, Pullets, Patridges, Capons, yong Mutton, Goats, Turtle doues, Doues, and all wild fowles, but especially Wagtailes are very meete for this sicknes. He may also eate all Riuer fish which haue skales, as they that are prepared with Parsly; in like manner also poched Egs. For his drinke he shall take faire white wine tempered with a little water, wherein the seede of Smallage and Fennell seede is decocted. Meade may also be used in stead of his drinke and for a medicine. He may also drinke sometimes Pease broth, and the broth of Lentils wherewith Parsly is decocted; but he is not to eate the Pease at all. The kernels of bitter Almonds, of Peach stones, of Prune stones, Pingles, Pistacies, and Reisons is he to eate: in fine, he must eschue all which causeth the matter of the stone to increase, and use all that coleth the vnnaturall heat, and expelleth the matter of the stone, for which these things following are fit, and be very good, as *Agaricus*, *Hermodactili*, *Turbith*, wild Saffron seede, rootes of Polipodie, and the smell of the wine Hellebor, and also a little roote thereof steeped a day and a night in water, and the same water drunke also otherwhiles.

Amongst the compounded things there is *Benedicta laxatiua* or *Inda*, which cleanse the Kidneies, the Bladder and Ureteres of all phlegme. The same doth also Cassie giuen with diuretica ll things, and with beaten Licorice, for the same drieth not only the grauell, but hindereth and letteth also the growing of the stone, and alayeth the heate, and if so be that one giueth it him with the seede of *Agnus Castus* or Licorice, then doth it help the raynes maruellously, and stirreth no other humors then those whereof the stone doth grow.

Further, there be other things moe which do cleanse the ureteres or conduits of vrine, and open them, as the water of Hyssop, of white water Mints, and of Marierom, of Smallage, of Parsly, of Betony, of Pennyroyall, of *Milium Solis*, and aboue all other the water of Holyhocks. Of Sirupes which be most used, are the sirupe of Hyssope, *De Calamintha*, *Acetosus compositus*, *Oxymel compositum*, and all other *Oxymels*, but especially the *Oxymel* of Squils, and for example, these compounded things ensuing may be made: Take *Oxymel* of Squils one ounce, sirupe of Hyssop halfe an ounce, water of Harts tong, and of wild Cucumbers, of each one ounce and a halfe. This drinke is to be taken certaine dayes together vntill one may euidently see that the disease euidently in the colour of the vrine, and in other signes frameth it selfe on the better side, by the which the Phisitions haue their especiall marks and signes.

And in case there be such matter present which may cause the stone to growe, then are the prepared through the first receited waters, sirupes and such like for expulsion; and when now the matter is prepared, then is the patient to be purged, which may be done through this ensuing or such like meanes.

Take the Confection *Benedicta* one ounce, or one ounce and a halfe, or somewhat lesse, according to the importance of the cause, then temper thē together with three ounces of Parsly water.

Or prepare this following which clenseth much the kidneies and expelleth the matter of the stone maruellously: Take Centorie, Peeled wild Saffron seede, of each one dragme, prepared *Agaricus*, pouned *Hermodactyli*, of each fower scrpules, *Diagridion* sixe graines, Annis, Fennell, Licorice, the seede of Smallage, and Ginger, of each halfe a scruple, Sugar pennets one ounce; Steepe them all togither the space of fower and twentie howers in foure ounces of the water of mayden haire, afterwards wring it out and drinke it. Lastly, you are to gouerne your selfe as in all other purgations.

This following is also much commended for to preuent the grauell: Take about Saint Johns tide Millet as it standeth and blometh, then burne it with herbe and roote, and drinke thereof euening and morning two or three ounces with wine, and then fast two howers vpon it, and do so fiue or sixe daies together: it is said and also taken for to be certaine, that doing this one shall be cleere and free from the grauell halfe a yeere.

## Against the paine of the Grauell. §.3.

BVt if in this diſeaſe there happen great paine with it, through which the Phiſitions are much hindered that they cannot vſe the due remedies; then do they notwithſtanding aduiſe firſt of all, that at the firſt one is to begin with things which alaie the paine, or at the leaſt do eaſe it: for which are Cliſters to be vſed made of theſe herbes following, as Mallowes, Hollyhocks, Bætes, Bearefote, Pellitorie, and ſuch like, with the oile of Violets, with Caſſie, with *Hierapicra*, or the confection *Benedicta* tempered amongſt it.

Secondly when the foreſaide paine is a little aſwaged, then are theſe things following to be vſed: Take water Creſſes, Mallowes, Hollyhocks, Mercurie, Parow, Cinkfoill, *Peucedanum*, the herbe of Mew, and Rue, of each one handfull, *Calmus*, Barley, of each three ounces, Branne, Linſæde, of each a little: let all theſe ſæthe togither in ſufficient water, and take twelue or fiftæne ounces, temper amongſt it *Hierapicra*, *Benedicta*, and *Lithontribon*. of each half an ounce, oile of Cammomil, & of Rue, of each one ounce: This Cliſterlooſeth, expelleth wind, & alſo the paine.

Item: Take afterwards of the foreſaide herbes, but ſomewhat more water Creſſes, and a fewe Marie golds, and make a bathe thereof and ſet the patient in it euen vp to the nauell: you are alſo to put ſome ſtalkes of Rapes vnto it, then will it be the better.

Thirdly, take Mallowes, Hollyhocke rootes, water Creſſes, Cammomill, Maiden haire, Linſæde, and Fenugræke ſæde, of each two ounces; let them all ſæthe in ſufficient water, wet a woollen cloute or ſpunge therein and laie it continually warme vpon the place of the paine. The ſodden herbs are you to poune ſmall & temper with Cammomill oile, and ſo laie them vpon it. The place of the paine is ſometimes alſo to be annointed with theſe things following: Take the greaſe of Hens, of Gæſe, Hogs greaſe, freſh butter, oile of *Camelina*, & of Violets, of each half an ℥, oile of Cammomils & ware, of each two dragm. then let them melt togither by the fire. But this is not continually to be vſed, to the end that the raines be not therby too much weakned & infæbled.

After this annointing are theſe plaiſters following to be laid vpon, it which do aſſwage the paine, and will open the conduits of vrine: Take three ounces of Wheaten meale, of Fenegræke meale, of Linſæde, beaten Cammomils, of each one dragme and a halfe, Salt one ounce; then make it to a plaiſter with the oile of *Camelina*, and with the oile of Scorpions, and then laie it warme vpon it. You ſhall find hereafter many things moe which alaieth paine alſo.

## Of thoſe things which expell Grauell and do breake the ſtone. §.4.

IF there be any feare had of the ſtone or grauell, or that one perceiue it already, then may theſe things be vſed for it: Take oile of Lillies, of Scorpions, and of earthwormes of each a like much, annoint the raines verie fat with it by the fire or by a warme ouen. And if you cãnot get this Scorpion oile, then take only the other oiles. Item, eate euery morning 6. or 7. bitter Almonds, or Peach kernels like as is counſelled before.

There is alſo much commended the bone of the Hare, which we call the Hares ſpring pouned, and the ſame drunken with freſh brothe: when as any bodyes raines beginne to greeu him, then is the red oile of S. Johns wort eſteemed to be verie good for to annoint him therewith.

Item, take 18. or 20. Peach kernels, one quarter of an ounce of Raiſons; eate them together and drinke a good draught vpon it, of Peaſe brothe ſod without ſalt or ſuet: for this is alſo much commended, the Cicers or Spaniſh Peaſe which haue a ſpeciall vertue againſt the grauel.

Item: take Hollyhocke rootes two pound; the ſame being made cleane, poune them and ſæthe them in two or three quarts of water vntill the halfe, and then ſtraine this broth thorowe a cloth, whereof you are euerie morning to drinke a good pull. Afterwards vſe the aforeſaide potion of Cicers, and Peach kernels; and when you haue a pound of this drinke, then mixe amongſt it one dragm of beaten Cinnamom, and as much of the Swams which groweth on the wilde Roſe branches. You may alſo ſæthe Parſley rootes, Sperage rootes, & Fennell rootes with it, & drinke often of it: this is eſpecially commended for them that would withſtand the grauell.

Item take the rootes of Pimpernell halfe an ounce, *Biſtorta*, Tormentill, Polypody rootes and Annis, of each one quarter of an ounce, Gentian, Fenegræke, *Oculi cancrorum*, Peach kernels, Louage ſæde, the ſæde of Smallage, Pickerels bones, ſhales of Haſell nuts, the ſæde of Mallowes, and Cammomill of each one dragme; make a powder thereof, and take thereof the waight of one dragme or one dragme and a halfe euery day.

The auncient Phiſitcons accuſtome to make this potion following, the which they doe call

Williams

Williams potion: Take one handfull of Alehoofe, yong Akorne buds halfe so much, the herbe Houseeare a little, water and wine, of each a pinte; let them sæthe togither vntill about the half be sodden away, then straine it thorough a cloth, and drinke thereof in the euening and morning, each time about thræe spoonefuls, and euery fourtæne dayes make a fresh. How to make Williams potion.

Howe the wine of winter Cherries is to bee prepared, is amongst others declared in the eight Parte: it openeth the conduits of vrine maruellously, expelleth the matter, whence the stone and grauell doth growe very vehemently, as well out of the kidneies vretres, as also of the bladder.

And now further to come to a right processe of the Grauell, take at the first fiue ounces of fresh oyle of swæte Almonds, and drinke the same warme. Two howers afterwardes take a good draught of this potion following, and afterwardes as often as you will: Take Mallowes with the hearbe and rootes, and Hollihocke leaues, of each one handfull, Licorice one ounce, fresh Butter and cleere Honie, of each two ounces; sæthe them togither in sufficient water, or in the water of Cresses: and so drinke thereof as is expressed. The next daye one is to take this confection following early in the morning: Take fresh Cassie and *Benedicta*, of each halfe an ounce, *Spec. Iustini* one dragme and a halfe; temper them togither, and then strowe them with Sugar and Licorice. Hauing taken this, then is the partie to take thereupon presently a good draught of the water of Cresses: and through this aduise hath many a one bæn released of the grauell.

Or take of the Confection *Benedicta* fiue or sixe dragmes, Turpentine washed in water of Mallowes, one quarter of an ounce; temper them all togither with thræe ounces of Agrymonie water, and then drinke it as warme as you can: it is maruellous good against the stone.

Necessity doth otherwhiles require, that these Confections following are to bee giuen to the patient: Take the Confection *Benedicta* and washt Turpentine, of eache thræe dragmes and a halfe, Iewes stone which is prepared with water wherein Millet is decocted, one dragme; temper them all togither with pouned Licorice, and then giue it him with Cresses water. Men doe also take sometimes for it halfe a dragme of prepared blood of a Bucke also, which is not amisse.

Hereafter followeth one other necessary meane or processe: and first in case the stone be in the bladder, then are these Pils to be prepared which doe vehemently breake the stone: Take the fruites of Balsam, Radish sæde, and the sæde of great Smallage. Some doe take for this the sæde of stone Parsley, *Opopanacum*, Capers rootes, bitter Almonds, Sarifrage, Squinanth Cipers rootes, Indy *Spica*, Cassie wood, Harts tongue, wilde Rue, Gentian, Hartwort, *Asarabacca*, *Cardamome*, *Ammoniacum*, *Serapinum*, *Bdellium*, long Pepper, and Calmus, of each a like much: the Gummes are to be molten in sufficient Balsam, temper the rest amongst them beaten small, and make it into Pilles: take of them one dragme at once, with the foresaide Confection of *Benedicta*, and of Turpentine, as is before rehearsed: when he is purged, then take Pellitory of the wall, Mallowes, of each one handfull and a halfe, Linesæde, Fenegræke sæde, and Hollyhocke rootes, of each one handfull, fiftæne or sixtæne Sebestes, Licorice, pouned Millet, of each halfe an ounce: cut all that is to be cut, and let it boyle in fresh broth. Take twelue or fifteene ounces thereof, and temper amongst it one ounce of *Benedicta*, oyle of bitter Almonds thræe ounces, slight Sugar one ounce and a halfe, Salt one dragme, and one yolke of an egge: then mixe them togither, and set this Clisser very warme. Pils for the stone.

And if that this purgation (by reason of the vnpleasantnes of the Turpentine) went against his stomacke, then may he vse one of these insuing: Take fresh Cassy one ounce and a quarter, oyle of swæte Almonds fower ounces, temper them togither, and drinke it.

Or, take *Electuarium de Sebesten* and Cassie, of each halfe an ounce, *Electuarium Indum* one dragme and a halfe, mixe them all togither with Sugar, if you will put therewith one dragme of Iewes stone, and make it to a drinke with Millet water; then doth it expell the better.

After this are you to come to the things which doe breake the stone easily and open the passages of vrine. For to atchieue this, then is the body first of all to be purged, and afterwards are these following and elected remedies to be vsed.

To breake the stone is this following very forcible: Take prepared Buckes blood one dragme and a halfe, ashes of Scorpions one scruple, ten graines of good Treacle burnt and pre- By what meanes the stone is to be broken.

prepared glasse one dragme, then sethe Radishes, Sarifrages, winter Cherries in water or wine, and then take foure ounces of this broth, or as much Beane water, and make the foresayd a potion, and vse it fasting in the morning. In case that for all this the paine remaineth, indu-ring, then take scraped Licorice, and Corans, of each one quarter of an ounce, pouned Millet, Mayden haire, of each halfe an ounce, sethe them together in water of Agrimonie, Pellitorie, or Cammomill water: take of this decoction two ounces and a halfe, *Spec. Lithontribi* one quarter of an ounce, *Philonium Romanum* two scruples, good wine two ounces, Sugar one ounce; then temper them all together vnto a potion, and drinke it three howres before meate. Item, take prepared Bucks bloud one dragme and a halfe, *Oxymel* of Squils halfe an ounce, Wine wherein Radishes be decocted, foure ounces, then make a potion of it. Further it is necessarie that the stomack be strengthened, and the hote matter of the kidneies expelled, for which is meete also the foresaid Clister, if there be put vnto it one ounce of Cassie more. Or vse this following: Take twelue ounces of Linsede oyle, oyle of bitter Almonds fiue ounces, Hens grease foure ounces, or in stede of that, as much fresh Butter, two yolks of Egs, then mixe them all together, and minister it warme. You may also giue vnto the sick bodie oyle of sweete or bitter Almonds, of each three ounces and a halfe or more to drinke; for it is found, that the same taken by the mouth hath more asswaged the paine, then that which hath beene vsed in the Clisters. It is in like sort found to be very good, that the place be fomented with these things following where the paine is, and after that annoynted: Take Cammomill, Mayden haire, Linsede, & Hollyhock rootes, of each one M. sethe them all together in white wine and water: then make a spunge wet in it, and lay the same wrung out very warme vpon it. For the annoynting may many things be vsed or like as hereafter followeth: Take oyle of Scorpions one ounce, oyle of sweete Almonds and Butter, of each halfe an ounce, Mucilage of Linsede, of Fenegreeke, of each fiue dragmes, Sarifrage one dragme, and a little molten Ware, temper them all together. The last and highest meane for the intollerable paine is, that the *Narcotica* be vsed, which be things that take away all sence and feelings, thus: Take the first described decoction, and put therein of the confection of *Lithontribon* two dragmes, *Philonium Romanum* one dragme, oyle of sweete Almonds one quarter of an ounce, good white wine two ounces, mingle them all together, and giue thereof to drinke. Will you then make a Clister of it, then take of the foresaid decoction about two ounces, oyle of sweete Almonds foure ounces, *Philonium* one dragme, Wine three ounces, and then minister it like as is accustomed.

These two procedings in this sicknes I thought good to describe thus at length, that euery one might know how to chose of the medicines following what is most needfull for him.

First, we will describe all such things which are to be eaten, and may be vsed in the bodie, and first of all beginning with the confections: Take spunge stones, Hollyhock sede, Millet, and Medlar stones, of each halfe an ounce, prepared Bucks bloud one dragme, Iewes stones, and Gromell sede, of each one scruple, great and small Endiue sede, and Pykes bones (which be vnsodden) of each halfe a drag. Sugar as much as of all the rest: but the Sugar decocted with the water of winter Cherries, and then make Tabulats thereof, and take of them euery time halfe an ounce.

Or take Pomatestone, Iewes stone, and burnt glasse, of each one dragme and a halfe, prepared Bucks bloud three dragmes, Gromill sede halfe an ounce, beate them all small together, Sugar as much as all the rest doth wey, make with the water of winter Cherries, or the water of Mallowes, Tabulates of it, and take halfe an ounce at once thereof. Item, take foure ounces of Pillacies, steepe them two daies and two nights in the water of winter Cherries, take off the peeles, and chop them very small, Gromill sedes halfe an ounce, the rootes of Cinqfoile, Harts tong, wild Thyme, Rue sede, of each one dragme and a halfe, Sugar fiue ounces; then sethe it with the water of Sarifrage, make Tabulates of it, and vse them as before.

Another. Take prepared Bucks bloud one dragme and a halfe, the iawbones of Pickrels two scruples, Iew stones and Spunges stones, of each halfe a dragme, Melon sede, Hollyhock sede, Licorice, the sede of Smallage, *Cucubes*, of each one scruple, Sugar two ounces and a halfe, make a confection thereof with the water of Mallowes.

Fennell seede and Comin rawe or confected and eaten, be good for all diseases in the kidneies of the stone and grauell. The Confection *Iustini* or *Lithontribon*, as they be prepared at all well furnished Apothecaries are also maruellous good for this vse.

In

In like manner also bitter Almonds confected and eaten expell the matter whence the stone doth growe.

This following is also a very sumptuous Confection: Take burnt glasse, and burnt Grashoppers, whereof the feete and wings be cast away, of each three dragmes, the ashes of a burnt Hare and prepared Bucks blood, of each one ounce, Plantain seed, Starch, the seede of Butchers broome, of each two dragme and a halfe, *Sirupi Acetosi Compositi* thirty ounces, Sugar pennets 24. ounces, then make an electuary thereof. This foresaid Confection doth clense all slimie matter and grauell, it breaketh the stone, and openeth all conduits of vrine if one take euery morning the space of fowertéene dayes three dragmes, with the water of Gromill, or Radish water.

The Confection of a calcined Hare is thus to be prepared: Take Jewes stone and Sponge stones, of each one dragme, the pouder of a burnt Hare one quarter of an ounce, *Spec. Lithontriбon* one quarter of an ounce, Sugar fower ounces: make thereof with Saxifrage water tabulates or a Confection. This foresaid Electuary prouoketh vrine, and clenseth all the veters of all slime and grauell, and expelleth also all windes: take thereof two or three dragmes with the water of Sperage betimes in the morning, and also before both the meale tides. The electuary of a calcined Hare.

Item take yellow wilde Rape seede, Comin, Ballam wood, Parsly seede, sweete Cossus roots, Calmus, Annis, *Asarabacca*, Fennell and Cinnamom, of each one dragm, the seede of Purslain, of Endiue, of small Endiue, of Lettice and *Cretæ Marinæ*, of each one drag. *Lapis Lyncis*, Sponge stones, and burnt Glasse, of each one quarter of an ounce, Sugar as much as is needefull for to make a Confection. One may take a dragme or two thereof with a little water; all according to the importance of the cause.

The Confection of horse Radishes is thus to be prepared: take well clensed horse Radishes cut them in round slices, and let them stand a steepe in Vineger vntill that they be very softe; Or powre strong wine vpon it, and renewe the same euery day, and that the space of fiue or sixe dayes; at length seethe them away therewith, and rub them thorow a strainer: Afterwardes, take thereof one pound, & one pound and a halfe of clarified Hony, then let them seethe together by a gentle fire, stirring them alwayes about vntill they be decocted, as behoueth for a Confection. Afterwards let it be somewhat cold, and put the spices vnto it, which hereafter in the eight part in the first chapter, of Calmus are described. Or take in the steed of the same halfe an ounce of Cinnamom, Ginger three quarters of an ounce, Cardamome, Cucubes, Cloues and Nutmegs, of each one dragme and a halfe; temper them togither, therwithall the fuming of the horse Radishes in the head is abated & taken away. This confection is not only good for the stone and grauell, but also for the Stomacke; it warmeth the inward parts and delayeth the paine in the belly, which proceedeth of colde; it is a right Treacle for the common people, and an especiall medicine for the Scruuie. The confection or electuary of horse Radishes.

There is also another Confection prepared for this (called *Electuarium de Cineribus*, which is a Confection of ashes as followeth hereafter:) Take ashes of burnt Scorpions one quarter of an ounce, *Cantarides* without heads and winges one dragme, prepared Bucks blood one quarter of an ounce, burnt glasse, ashes of vnset Coleworts, Hares ashes, ashes of Wagtayles, and ashes of eg shels whereof Chickens haue bene hatched, of each two dragmes, Jew stones, stones of Ore gals, Pepper, wild yellow Rape seede, Caruway, Hollyhock seede, Gum, Saxifrage, and Graymill seedes, *Sefeli*, Ballam fruits, and the wood *India Spica*, Mayden haire, Mallowes, Pompeons, Cucumbers, and Gourd seedes, of each one dragme, of Roses as much as sufficeth for to make a confection of it, take thereof morning and euening the quantitie of a hasell nut at once tempered with the decoction of Cicers. The confection of ashes.

Item, take Pithydate, or new Treacle, halfe or a whole dragme, with the decoction of Cicers, they expell and breake the grauell and the stone, and also ease the paine, especially if it be vsed after bathing.

Amongst all other confected things, are especiall for the stone and grauell (chiefely if one want warmth) the preserued Elecampane rootes, Pimpernell rootes, *Calmus*, yellow Rapes, Parseneps, conserue of Gilloflowers, and of Piony: the water Cresses eaten for a Sallet, expelleth the stone, the grauell and vrine.

There be diuers powders made for this which follow hereafter: Take prepared Bucks blood halfe an ounce, *Lapis lyncis*, *Lapis cacrorum*, and Peach kernels, of each one dragme, the

seede

ſæde of Parſly and Smallage, of each halfe an ounce, beate them all together, and temper them all together, vſe thereof in the morning, at none, and in the euening halfe a dragme or more at once with that kind of Beane water which immediately is deſcribed hereunderneath, and that ſo long, vntill the ſtone auoyd, and that you perceiue no more grauell.

Item, take Saxifrage, Annis, Pepper, the ſæde of Smallage, Gromill ſæde, and Sperage ſæde, of each a like much, beate them all together very ſmall, and let them paſſe through a Serſe, then take thereof halfe a dragme or a whole dragme with hony water, or with Wine.

This following hath oftentimes bene approued: Take parched Peach kernels halfe an ounce, Medlar ſtones one ounce, poune them very ſmall, and then giue him a dragme thereof with the water of Saxifrage wherein Cinquefoile hath bene decocted.

There is alſo one ounce, or one ounce and a halfe of *Oxymel* to be put thereto, and to temper the ſame with any water, that alſo expelleth the ſtone: but one muſt beware therein for vſing any hote things.

This drinke is alſo very requiſite for this: Take wild Thiſtell rootes which be the rootes of Taſſell and rootes of Smallage, of each one handfull, Annis halfe a dragme: ſæthe them all together in a quart and a halfe of water vnto the halfe.

Item, take ſpunges ſtones, Jewes ſtones, burnt glaſſe, prepared Bucks bloud, and Sugar, of each alike quantitie, giue one dragme thereof with *Oxymel* or with the water of Smallage when he hath the paine. Both theſe foreſaid are by reaſon of the great help and cure that they do, called the hand of God.

Item, take the rootes of Burres one dragme and a halfe, burnt glaſſe one dragme, rub the ſame with vineger, with the water of Smallage, or with any other ſuch like diſtilled waters: this is maruellouſly prayſed of all auncient Phiſitions.

Another. Take Gromell ſæde one dragme, Licorice one quarter of an ounce, pæled Melon ſæde halfe an ounce, Gum of the Cherrie træ one ounce, poune them all to powder, and giue thereof at each time halfe an ounce, with a little diſtilled water.

Or take Gromell ſæde, Annis, Fennell, Parſly ſædes, and pæled Melon ſæde, of each one dragme, *Lignum Aloes*, winter Cherries, red Saxifrage, Spunge ſtones and Jewes ſtones, of each one ſcruple, the ſæde of Broome and of Saxifrage, of each halfe a dragme, Cinnamom, prepared Coriander, and red Saunders, of each three quarters of an ounce, Cloues, Galingal, Ginger, of each three dragmes, white Sugar two ounces, make a powder of it, and take one dragme at once thereof with Mallowes water and Peaſe broth.

Another. Take Gremell ſæde, and the ſæde of Saxifrage, of each one dragme, the ſædes of Lettice, of Henbane, of Pompions, of white Poppies, of Melons, of Cucumbers, of Gourds, (all together pæled) of each two ſcruples, pouned Licorice foure ſcrup. *Trociſci Alkekengi* which is of winter Cherries one drag. and a halfe, the ſæde of Pimpernell, of Broome, of each two ſcruples, Sugar two ounces, make a powder of them.

In like manner, there be good for this diſeaſe pouned Medlar ſtones, and poudred earth wormes, of each one dragme and a halfe well weyed, and take Fenelike with Saxifrage water.

Item, ſæthe a Crab like as they be vſed to be ſod, and waſh the ſame with wine, and let it dry, then beate it cleane to powder with his ſhels, and take one quarter of an ounce thereof with wine.

Or take the powder of Mayden haire one quarter of an ounce, and drinke it with the water of Strawberies, or the water of Mallowes, or the water of Parſly, it is alſo eſpeciall good.

Take halfe an ounce of the ſhales of haſell nuts beaten ſmall, Sugar alſo as much, temper them together, and vſe thereof euery time a dragme or more faſting in the morning with the water of Lillies, and women may drinke it with wine or any thing elſe in ſtead of Lilly water.

The ſtone which is cut out of one, beaten ſmall, and halfe a dragme thereof taken euery day, with the water of Saxifrage or Radiſh water, doth alſo breake the ſtone of the bladder.

Item, take Licorice one quarter of an ounce, Spunge ſtone, and Jewes ſtone, of each ten greynes, Fennell ſæde, *Ameos*, *Mirrha*, *Annys*, the ſæde of Mallowes, pæled Melon ſæd, Pompeon ſæde, chopt ſmall together, of each halfe a dragme, Cinnamome one dragme beaten ſmall together: there is the waight of a dragme thereof to be taken with any of the foreſaid waters. There may alſo be prepared for this theſe pils enſuing: Take burnt glaſſe, aſhes of a Hare, Spunge ſtone, and Jewes ſtone, of each alike much, make pils thereof with the water of Saxifrage.

frage, also three round slices of Radishes eaten euery morning be verie good. In like sort also the small bird the Wagtiall rosted, poudered, or taken as one will, is maruellous good for this, like as here before is specified already.

It is also taken for a certaine experiment if one do accustome to eate Nettles, that thereby he should be freed of the stone and grauell.

Now will we write of certaine potions which be mete for the stone and the grauell: Take Turpentine which is washed with Mallowes water three quarters of an ounce, *Species Iustini* two scruples, *Benedicta Laxatiua* halfe a dragme; let the Turpentine and decoction melt, afterwards temper the rest with it, and so drinke it as warme as you can. Potions for the stone.

Another: Take Rubarbe one quarter of an ounce, Juniper berries one ounce, the barke of the Cassie three dragmes, Jewes stone halfe an ounce, *Agaricus*, Ginger, Cinnamom, Galingall, and Mastick, of each one dragme, Mithridate three dragmes, Mace, Cloues, of each halfe a dragme, spirite of Wine one pint, and Malmesey three pints: set them all togither the space of three monethes in the sunne there to distill; and of this distillation giue two ounces earely in the morning, or being in the bathe, it is a maruellous and approued remedie.

Another: Take Rubarbe, Ginger berries, Cassie wood, and Fennell, of each one quarter of an ounce, Annis one dragme, Licorice fiue dragmes, Jewes stone halfe an ounce, *Agaricus*, Ginger, Cinnamom, and clowes, of each one dragme, Mithridate three dragmes, Mace, and Nutmegs, of each halfe a dragme, Mastick one dragme: put all these togither beaten in a glas, and power theron three pound of the spirit of Wine or *Aqua vita*, then stopt it tight and set it the space of fiue daies in the sunne; stirre it all togither very well, then poure as much Malmesey vnto it, and let it stand againe eight or foureteene daies in the sunne, stirring it euerie day well abou, tafterwards straine it and kepe it well; when as then the grauell beginneth to pricke, then take a spoonefull thereof euerie day, and you shall finde amendment out of hand. This same may be distilled like as the former.

Another: Take a pinte of *Aqua vita* more or lesse as you will, Malmesey fower ounces, Sugar candie eight ounces, the water of Strawberries fower ounces, Parsley water two ounces; mire them togither and take a spoonefull thereof, or as much as you please.

It is also here to be marked that you need not be afraide of *Aqua vita*, burnt Wine, or any other strong wine: for all learned do require to drinke strong wine, as *Vinum punicum*, Malmesey, Muscadell, and such like, against the grauell or the stone, yea when the paine is at the extremest, yet with moderation. wine good against the grauell

Some that loue distillations doe very much commend this potion following against the grauell: Take the oile of Mace and cleere Turpentine of each ten or twelue drops, Annis water, and Fennell water, of each one quarter of an ounce, the sirupe of Licorice one ounce, oile of Vitriol three or fower drops, then temper them well togither, afterwards proue it; and if so be that it be not so sower that it set not the teeth on edge, then is it metely; and if it be not sower enough, then put two drops of the oile of Vitriol more into it. It is somwhat perillous to deale with the oile of Vitriol; therefore good heede is to be had and taken like as is declared in his description: Take Nettle seede two ounces and a halfe, power wine vpon it, and drinke thereof. This wine is accounted maruellous good for the grauell and for the stone.

Here before is oftentimes admonished of Beane water which is thus made: when they beginne to be ripe, or when they be in their full iuice, then is onely the outtermost greene pods or peeles to be taken where the Beanes do lie, and the leaues, and all their moisture is to be distilled out of them in seething water. This being done, then take one ounce and a halfe thereof, prepared Bucksblod one dragme or fower scruples, and giue the patient thereof in the morning when he riseth, and at night when he goeth to bed. And this is he to obserue and continue so long vntill that the stone or grauell be cleane expelled, and no more grauell can be perceiued: this is of all auncient and later Phisitions taken to be a famous and certaine experiment. Item: Take womans milke about two ounces, steepe therein cut sprigs of Cipers, and let them stande and steepe the space of three or fower howers in a warme place and then drinke it. The water of Beanes. A famous experiment

Item: Take knot grasse halfe an ounce, red Pease, and Peeled Melon seede, of eache one ounce; let them seethe in twelue ounces of water euen to the halfe, and giue thereof one ounce at once tempered with a little Sugar: the Meade or hony water is an especiall medicine against the grauell and the stone. In like manner also wine or water wherein harts tong and Mallowes

lowes be decocted, and also of both these distilled waters.

Item: Take a good handfull of water Cresses, sæthe them in a pinte of water vnto the half, and drinke thereof morning and euening each time three or fower ounces, and do this the space of eight or ten daies. Some do also much commend Limons water.

Take the rotes of Cheruill and Saxifrage of eache a like quantitie: Sæthe them in wine and drinke oftentimes thereof, it breaketh the stone, and causeth well to make water: Or take Maiden haire one handfull, winter Cherries, and Gromell sæde, of eache two dragmes, boile them in a pinte of white wine vntill two thirds remaine, take three or fower ounces at once and especially after a bathe the water of Larkes spur.

Likewise also the water of *Cardus Benedictus* if one do drinke three or fower onnces of it, is very good for the stone. Item, so are all these waters insuing good therefore, viz. the water of Saxifrage, of Pellytorie, of Cinquefoile, of water Cresses, of Fennell, of Radishes, of Mayden haire, of Strawberries, and of Cammomill.

Item: take a fresh Radish, cut it to thinne round slices, and poure thereon *Vinum punicum* or any other good wine: afterwards drinke thereof sometimes a good draught.

You haue also hærebefore in the twelfth chapter, and eleuenth §. a good drinke against the grauell and the stone, beginning: Take Gentian, &c.

Item: Take Mayden hayre, Sperage, Tassell leaues, water Mints, broade Plantaine, and red Pease, of each a like quantitie; sæthe them all togither in water, then take of this decoction fiue ounces, and temper therewith two ounces of *Oxymel*; afterwards giue it to the patient. Further, laie him a bed and let him sweate well: this openeth the conduits of vrine, maketh all tough humours thinne, and expelleth them which cause the stone and the grauell.

Vrine of Assarabacca. Further there be diuers wines decocted and also vnsodden, whereof we will discouer some. Of all the most vsed are these following, as the wine of winter Cherries, wine of Elecampane rotes, wine of Hyssop, wine of Harts tong, and wine of *Assarabacca*, which is thus to be prepared. Take muste, and to euerie quart of Must halfe an ounce of *Assarabacca*, the herbe being taken off when the rote beën hath a drying the space of two moneths. Of this wine take euery euening and euery morning a good draught: it forceth the vrine and the grauell, it warmeth all inwardpart s, it expelleth the ague: it is good for the dropsie, and also for the yellow iaundise.

## Another good Wine.

TAke Strawberrie leaues, Pellitorie, water Cresses, and Gourde Cresses, of each a like quantitie: sæthe them in wine vntill the third part be consumed, then drinke thereof a mætely draught when you goe to bed, and in the morning when you rise. This hath beën oftentimes found very good.

All Phisitions do conclud that all troublede and thicke wine much and often drunken, causeth the stone and the grauell spædily to growe. Therefore must one alwayes beware thereof.

The Cherrie wine like as it by reason of the temperate nature may be vsed in all sicknesses; so may the same be also occupied for this disease, and especially when the Cherries with their kernels be stamped in pæces, whereof it is made, then doth it driue out the grauell the better.

We will hære yet describe certaine sirupes which may be vsed with great commoditie for the grauell, like as these insuing: Take the rots of Sperage, of *Ruscus*, & of Grasse, of each three ounces, Harts tong with the rotes, *Creta marina*, Maiden haire, water Mints, Saxifrage, Pimpernell, and Yarrow, of each one handfull, red Pease two ounces, Vineger of squils one ounce, white Sugar, and Hony, of each fiue ounces. Lastly sæthe a clare sirupe of this, and vse the same with diureticall waters.

## Another.

TAke Fennell rotes, Parsley rotes, the rotes of Smallage, and of Sperage, of each one handfull, the sædes of Parsley, of Fennell, of Smallage, of Annis, of Caruway, of Lettice, of Purslaine, of small Endiue, of Melons, of Pompeons, of Gourdes, and of Cucumbers, of each one ounce, red and white Saunders, Roses, and Violets, of each halfe a dragme, fiue and twentie

twentie or thirtie drie Prunes, Harts tong, Liuerwort, Centorie, and Mayden haire, of each two M. All these foresaid things sethe in sufficient water vnto the halfe, and then wring them out, vnto this decoction put eighténe ounces of Sugar, and let it sethe againe to a strupe, and then clarifie it with the white of an egge.

## What outwardly ought to be vsed.

FOr the grauell and the stone may diuers things be also outwardly vsed, whereof we shall hereafter write and discourse sufficiently, but we will first begin with the salue.

Take the fat of the kidneyes of a Weather, stamp it very small, and temper therewith a good cruisefull of the iuice of water Cresses, or garden Cresses, and let them sethe together: this being done, then straine it through a cloth, and annoynt you therewith.

In like manner is also good for all grauell and paine of the raynes, for the stone and the conduits of vrine, and for all diseases of the bladder, the pretious baulme or oyle, which in the last part of this booke is the first of all the rest that is described, if one be annoynted therewith.

For a plaister is this following to be vsed: Take Hollyhock rotes with the séede, Linséede, Figs, and Butter, of each an ounce, oyle of swéete Almonds two ounces, Ware as much as is needefull for to make a plaister, and then lay it vpon the kidneyes; afterwards you are also to annoynt the place of the raynes with the oyle of Scorpions, and to spout some of that oyle therein. Item, take oyle of Scorpions three ounces, burnt spunge stones, and burnt Magtayles, of each three dragmes, Iewes stone one dragme, make a salue or a plaister thereof with ware.

Item, in the former sixténe Chapter, and the fift §. is described a plaister of Radishes, which may also be vsed for this purpose. For this is also good a pap made of the crums of white bread decocted with wine and a little Saffron put to it.

Item, for to laie vpon it: Take Pellitorie, put some Scorpion oyle vnto it, oyle of Cammomill, and some oyle of *Camelina*; frie them altogether in a panne vntill it be as thicke as pap, afterwards put amongst it pouned Saffron, and then laye it vpon the kidneies.

Item: Take Pellitorie, Spikenard, *Spica Romana*, Fennell séede, Parsley séede, wylde yellow Rape séede, and *Assarabacca*, of each one handfull, poune them somewhat togither and put it in a bag, afterwards let it sethe in wine and laie it ouer the raynes.

## Of bathing and fomenting in the grauell.

ALl they that can come to the warme sulphure bathes, they may francke and freely vse them, for these be very necessary for to breake the stone.

But if so be that one cannot come at it, then let this folowing be prepared: Take Hollyhocke leaues, Fennell, Parsley with the rotes, Pellytorie, and Linséede, of each one handfull; put them togither in a bag and sethe them in a great kettle of water, afterwardes let it be méetely cold without putting any other water vnto it. Then set the patient in it euen to the nauell as long as he can abide it. This is to be often vsed, and so long vntill the patient do finde that the stone weareth away.

Another: Take Pellitorie, Lauender floures, Parsly séede, Fennell séede, wild yellow Rape séede; sethe them all together (as is aforesaid) and bath therewith. The bag is also to be layde vpon the kidneyes.

Item, take the herb Horsetaile, Mallowes, wild Thyme, the stalks of Rapes, put them altogether in a bag, and sethe them in a great Kettell with water; and further, let it be méetely cold of it selfe, and vsed as before.

When one hath then bathed a certaine space, then are diureticall potions and salues of the raynes to be vsed, made of such things as are described herebefore.

These are now the principallest things which of the ancient and later Phisitions are described against the grauell and the stone of the bladder, also whatsoeuer else is prescribed for the infirmities of the kidneyes, that is for this most méete and conuenient.

There be also mo accidents which are wont next to the grauell and the stone to accord and accompanie it, as *Lithiasis*, *Dysuria*, *Stranguria*, and *Ischuria*, and all these bring also great paine and sometimes swellings, whereby the conduits of vrine be stopt, but because that these altoge-

ther

ther belong but to the bladder and the neck of the same, therefore will we discourse thereof after the description of the Bladder.

But here is yet a heauie disease which procedeth from the Kidneyes, the which we are here to describe, and therewith to conclude this Chapter.

## When any one cannot hold his water. §. 5.

5: diabetes

THis disease the Grecians call *Diabeten*, the Latinists *Vrinæ Profluuium*, which is an vnnaturall fluxe of the vrine, with the great paine which is with this disease, there is an excessiue and intollerable thirst, the which when one thinketh to quench with drinking, then doth all that is dronke passe straight away from him, and is without any alteration of the same drinke, pisse out againe all together, whereby that this disease hath his name also *Profluuium*.

Well now, this is a disease of the kidneyes, which is wholy to be compared with the disease of the stomack in the fluxe *Lienteria*: in which disease of the stomack or fluxe, there is no satiablenes of meate, because that the meate receiued forthwith vndigested and without any alteration, passeth out through the bowels.

And albeit as is sayd, this vnnaturall heate of the raynes commeth from the Lyuer, the which afterwards doth drawe vnto it the moysture, which is receiued of the stomack, then doth this disease neuertheles for all that come from the cold of the kidneyes, & of the whole bodie, like as may be seene in them who get the Palsy, and cannot hold their vrine. If it procede of heate, then it is knowne by the paine and pricking about the kidneyes, and by the great thirst. If of cold, that is to be perceiued about the same parts, and in the outward members; for cold things offend him, and all warme things are acceptable.

By all these forementioned things are yet the tokens that in pissing there is no paine, and that there is stopping of the stale, when this sickness growes to be old whether it be in aged or yong persons, then is it estæmed to be incurable, for that it consumeth the bodie from day to day, and that so long, vntill that death follow after it.

The cure of these sickenesses depend on these rules insuing, whereof the first is, like as this disease is caused most out of heate and drieth of the Kidneies, then is the same to be remedied through cooling and moist things: secondly, if so be that the retentiue force of the kidneies be infæbled through the superfluous moisture which they do draw vnto them, then are men to strengthen the same (if it be caused through heate) astringent, and cooling things, and to alter their nature: thirdly, because that the whole body through the attraction and affluence of all watery moisture, waxeth faint and thirsty: Therefore it is good not to permit the sicke person to drinke much, that he fall not vtterly thereby into the consuming ague *Marasmum*: fourthly, if so be that the sicknes be caused through heate, and that the lyuer and the Stomacke be also thereby infected, then is he to eschue all light meates and egs: fiftly, to the end the moysture may be drawen to another place, then is after much drinking of water barbraking and vomiting to be prouoked: sixtly, all that draweth the moysture outward, as the sweate, is here very profitable: seuenthly, like as the body in this sickenes is commonly bound and obstructed, therefore is care to be had to open the same with Clisters.

And like as we haue expressed that this disease *Diabetes* can be caused through heate and cold, therefore will we write distinctly and seuerally thereof, and first beginne with the colde *Diabetes*.

6: f.

## Of the affluxion of the vrine through cold. §. 6.

THough now it happeneth like as we haue discoursed here before that the sicke persons do make water very much, and yet no heate perceiued thereby, or that a nights his vrine vnwitting runne from him, and had also no thirst and abated not; then are all such medicines to be giuen him which doe staye the vrine: for which these things following shall be very mæte:

To wit, Egs supt earely in the morning fasting, steæled milke, or wherein Pæble stones be slaked, but especiall is the sheepes milke commended for it.

Some

Some do aduise that for this disease is euery day to be taken halfe a dragme, or a dragme of Mithridate with a good draught of wine. These pils following are also highly commended for this disease: Take Beuercod, Mirrhe, Hyssop, Marierom, Acorne cups, and *Pieratrion*, of each a like quantitie, make them to pouder: then take the sirupe of Myrtles, and forme a masse of pils thereof; afterwards then giue a dragme thereof at once, to wit, when the patient goeth to bed. Or vse this pouder following: Take Acorne cups, poune them to pouder, and take thereof one quarter of an ounce at once with red wine before that you goe to bed. Item: Take a burnt Hedghogge poudered one dragme, or one dragme and a halfe, and giue it him as before; the flesh of an Hedghogge is maruellous good for this. Item: Take Acornes one dragm, Frankinsence three ounces, and fiue dragmes of prepared Coriander, fine Bolus, and Gum, of eache one ounce and a quarter; then make a pouder of it, and take euery morning thereof one ounce and a halfe with red wine. Item, take pouned Agrimony one dragme, with red wine when you goe to bed.

Outwardly may some of these things following be vsed: Take oyle of Lillies, or oyle of Costus, annoint the priuities with it and the parts about it. But temper amongst it some fine Bolus, Mastick, Momy, Mirrhe, and make a salue of it: Or laye one of these plaisters following vpon it: Take *Laudanum*, and Mastick, of each one ounce, Frankinsence, Cipers nuts, of each one dragme, *Lignum Aloes*, red Storax, Calmus, Galingall, Cinnamom, of eache halfe a dragme, Turpentine one dragme, or as much as is needefull, melt the *Laudanum* in a warme mortar, then make a plaister thereof and laye them ouer the priuities: but first shaue off the haire that the plaister may be taken off without paine. Or make this following: Take *Laudanum*, and Mastick, of each two dragmes, *Lignum Aloes*, red Storax, Galingall, and Quince kernels, of each one dragme, Turpentine one ounce; poune all that is to pouned, and adde the *Laudanum* vnto it as before, spread it one leather and apply it to the priuities.

Another: Take the iuice of Mints twelue ounces, Frankinsence, and Mastick, of each half an ounce, Cipers nuts one quarter of an ounce, Galingall, *Lignum Aloes*, of each one dragme, Cinnamom, or beaten Comin seed, as much as is needful for a plaister, vse it as is before shewed.

It is to be noted that the Comin seede must be parched before. What further is requisite for this purpose, it may be sought for in the third part the 11. Chapter, and also in the 12. chapter, in the first part, and 13. §.

## For the affluxion of vrine through heate. §. 7.

IF so be that there be with this vnnaturall affluxion of the vrine, an vnnaturall thirst, and the drinke forthwith pisse out againe; then are these meanes following to be vsed: First in case that the body be bounden, then minister to the patient laxatiue clisters of the Common coling herbes, wherewith *Hierapicra*, or *Benedicta*, with the oyle of Violets be tempered: and immediately afterwardes open the lyuer vain wherby all the ill accidents of the body may be defended & auoided.

And if it be needefull, purge the patient with yellow Mirobalanes, and with Cassie, which both do cole. But if you will make it that it be good for the grauell, then mixe things amongst it which expell the grauell: afterwards cause the patient to vomit when he hath dronken much water, like as is taught in the first Rule.

Otherwise, is this ensuing especially commended for this disease *Diabetes*: Take *Acatia* one quarter of an ounce, Rose leaues three dragmes, fine *Bolus*, Gum, and Dragagant, of each half an ounce, poune them all small together, and let it passe through a small Sieue. Afterwards make with it small Trocises, with the muscilage of Fleawort, and giue thereof the waight of a dragme with Endiue water, Burrage, and Cicorie water. Item, take fine *Bolus*, and sealed earth, of each one scruple, the iuice of Sloes, Pomegranate floures, Myrtle seede, red Corrall, and Roses, of each one dragme; make a fine powder thereof when he goeth to rest, with thick red wine: or take the innermost rinds of hens mawes, wash them cleane with wine, and dry them, the powder of a burnt Hares head and Mastick, of each halfe an ounce, Agrimony fiue dragmes, burnt powder of an Hedgehog halfe an ounce, temper them all together, and poune them all small to powder; afterwards giue thereof one dragme and a halfe with red wine when he goeth to sleepe.

Another.

Another. Take Nettle rotes one M. Veruaine and Caruway, of each one M. and a halfe, sethe them together in stales water, and drinke thereof.

Item: Take *Sorba* and Peares, stamp them together, distill a water thereof and drinke often of it, or mingle any other drinke amongst it.

Outwardly may these things following be vsed: Stamp cooling herbs, viz. Lettice, Purslaine, Nightshade, Houseleeke, Rose leaues, and Willow leaues. Or cut fresh Pompeons, or Citrons in broad peeces, and lay them thereon: you may also weare a beaten plate of leade vpon the raynes, the which may be made oftentimes wet with Vineger.

Also prepare this salue ensuing: Take three ounces of Poplar salue, oyle of Roses, and oyle of *Mandragora*, of each halfe an ounce, the muscilage of Fleawort one quarter of an ounce, Vineger one dragme, Ware as much as is needefull for to make therewith a salue. Item, take the iuice of Lettice, of Purslaine, and of Nightshade, of each one dragme and a halfe, Rose water one ounce, Vineger halfe an ounce, white beaten Poppie seede one ounce, Ware as much as sufficeth for a salue, and annoynt the raynes with it.

After the annoynting, lay then this plaister following vpon it: Take Barly meale, Vineger, and oyle of Roses, let them sethe together, and lay it thereon. Or take Vine leaues, Willow leaues, Quince leaues, Tassell leaues, and Houseleeke, of each one M. stamp them well together, and put vnto it fiue ounces of Barly meale, oyle of Roses and Vineger, as much as sufficeth for to make a plaister; then lay it cold vpon it.

## The order of Dyet.

ALl meates that do coole are good for this patient, as Veriuice, the iuice of *Ruscus*, Barly, and all that is drest with Barly, Almond milke, and Rice, all fruits which coole and bind, as Medlars, *Sorba*, Sloes, Cherries, sometimes also Plums, Mulberies, Pomegranats, and Strawberies are also good for him. If there be neither heate nor Ague with it, then may he haue the foresaid things drest, as Barly, Rice, and Almonds, with fresh broth. He may also vse otherwhiles Meates fete, and riuer fish, but very little salted. Also Hen broth decocted with cooling seedes is very good for him. His best drinke shall be Barly water, wherein a little Fleawort is decocted. Buttermilke is also good for him. The iuice of the first mentioned fruits may be mixed with fresh well water and so dronke, in like sort also the Rose water of it selfe alone. Thick red wine is also (as before) to be tempered with fresh well water. For this is also meete the Sirupe of Violets, or Julep of Violets, with some cooling waters, or tempered with some well water.

You haue also herebefore in the twelfth Chapter 3. §. other Juleps and confections moe which be also very fit for this vse, as *Triasantalon*, and *Diarrhodon Abbatis*, therefore is he to take now the one and then the other, to the ende that nature chaunce not to abhorre and lothe that which is to be taken.

For an intollerable thirst, may this following be vsed: Take burnt Iuorie ten dragmes, Lettice seede, and Purslaine seede, of each fiftene dragmes, Coriander seede, yellow Rose seedes, and fine *Bolus*, of each fiue dragmes, Pomegranate blossomes one quarter of an ounce, Camfer halfe a dragme; then make a powder of it, and vse one dragme thereof, or one dragme and a halfe at once, with the iuice of Pomegranates.

What is further good for the thirst, loke for it in the twelfth Chapter and 10. §. in the third part of this booke.

This patient must restraine and keepe himselfe from all labour, and conuersation or companie of women. Also to eschue all sowre things, and to performe and do in all things like as herebefore in the 6. Chapter and 1. §. is taught of the effluxion of humane seede.

Of

*The eighteenth Chapter.*

## Of the Bladder.

THis inward part, the Bladder, is common to all humane bodies; it is made of two strong skinnes or membranes, wherof the innermost skinne is twise as strong as the outmost, and that not in vaine, but to the end it might the better withstand the sharpnes of the vrine. Both these skinnes are formed of a slipperie white matter: and betweene both the skinnes or membranes, there runne many vaines, sinews, and arteryes euery way, whereby they do draw the moysture of the Ureters, which do come from the raynes, and carrie it into the Bladder.

For the foresaid Ureters be so small, and so narrow, that one cannot in a dead bodie discerne nor finde the same; like as also the bladder of Beasts doth manifest the same, which be so tight and so shut vp, that no water nor wind can pearce through.

In men doth this Bladder lye with his neck (which is fleshie) very hard besides the Arsegut, croked, and almost like this letter *S*, great and long euen to the beginning of the yarde. But in women the neck of the bladder doth lye somewhat higher then the neck of the wombe, it is also shorter and wider, and therefore also they may much easier be holpen of the stone then men. Item, in the forepart of the neck of the bladder there is a muskellish flesh, the which holdeth the vrine so long shut vp, vntill a body desire to make or let go his water. Further, mens bladders be also according to the proportion of the bodie, much bigger then in any other beasts: they can also stretch out themselues very farre, whereby that they in time of neede may retaine and keepe a great quantitie of vrine.

Whensoeuer this Bladder also is pricked in her membrane substance, or a hole made in it, then is it incurable; notwithstanding that *Aristotle* doth thinke that it hath beene healed, but very seldome: for the neck of the bladder which we haue sayd to be fleshy, may be healed without plaister or salue, and onely thorough the vrine, like as is sufficiently made knowne, and shewed by the stone cutters.

Amongst Beasts, they onely haue bladders, which bring forth a liuing creature into the world, and that haue lights full of bloud. But all that do lay egs, as fowles and wormes, they haue altogether no Bladder, the Tortoyse only excepted.

This Bladder is by nature ordayned for a receiuer of the vrine, and to the bodie a verie needefull member, for if so be that nature must haue expelled all her waterish moysture through out all the whole bodie, not hauing any particular vent or passage for it, then of necessitie should a bodie oftentimes either dry away, or stifle.

To this Bladder do also happen oftentimes many sundry diseases, and perilous infections, as the Grauell, the Stone, painefull making of vrine, retention of the same, the Strangurie, slime, obstruction through bloud, the which doth not onely cause heate, swelling vlcers, and deadly impostumes, but also bringeth with it many kinds of other perils; and because that we herebefore haue written at large thereof, therefore will we not here rehearse them againe, but onely speake and discourse of those things that concerne the Bladder, and the neck of the same.

### Of retention of vrine in generall. §. 1.

VNder the name of the retention of vrine, we do comprehend all accidents, whereby the water is retained and kept back, whereof there be fiue kindes disclosed in the seuententh Chapter, in the conclusion of the fourth §. and heere are to be rehearsed. Amongst all these is the one more violent then the other, and for that cause are to be cured and holpen with diuers and sundrie remedies.

First, we will speake of the disease which the Grecians do call *Lithiasin*, which is, when the stone of the bladder relyeth on the neck of the same, hindereth the passage of vrine, or causeth such a distention of the yard and foreskin, that this and the stone together doth wholie hinder and keepe back the vrine, which is not without great paine and trouble to the

patient: but these meanes following are to be vsed in this extremitie.

If so be that the stone of the bladder cannot be expelled through the former remedies, then put back the stone and so let out the vrine. First, the patient is to be layde on high with his arse, and spread his legs abroade, and shake and rub the place strongly, that thereby the stone may be remoued from the neck of the bladder, or the same is to be put back with a siluer instrument, that thereby the vrine might freely passe forth. But great care is to be had whether the passage for the vrine be not shut vp by some swelling, otherwise would the yard within thereby be bruised, and the griefe made worse then before.

The second manner of the retention of vrine is *Dysuria*, which is when a man doth make water with great griefe and paine very slowly, the which is commonly perceiued by the pricking paine, and great heate in the forepart of the yard.

The third kinde of the retention of vrine, is called *Stranguria*, which is when one is constrained to make water often, and that with a fewe drops at once. These two sortes of retention of vrine, are so like one to the other, that fewe Phisitions can seuer them, yet neuertheles haue they some differences.

Both these kindes are caused of a sharpenes of some humor and of the vrine: or through the debilitie of the muscles and of the retentiue power. For if there come any sharpe or corroding humor into the bladder, then will it presently by force expell the same without any intermission.

Or if the retentiue vertue of the bladder be weakened, then can it not abide the least distention in the world, but let the vrine continually passe forth as an intolerable burthen.

*Ischuria* detayneth the vrine altogither, and is caused diuersly; to wit, of heate, of the hardnes of the passage, of the debility of the expulsiue and force of the retentiue vertue, and of the forementioned disease *Lithiasis*.

Also if there be any grosse and tough slime gathered togither in the passage of the vrine, or if there be any clotted blod, through blowes or fals, setled in the bladder, which there doe hinder the course of the vrine.

In like manner also when the kidneies, and the bladder doe ranckle and inpostumate.

Lastly (as it oftentimes hath bẽn found) when the water is long held vp.

And albeit there be many sorts of this retention of vrine, which at the last may cause impostumes, vlcers, and much paine: Yet is this the totall summe and conclusion, that all of them that detayne or hinder the frẽ passage of the vrine, doe require but one kinde of remedy. Notwithstanding this we will in this our discourse following, (as much as shall be possible) shew some differences in them.

Although there haue bẽn diuers causes shewed before of this disease, yet (to prosecute our accustomed method) will we recite them once againe: namely, if one haue fallen hard, or haue had a blow or bruse on the bladder. Item the tumors & impostumations which do stop the passage of the vrine. Also when the backe or any other part of the body is bruised, and the blod fallen downe into the bladder, and there lyeth clotted. Likewise thicke tough slime or corruption, or other causes more &c. whereof partly hath bẽne spoken of before in the 16. Chapter, and 7. §. and partly shall be intreated of hereafter more at large.

The signes of this maladie are these: if it procẽde of any outward cause, that may be inquired of the patient. Or if the same be caused through congealed blod, stone, slime or corruption, then may the same matter be perceiued by the vrine, and by the paine of the place infected, whence the matter commeth. Also by the siluer probe, whereby the stone may be felt, or by the blod and slime which remayneth on the instrument being drawen forth.

## Of the paine which is caused by the retention of the vrine. §. 2.

WEe haue amongst other thinges before made mention of grauell, whereby not onely the patient is grieued with great paine, but also the Phisition is hindered from the application of those remedies as may seeme meete for him: wherefore it is specially aduised, first to delay the paine, or at the least to diminish it: For the which these remedies following are especially commended.

All gentle Clisters, easie purgations, and aboue all others, baths of warme water,

water, wherein Mallowes, Hollihocke rootes, and Nettle rootes, Gromell sædes, or any such like mollifying things and Sarifrages are decocted, wherein these patients are oftentimes to bathe themselues euen to the Nauell.

Item, take Colewort leaues, Southernewood, Rosemary, Pigeon dung, wilde Saffron sædes beaten grosly: sæthe them all togither in water for a bath. Or take mallowes, Hillihock leaues, Pellitorie of the wall, Southernwood, *Creta Marina*, Fenegræke sæde, Hollihocke sæde, of each two M. sæthe them all togither vnto a bathe. Afterwards annoynt the kidneies with the oyle of Scorpions or with any of the foresaid salues.

With this bathe may this powder following also bee vsed, with the decoction of Pepper: Take the sædes of Purslaine and of small Endiue, of each halfe a dragme, Dill sæde two scrup. Marierom halfe a scruple: giue this to the patient when the paine is present.

Note also, that these two meates be very good both for the retention of the vrine, and also for the Strangury. And if so be this be holpen, then will the paine which is in the end of the yarde, sone cease.

In the description of the kidneies there may you sée many plaisters, salues, and oyles, as that of *Anodynum*, and others moe which are very mæte for this purpose.

## Of the stopping of the vrine through the debility of the vertue retentiue. §.3.

IF any one be hindered in the making of his water, or that the same be altogither stopped, without any swelling, vlcer, or paine of the kidneies; it is then to be censured that the same should come through the debilitie of the vertue expulsiue: against the which such things shall be vsed as are diureticall, or that do prouoke vrine, as these pils following: Take the sædes of Smallage, Saltpæter, Madder, great Smallage, Juniper berries, *Asarabacca*, *Ameos*, Fennell, *Spica*, and bitter Almonds, of each one ounce and a quarter, Melons fiue dragmes, *Cantharides* (the heads and wings cut away) halfe a dragme, *Ammoniacum* one dragme and a halfe; dissolue your gumme in wine, and mixe all the rest being beaten small, amongst it: then make pils of them of the bignes of Pealon, giue three of them at one time. These pils haue an especiall efficacie for to drie the bodie, so that they are accounted very good for the dropsie.

The *Electuarium Ducis* is also very good for this purpose, if thou giue one quarter of an ounce of it with Pease broth or wine which thou wilt.

There was not long since one cured with this remedy following, who for the spack of fiue daies could neuer make his water. First he toke this glister: Take Pellitorie of the wall two handfuls, Mallowes, and Cammomill, of each one handfull, boile them togither; then take of this decoction the accustomed quantitie and temper amongst it one ounce of Cassie, oyle of Cammomill three ounces, Turpentine one ounce, Licorice one quarter of an ounce, minister it warme.

Secondly this following was also ordained for him: take Cassie, and Turpentine, of each one quarter of an ounce, *Benedicta Laxatiua* two dragmes, prepared Jewes stones one dragm, make an electuary therof with *Oxymel*. At night he toke two ounces of *Oxymel* with the water of maiden haire, and presently after this he made water.

Item, take fower or fiue ounces of the iuice of Pellitory of the wall, and clarifie it with the white of an egge, then sæthe it with Sugar to a sirupe, and vse three ounces thereof euery morning with the water of Mallowes, or with any such like distilled liquor.

This done, giue vnto the patient a purgation of Cassie. Thirdly, take Coriander sæds halfe an ounce, Mallowes one handfull, one head of Garlicke, poune them all togither, and sæthe them with good white wine vntill that one third part be consumed, and giue him thereof three ounces to drinke.

Peach kernels, and the kernels of Cherrie stones do also prouoke vrine. Item, preserued Pimpernell rootes, Calmus, and the rootes of *Eringus* are also very good for this purpose, confected Louage sæde, Annis sædes, Fennell sædes, Caruway sædes, Comin sædes, and Sarifrage sædes, these do all expell vrine, grauell, and stone. Treacle and Mithridate do also cause one to make water. Item, the confection of Cherries with their kernels beaten in peces, and rub it

thorow a strayner is also méete for this vse; also halfe a dragme of dried Grashopers is very fit and a great secreat in this disease. Item, the stone which is cut out of a liuing body, and vsed as before hath bene shewed (in the expulsion of grauell) is also very conuenient and very commodious for this intent.

Take Tormentill, Piony, *Bistorta*, Acornes, and wilde Flaxe, of each a like much; poune them all togither, and take thereof in the euening and morning one dragme with wine. The Spanish Flies do expell vrine most violently, but beware of them bicause they be very sharpe and exulcerate the vreteres, but the Grashoppers are somewhat milder. Item take the rootes of Pimpernell be aten small as much as one can containe betweene his two fingers, and drinke it with wine. The pouned shels of Hasell nuts do the like also, and the iawes of Pickerels, if thou take of each of them a like quantitie.

But if the vrine be stopped by reason of the stone in the bladder, then giue vnto the patient two small drops of the oile of sulphure with wine or Agrimonie water: or beate a Radish very small, presse out the iuice of it, and take halfe an ounce thereof with wine, it prouoketh vrine immediately and breaketh the stone also. Item, drinke in the morning three or fower ounces of Radish water very warme, and fast two howers after it. In like manner also two in the euening two houres before supper, and walke after it.

Another: Take Mallowes, and Garlicke, of each a little, séethe them in wine vntill the third part be wasted away, drinke three or fower ounces of this decoction at once. Or take *Balsamina altera* and the lesser burre leaues, boile them togither in wine, and drinke it as before. Take a great Onion cut it small, and Mallowes one handfull, boyle them in wine and drinke oftentimes of the decoction being warmed

If a child could not make his water, then take ten or twelue bitter Almondes, and ten or twelue Peach kernels, and two ounces of Currans, stampe them all togither, strayne them thorowe a cloth with water like to Almond milke, and giue it the childe to drinke like Almonde milke.

Amongst the herbed wines are especially commended for the prouoking of vrine, the wine of Elecampane, of Harts tong, of swéete Marierom, of Cherries, of *Assarabacca*, and of winter Cherries, which are also mentioned before in the treatise of the grauell. But if any one might not drinke wine at all, or that he had it not, then may he drinke Meade or Hony water, which also is very good. What sirupes and other things might be vsed for the prouoking of vrine, that hath sufficiently bene shewed before in the discourse of the grauell. But *Oxymel compositum* and the sirupe of Vineger are for this vse very highly commended: Glisters are of no small force in this disease, but especially when they be made with *Benedicta* and the oyle of Scorpions.

Amongst the outward remedies are the forementioned bathings, the especialleſt and the most highest commended.

Héereafter follow the descriptions of salues and plaisters: take a sliced Radish, séethe it to pap, and temper amongst it the oile of bitter Almonds, and the oyle of Scorpions with a little ware, then spread this very thicke vpon a cloth, and so laye it vpon the priuities. Item, take Turpentine, oyle of Scorpions, and of bitter Almonds, of each a like quantitie, and a little molten ware, then temper them togither, and therewith annoint the whole priuities.

Another: Take the oyle of Scorpions, of *Costus* of Lillies, of Dill, and Ducks grease, of each halfe an ounce, Pellytorie of the wall, and Saxifrage beaten, of each one dragme, Comin three dragmes, war as much as sufficeth for a salue. For this you may also vse the balmes and oyles which are described in the eight part, like as shall be shewed there more at large.

Héere before in the affluxion of the humane séede, is also admonished that the nauell is to be filled with a little old suet, either of an Ore, or of a Hart; the which is also an expert remedie for the making of water, but that is oftentimes to be vsed. The oyle of Saint Johns wort should also expell vrine if one be annointed warme with it.

If now there be any body which cannot make water, then cut two great onions and put a a spoonefull of Caruway vnto it, poure then thereon some Sallet oyle; afterwards frie them all togither and spread it one a cloth two handfuls broad and méetely long, and so lay it (as before) vpon the priuities as warme as can be suffered; do this fire or seuen times togither, it helpeth euidently. Item, take Pellytorie of the wall frie it in oyle, and so lay it warme on the priuities.

Some

Some do write that the fat of Conies annointed on the priuities & on the kidneies, should marueilously expell vrine. Likewise also the oile of bayberries, of cammomill, & of scorpions. The detention of the vrine of what cause soeuer it be caused, this insuing is good for it: take liue or dead wood, lice lay them ouer the priuities before, & then plucke ouer the foreskin. These & cony fat are by some very highly cõmended: also the foreskin is to be put ouer the annointing with conie fat.

This insuing is also highly commended for women when they cannot make water: Take filed goates horne, and maiden haire, of each alike quantitie, make them to pouder and strowe them on a new hot tile. put this into a close stole and the woman vpon it, then sprinckle wine on the tile to the end she may receiue the vapour beneath: this is to be done twice or thrice a day, according as the obstruction of the vrine is great. But if this maladie seeme wholly to get the maistrie, then take the water of picked Plantaine, make Almond milke with it, and drinke thereof twice or thrice day, it is also especiall good. And if so be that the sharpnes of the vrine had made any excoriation, then annoint the place with the oyle of egs. And if a woman with childe cannot make hir water, then is she to take yellow Rose seedes & seethe them in wine; when the paine is somewhat asswaged, then giue thereof to drinke: afterwardes make a little oyle of Lilies warme and annoint therewith the raines and ouer all the belly. Item: Take Sage, and Wormewood, of each one handfull, Rye meale one spoonefull; seethe them altogither, and let the woman sitting on a close stole receiue of the vapor.

You haue also in the fift Chapter, and first §. somewhat elsse, which is also meete for this purpose.

## Of the retention of vrine through fals or blowes. §. 4.

IF the retention of the vrine come of any outward cause, as of fals, or of blowes, then must good heede be taken if so be that thereby any coagulated or clotted blood, not onely in the bladder, but also in any of the inward parts came to putrifie, like as in the stomack, in the breast, and elsse where, then may great sorrow and trouble proceede of it, yea death it selfe: for that there follow great faintnes after it, great weakenes of the whole body, and the pulse will be so small that one can scarce feele it.

And to remedie the same is the lyuer vaine of the sicke person to be opened, and the bruised place be irrigated from on high, oftentimes with warme water wherein Cammomill, Melilot, and Roses, be decocted. Afterwards is the sicke person to be annointed with this salue insuing: Take Myrrhe, and Mastick, of each one dragme, oile of Roses one ounce, oile of Dill halfe an ounce, ware as much as is needfull.

But if the paine will not abate and cease, and that it appeare that the bruse will come to an impostume, and heat, and an ague sticke vnto it, then open the *Saphea*.

If the patient be bound, then are milder clisters and purgations to be vsed, and the patient is to keepe himselfe as sober in eating and drinking as may be possible the space of two daies, and afterwards to diet himselfe like as in one that hath an ague is wont to do. The place is to be fomented with the forsaid herbes, and thereupon to annoint it with warme oile of Violets, and with oile of Cammomill. The bladder is softly to be wrung from the top euen to the priuities: also an Ore bladder may be filled with this decoction following & laid vpon the priuities.

Take Mallowes, Cammomill, Rape leaues, Melilot, Violet leaues, and Linseede; seethe them togither and make a felt or spunge wet in it, and laye it warme vpon it. You may also make a bathe for the loines thereof, putting thereto some Hollihocke rootes, Onions, Garlicke, and coleworte leaues pouned all togither; seethe them and wring them out well, then put them in a bag which hath a hole in the middle to put the yeard therein, and that he may lie vpon it. Item: Take Wormewood, put it in a bag, seethe it in wine & wring it well out, then lay it vpon the priuities as is exprelled, & admonish the patient that he indeuor himselfe to pisse oftentimes.

This insuing is not onely good for the clotted blood in the bladder, but also for all other places of the body, be it of whatsoeuer occasion it may be: Take Wormewood, Fennell, Smallage, the seede of the yellow roote, red Storax, peeled Melon seed, and Radish leaues, of each a like quantitie, make a pouder of them, and giue thereof betweene one and two dragms with Asses milke, or with water wherein fennel roots, and the rootes of smallage, of parsly, of Sperage, or of *Ruscus* be decocted.

## Of the retention of vrine through some obstruction of the conduits. §. 5.

IF so be that it happen that this retention or painefull making of water do vex or paine a bodie: and yet neuertheless the bladder is full of vrine, & that the patient had pist any blod or matter before: Item, are those remedies to be giuen him which do open, and which do attenuate the clotted blod and corruption in the bladder, and make it fluxible: Therefore one must first beginne to wring the priuities hard, that thereby the lowermost passages may be opened, and the vrine may runne out. Now if so be that this obstruction do come of clotted blod, of matter, or of slime, then are Sperage water, Saxifrage water, and radish water especially good for it. In like maner is also very good the brothe of red Pease, of Fennell rotes, of Parsley rotes, and of Smallage, of each apart, or boyled altogither: also Limon water is very much commended for this vse. Item, treacle, good mithridate, & most of al that which is declared in the retentiõ of the vrine.

Also Salt water or this following may be spouted into the bladder, which may drawe out the vrine through their sharpnes: take burnt ashes of Ferne, Vine ashes, and lime, of each a like quantitie, poure as much water vpon it vntil it be couered, let it stand so the space of three daies: afterwards poure it through a tight cloth, and spout a little thereof into the bladder. This can also be done with the oile of Scorpious

Item, take the sædes of Carrots, the sæde of stone Parsley, and of Parsley, of each one quarter of ounce, *Hermodactyli* three dragmes, make a pouder thereof and giue one dragme thereof at each time: Or take the sæde of Smallage, of Parsley, of Pyonie, of Brames, and of Saxifrage, of each one quarter of an ounce, Fennell sæde, Caruway, and Annis sædes, of each halfe a drag. Gromell sædes, *Spica*, Cinnamom, pæled Melon sædes, Pompeon sædes, Gourds sædes, and pæled Cucumber sæde, of each one dragme, Licorice three dragmes, Sugar one ounce and a half, make a pouder thereof and giue of it euery day one dragme with some diureticall decoction. If so be that the sicke person haue no stooles, then is the matter first to be prepared with *Oxymelle diuretico*, or with *Oxymel* of squils, and afterwards to purge with *Medicamine*, *Turbith*, and with *Agarico*, or with *Benedicta Laxatiua*, whereunto are added *Hermodactyli*; also these insuing clisters may be vsed.

Take Pellitorie of the wall, water Cresses, Saxifrage, and Cammomil, of each one handful, sæthe them al togither in water, & take twelue or sixtéen ounces of this decoction, *Benedicta Laxatiua* one ounce, Cassie, and *Hiera picra* of each one quarter of an ounce, oile of Rue, three ounces, make a clister thereof.

For an outward application, take two handfuls of Rue leaues, poune them a little and fris them with butter, or with oile of swæt Almonds, or oile of scorpions, and lay it on the priuities.

Another: take dock rotes as many as you please, sæthe them in wine, fry them and vse them as before: or take wheaten bran, let it sæthe to pap with oile of Nuts, and vse it warme. Item, take pellitory of the wal, water cresses, saxifrage, and *Diptamus*, of each one handful, fennell, and annis sæds, of each halfe an ounce; sæthe them togither in white wine and wring it out hard: put it betweene two clothes and lay it on the priuities. You may also put the same decoction into the bladder, and so apply it warme vnto it.

Of the first mentioned may also a bathe be made whereunto diureticall medicines shall be added, as Cammomill, *Stechas*, Marierom, mints, the buds of Colewort stalkes, Pigeon dung, and let the sicke person bathe therein as long as he can suffer it.

Another: take Colewort leaues, Hollyhock leaues, water cresses, and garden cresses, Pellitory of the wal, *Clauicularis*, Cammomil, Smallage, and Parsley rotes, of each three handfuls; sæthe them all togither vnto a bathe, and then lay the decoction herbs vpon the priuities.

For a salue you are to vse dogs grease, and wild cats grease, of each one ounce, *Ammoniacum* halfe an ounce, oile of Lillies two ounces, oile of Scorpions one ounce, make a salue of it with ware & vse it like as the other salues: or take the salue which is described in the 3. §. beginning thus. Take oile of scorpions, &c. Item temper balm & oile of roses of each a like much with ware. Further, of all these oiles following may also salues be prepared, as of the oile of scorpions, of bitter almonds, of lillies, of the kernels of cherries, & of pepper, or one may also vse them as they be. For this disease are al things meet that be ordained for the stone of the badder, & of the kidneies.

Of

## Of the hote and scalding vrine. §. 6.

THere hapneth also otherwhiles such a burning with the vrine, that the patient thinketh none other then that fire palleth thorow his yard. The cause of this is, that there be mixt with the vrine some hote cholerick or salt humors, which make this scalding in the passage.

This commeth commonly of great labour, of much and long walking, or trauelling, through heate of the Sunne, through much venery, through long vse of many hote meates, or for that the conduits of the yard haue some exulceration within.

This infirmitie is indede not to be regarded slightly, for if it continue long, then doth it excoriate the yard within. The signes thereof be sundry, to wit, when the patient auoydeth in his water sometimes matter, small skales like bran, and otherwhiles also bloud.

These kinds of sick persons are to beware of all sharp, salt, and sowre, and such like meates, because that thereby the paine will be augmented. But he shall contrarywise vse all cooling and moysning things, as well boyled Barley, Spinage, Lettice, Purslaine, Mallowes, Apples, Melons, Pompeons, Gourds, Prunes, Peaches, and Cherries, &c. Item, Lamb, Hens, and Partriches, drest with the foresayd herbs are the best meate for him: Buttermilke, and that sodden, is also very good for him.

He is to take for his drinke Barly water, Buttermilke, watered wine, and fresh water, tempered with sirupe of Violets, or sirupe of Roses, Almond milke, or Sheepes milke (which is most méete for him) if there be one dragme or two of fine *Bolus* tempered amongst it. Item, giue him sirupe of Violets, with water of Melons: or if you haue it not, then beate the sædes, and make thereof a decoction, afterwards drinke it with the other meates (in the morning and euening) vse this powder following: Take pæled Melon sædes fiue dragmes, pæled Cucumber sædes, Citron sædes, and pæled Pompeon sædes, of each one drag. and a halfe, Henbane sæde one drag. Sugar the waight of all the rest, then temper them all together; take thereof euery morning and euening the waight of three dragmes, with Julep of Roses.

Another: Take pæled Melon sædes, sædes of Pompeons, of Gourds, & of Cucumbers chopt small, of each one ounce, the sædes of Purslaine, of Henbane, & white Poppie sæds, Licorice, and Corans, of each one drag. Sugar 3. ounces, temper them together. Item, take Lettice sædes, and the sædes of Purslaine, of each halfe an ounce, pouned Sugar 2. ounces, make a powder thereof, and vse it in all meats and drinks, it is maruellous good, yea for all old folks also.

These Trocisks following do cole and clense the kidneies, and the bladder, of all such matter which do inflame or ouerheate the conduits of vrine.

Take pæled Melon sædes, Pompeon sædes, Gourd sædes, & pæled Cucumber sædes, of each halfe an ounce, *Dragagant*, red Saunders, of each one drag. and a halfe, Purslaine sædes, white Poppie sædes, of each three drag. white Henbane sædes one drag. make Trocisks thereof with the muscilage of Fleawort, afterwards take one drag. of them & breake it in Barly water, and giue it earely in the morning and at night going to bed. You may also make an electuary of it. Callie taken with Turpentine, is also especially good for this purpose. The oyle of swæte Almonds allwageth and coleth also the heate of the conduits of vrine.

If in case then the patient (because of the sharpnes of the matter) ought to be purged more, then is the same to be done with sowre Dates, *Manna*, and Rubarb stæped in Endiue water, or with the decoction of Violets: if there be salt phlegme with it, then giue him Callie tempered with the whay of Goats milke, wherein Polipodie rotes, Annis, Violets, and Burrage floures haue bæne decocted. When he hath thus bæne purged, then is the Lyuer vaine to be opened, and the foresayd powder to be diligently vsed.

If so be that a child hath this disease, then take Mallow sæds, *Dragagant*, & Licorice, of each alike quantitie, sæthe them in water according to the importance of the cause, and let him drink none other drinke. If his vrine be very sharp, and hot, then take so much the more of the sædes. And in case that a child through the sharpnes of the vrine had gotten some exulceration, then vse this salue ensuing: Take Birth halfe an ℥, Barly meale or Beane meale, one ℥, temper it to a soft vnguent with the oyle of Roses, spread it on a cloth, and then lay it where it is nædefull.

The brayd white of an Egge may also be spouted into the priuities, or take the muscilage of Fleawort, and of Quince kernels, of each one drag. temper them with womans milke.

Or take the sæde of Fleawort three quarters of an ounce, the sæde of Quinces 5. drag. péled Melon sædes, Pompeon sædes, Gourd sædes, and péled Cucumber sædes, of each one quarter of an ounce, white Poppie sædes one dragme and a halfe; sæthe them all together in a pinte of water vntil the third part be walked, then straine it thorough a cloth that it may be like a muscilage, and spout thereof into the yard, it coleth and allwageth the paine.

You shall vse outwardly red and white Saunders, the sædes of *Ruscus*, burnt Juorie, and Mirtle sædes, of each one quarter of an ounce, the iuice of Plantaine, and Rose water, of each one ounce, Barly meale as much as sufficeth, then poune them all together, and make a soft pap of it: you may also put vnto it two whites of Egs. But if one desire to haue it stronger, then is the iuice of Sloes, and *Hypocistis*, of each one dragme, to be tempered amongst it, and so to be layd vpon it. If so be that the yard haue an exulceration within, then is a cloth to be made wet in Rose water and layd vpon it.

## If any one be forced against his will to make his water. §. 7.



Although this disease which the learned call *Diamnem* be somewhat like vnto *Diabetes*, and especially in this, that in both sorts of these diseases the vrine passeth away against ones will and pleasure, yet is there neuertheless a great difference betweene them, for that with the disease *Diabetes* is a great heate of the kidneyes, her attractiue vertue is against nature, whence followeth a great thirst, and great quantitie of vrine, all which is not with the disease *Diamnes*. For *Diamnes* is none other but a continuall flure of the vrine against a bodies will without any paine or heate, and also without any feeling of it. The occasions of this maladie may be when the muscles of the neck of the bladder be perished, like as otherwhiles happeth in cutting of the stone. This can also chaunce thorough fals, thorough blowes, or thorough great cold, as to sit vpon a cold stone, thorough cold sicknesses as the Palsy or Lithargie: item, thorough immoderate and excessiue drinking, and thorough great binding in the bodie. They may likewise happen vnto women with Child, when the Child oppresseth the bladder too hard. Lastly also thorough some impostumes about those parts. The signes of this disease are apparant, to wit, that all warme things are acceptable to the patient, and cold things contrary and hurtfull. When these diseases (as often befalleth) are caused thorough cold, then is this electuary very good, which hath great efficacie for to stay this flure of vrine.

Take Cypers nuts, the rinds of Cypers, Frankincense, and the rinds of the same Mirtle sæde, Comin, Mirobalanes, both fryed and dry Pigeon dung, of each three dragmes, Amber, red Corall, and Roses, of each one quarter of an ounce, sirupe of Quinces as much as is nædefull for to make an electuary therewith, whereof is to be taken euery morning, none, & euening, the bignes of a Chestnut, with a decoction of Cypers nuts, Sage, Mirtle sæde, and such like. This electuary is also good for the laxes, called *Diarrhœa*, and *Lienteria*.

Another. Take *Mirobalani Chebuli, Emblici,* and *Bellirici,* of each fiue dragmes, Akornes three dragmes and a halfe, which haue layde 24. howres steeped in Vineger, Cypers rotes, Mirtle sædes, Frankincense, dryed Elecampane rotes, red Storax, red Corall, and yellow sædes of Roses, of each two dragmes and a halfe, Mirrh one dragme and a halfe, stampe them small, and make an electuary thereof with clarified hony.

For this is also good Treacle, Mithridate, and burnt Ore bladders, each taken alone with wine. Item, take the dryed kidneyes of a Hare, stamp them to powder, and Dill sæde, of each halfe an ounce, the sæde of Smallage one quarter of an ounce, make a powder thereof, and giue it betweene two and three dragmes at once with a little cold water, boyled Hedgehogs flesh is also very commodious for this purpose.

If so be that the patient haue any nede of stooles, then is this Clister following very commodious for it, for when he keepeth it very long, then doth it strengthen the neck of the bladder, and drayeth it together, that it doth afterwards kéepe the vrine the better: Take Sage, Rue, *Clauicularis*, field Cypers, Cammomill, *Stechas*, Nuts, floures and rinds of Cypers, of each halfe a M. then let them sæthe together, and vse this Clister like as is accustomed, but mire the oyle of Beuercod and of Behen, of each two ounces amongst it, powder of rosted Chebuli, Mirtle sædes, and Cypers rotes, of each one dragme and a halfe; lastly, temper them all together.

Outwardly

Outwardly he may vse the Minerall and Sulpherish bathes; but if one cannot get them, then make a dry sweating bathe with the foresaid herbs, which are named in the description of the Clisters, which also one may vse for a bath for the raynes, if the same be sodden in Wine or Lye, and put salt or Allome vnto it. The priuities and bladder are also to be annoynted with these oyles following, whether they be tempered together, or each apart, viz. with oyle of Beuercod, of Behen, and Elderne, amongst which there may be a little *Pieretrum*, Pepper, and the rinds of the Cypers tree mixed.

His order of dyet consisteth principally in this, to wit, that he do not ouercharge himselfe neither with eating nor drinking, and vse nothing which forceth vrine, as Radishes, Cucumbers, Melons, Parsly, fruit, and such like. He is also to refrayne from all cleare, white, delicate wine, and from Syder, but is rather to drinke a red, thick, hard, and vnwatered wine.

He must strowe his meate with pouned Comin, which is somewhat parched: also with a little Mustard seede, Pepper, Caruway, or which he please: and he must specially beware of all that ingendreth much moysture in the bodie: rosted Chesnuts and hasell nuts, be very good for him.

## Of the excoriation of the bladder, and of the neck of the same. §. 8.

8: §.

THe causes of this disease may be a precedent impostume, or some sharp humor of the bodie, the vse of some hote meates and drinks, which are salted too much, or some thing else which do exacuate the vrine, as is before discouered.

The signes of it are detention of the vrine, and although the same haue some small passage, yet hapneth it with anguish and great paine of the priuities, and of other parts adiacent. In the vrine are small skales to be seene, also otherwhiles bloud and corruption, the which doth stinke. And now for to remedie this, then loke what hath beene prescribed against the grauell, stone, and such like, for all that is also meete for this purpose, and therefore not needefull to be rehearsed at this present.

But heere is especially needefull a good order of dyet as hereafter followeth: all salt, sowre, sharp, and sweete meates; also all great exercise must he refraine: yet all mild meates, and specially Sheepes milke is he to vse.

He is to vse for phisick such things which do mundifie and cleanse the vlcers of their corruption, viz. *Trociscos Alkekengi* three dragms, with sirupe of Julep of Violets. He is also oftentimes to drinke Meade, *Sief Album Rasis* one dragme or two tempered with milke is oftentimes to be iniected into the bathe, or hony water wherein Figs be decocted.

## Of the impostume of the bladder, or of the neck of the same. §. 9.

9: §.

THere do come very seldome impostumations in the bladder, or in the neck of the same: yet when they come there, then commonly be they caused through bruses, blowes, and fals, vpon the same place, or such like: Item, through a sweatie and bloudie bodie, which is mixed with *Cholera*, repletion of the Matrix, and of the kidneyes, whence the matter falling into the bladder, and there impostumateth; the stone in the bladder may also cause the same.

The signes of these impostumes are Agues, which be caused of paine, also biting & pricking paine aboue the priuities, swelling of the same place, with heate, which is also to be perceiued by feeling detention of the vrin, the which the patient cānot otherwise auoyd, but standing only.

Herewith commeth also oppilation of the bodie, parbraking of *Cholera*, heauie breath, cold of the outward parts, swelling of the tong, and distemperance of the braines: they be also distempered through hote and diureticall things, age, hote weather, and a licentious life do trouble and harme these patients greatly.

In these impostumes be certaine common rules prescribed. First, if so be that this impostume be in the bladder, in the neck of the bladder, or in the yard, then is no diureticall medicine to be giuen him. Secondly, the matter which causeth these impostumes, is to be deriued to an other place, except it were in the plague, for then ought first a vaine to be opened. Thirdly, when it is knowne which humor is most paccant, then must one loke to purge the same with appropri-

appropriated medicines: fourthly, there be not any attractiue clisters (neither in the beginning nor augmenting of the impostume) to be vsed, to the end that by the affluence of the humour the impostume be not augmẽted: but one is to vse only mild things, so that through the great binding in the bodie there insue no hurt: fiftly, repelling medicines are not to be too long vsed, that the matter be not made too grosse, and these parts which be cold by nature be more refrigerated and cooled: sixtly, whensoeuer through cooling things the outwarde accidents be somewhat eased, then are such things to be vsed as may asswage the paine: seuenthly, if there be but a little moisture in the patients bodie, then are besides the expulsiue pudicaments, also bathing and rubbing is to be vsed: eightly, if there be any impostumes in the necke of the bladder, then must one beware to vse any instrument about or in it: (for that in doing so) you might hinder the matter greatly: ninthly, when the detained vrine, neither of it selfe, nor of any instrument may be letten out, then are other meanes to be vsed, whereof we haue written somewhat before.

Thus for to helpe this disease, is in the beginning the *Basilica* to be opened, according to the prescription of the second rule, and let out as much blod as shall seeme meete. But if the patient finde himselfe meetely strong, and if so be that the matter be much, then is the *Saphea* to be opened the next day after. If the impostume be through heate, as of blod, or *Cholera*, then take oile of Roses, and vnripe Sallet oile, of each one ounce, Wineger halfe an ounce, temper them all together; afterwardes annoint it vpon the place of the paine, and then strow vpon it this pouder following: Take Myrtle seede, Roses, Dragon blod, and white Saunders, of each alike quantity, poune them altogither to pouder, & lay a cloth vpon it dipped in the foresaid oile of Myrtles.

The patient is also to be purged with lenitiue medicines and gentle clisters, thereby to mollifie the hardnes of the impostme and to asswage the paine, and so to open the conduits of vrine.

Of all which you haue had good direction before. Besides these is this fomentation following very meete: Take Cammomill, Melilot, of each three ounces, Hollyhocke rootes, Fenegreeke, Linseede, of each one ounce and a halfe; let them all seethe well togither in water, and then bathe the place affected therewith the space of an houre: afterwards fill a bladder with this decoction about halfe full & lay it warme vpon the priuities, then annoint the priuities with the oile of Cammomill, with oile of Lillies, and such like, euen as in the impostume of the kidneies hath beene declared more at large.

For this is also very meet water bathes wherein mallowes, hollihock rootes, cammomil, linseed, melilot, marierom, cipers roots, rape leaues, colewort, fenegreeke, and such like be decocted. If it be needfull to vse warming oiles, then take oile of lillies, of S. Johns wort, of rue, of sweete and bitter almonds, of wall floures. All these oiles do alay the paine, as also doth the oile of tiles, and the plaister of barberies which consume all cold humours.

When as this impostume is broken, then follow the same course as hath beẽ taught in the impostumes of the kidneies.

To conclude these things following are much commended to be eaten for all diseases of the bladder, viz. preserued Elesampane rootes, and pimpernell roots, which expell all vncleanes from the stomacke: likewise also preserued Calmus, treacle, mithridate, conserue of Betony, meade, & hony water. Item, the iuice of limons which is especial good for al bruisings of the bladder that were caused of the stone.

## *The ninteenth Chapter.*

## Of the Matrix or wombe.

From the beginning of this Booke of Phisicke hitherto haue we written and discoursed of all the principall inward parts of our body, concerning as well men as women: but concerning the matrix which is onely proper to the female kinde haue we deferred vntill this present, and now we will intreat somewhat thereof.

This matrix or wombe is the chiefest part whereby the generation of mankind is maintained, and ordained of God almightie (creator of nature it selfe) as for a vessell, receiuer and preseruatiue place of humaine seed, which is therin formed vnto a liuing creator, increased, defended, nourished, and sustained vntill the opportune time of birth.

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The Grecians do call this Matrix or Wombe *Metra*, and *Hystera*, the Latinists, *Matrix*, *Vulua*, *Uterus*, and we, by reason of her vertue, for that it incloseth the conceiued Child, the Mother, or Wombe. This hath her place in the neathermost part of the belly, right vnder the Nauell. It reacheth backwards to the Arsegut, and forward to the Bladder. It is deuided into two parts, whereof the first part is her whole bodie, wherein (as is said) humaine sæde is receiued, and the fruict preserued. The second part is the neck of the Matrix or Wombe, which reacheth out of the formost parts of the priuities, so that it is assimulated vnto the bladder with her necke, the ligaments wherewith she is bound to the hips, onely excepted. When this Matrix or wombe with all that belongeth thereto is rightly beholden, then is it onely shapen like to a mans member, only that the humaine member dependeth outwardly, and that the womanhood lyeth hidden within, whereof before in the beginning of the fifth Chapter, and afterwards hath bene spoken at length.

Her substance is inwardly fleshie, and rough, especially in the bottome strowed all ouer with small knops or bunches, which be full of small vaines, that come and haue their accourse from all parts of the bodie vnto the wombe, and in carnall vse do draw and kepe with them the humaine sæde, which also yelds forth the flowres or termes, nourish the conceiued fruict, and maintaine the secondine. Also this Matrix hath two concauities, and it is supposed, that in the concauitie on the right side, Sonnes be conceiued, and in that on the left side, the Daughters, whereof we shall speake hereafter more at large.

Outwardly she is full of sinewes, and hard, because that she openeth and shutteth to againe in the bearing of children, all which must be atchieued and brought to passe through the sinewes: the same hardnes doth also defend her from many kinds of bruisings.

The foresaid sinewes be also causes of her motion and ascending and descending in the body, for that because these sinewes are very sensible, and easily harmed, therefore do they shrincke in and drawe the mother vpwards with great painefulnes, as hereafter shall be shewed more at large.

The neck of the wombe which is with some women long, and with some short, whereof the right measure is the breadth of .v. fingers, which is shapen of hard muskelly and of sinewy flesh, which so hardneth from day to day (especially in leacherous women or common harlots, and old women) that it at the last is altered into a kind of Cartilage.

This neck of the Matrix hath also where the mother beginneth an entrance, which is neuer more opened, but in the venerious act, in time of the termes, & in the birth, otherwise doth it remaine alwaies most tightly shut, and especially after the receipt of the humane sæde, so that nothing may go in nor out. In yong maydens or girles it is very thin, but in growing it waxeth thicker and bigger, viz. when the termes be at hand, and lesseneth when they be past: the thicknes also increaseth with the being with child; and how many time moe that she beareth child so much the thicker doth it grow. In like sort also will it be harder and thicker in time of the first conception, but in the growing and increase of the child is it dilated, to the ende the fruict might haue rome and scope: but in women that neuer conceiued nor haue not borne any children at all, it continueth in one bignes, and is much lesse, then in fruitfull women. In like manner it is also in children much smaller then the bladder, but with the growing vp it dayly waxeth greater, yea that it is at last in greatnes farre exceeding the bladder.

These kinds and such like sundrie motions like as they haue delight in odoriferous things, and a loathing of stincking things for which it flyeth and for which it ascendeth, caused the wise Philosopher *Plato* to write as hereafter followeth: These parts in women, which many do call *Metram* and *Hysteram*, is a liuing creature, very gredie of conception, therefore if it be drawne vpwards vntimely, and if it remaine a long space vnfruitfull, then doth it become vnwilling, it crepeth through the whole bodie, whereby the parts of respiration are so obstructed and stopt, that the woman can get no breath, yea it bringeth with it at the last great danger and perill, and causeth many kinds of sicknesses. These be the words of *Plato*, but this opinion is withstode by *Galen*.

This noble part in women is subiect to many kinds of diseases and sicknesses, which if they do get the vpper hand, do hinder the conception, and the fruitfulnes of women; which vnfruitfulnes is especially caused when she hath to many of her termes, or to few, or when the same is wholy detained, whēce then followeth a spoile of the naturall sæde, the whites, the suffocation of

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the mother, which otherwhiles stifleth women, the prolapsus and falling out of the same, great paine, vlcers, impostumes, hardnings, Cancker, the vnnaturall disease *Mola*, barrennes, and if she peraduenture chaunce to conceiue an vntimely birth, whereof hereafter shall be written, yet first we will begin of womens termes and flowres.

## Of the Termes or Flowers of women in generall. §. 1.

THat these Termes of women be called the Flowres, is for this cause, viz. when it is seene that a tree bloweth, then is it estéemed méete and conuenient to beare fruite, and contrarywise the tree vnfruitfull which bloweth not, except the Fig tree. So is it likewise with women, that all they that haue their termes are fit and commodious to conceiue and beare children, the which they that haue not their flowres or termes, can neuer more accomplish. Secondly, the Latinists do call these flowres *Menstrua*, of the month, and thus, for they euery moneth or thirty dayes returne and come againe; or for that they according to the course of the Mone, that is, because they appeare the first quarter of the Mone in young girles, the second quarter in them that be somewhat bigger, the third quarter in the middle sort, the last quarter in aged women. Whereby that all expert Phisitions do and obserue in each time that each age is to haue them, to wit, the yong people in the new and increasing mone, the old folks in the decrease of the mone: in fine, the health of all women dependeth especially in this necessarie menstruall flure, yea, all her chastitie, fruitfulnes, and welfare.

To the contrarie, if they do not at all auoyd, do flowe too much, vnorderly, or be lothsome of colour, then do they cause all miseries, inclination to venery, and many kinds of sicknesses, like as hereafter shall be taught.

Wherewith it is to be estéemed for no small worke of wonder, that amongst all beasts that doe liue and are of the female kinde (except certaine Apes) onely women are subiect vnto this flure, and therefore haue the Philosophers many kindes of disputations, which be here too long and needelesse to be rehearsed. But of the fountaine and matter of this bloud, it is with one consent concluded, that it is a cold vndigested, and grosse matter, and the bloud of the whole bodie, the which through the foresayd vaines is gathered together in the wombe, and is afterwards expelled in due time as a matter hurtfull and of no vse. That this matter is also cold, is by this perceiued, that when it passeth away, the woman féeleth a great cold ouer the whole bodie, this hapneth after many fashions. Of the Termes that be auoyded ouer and aboue their naturall custome, shall be hereafter spoken of with all their appurtenances. The woman whose Termes auoyde in two or three dayes, they are rid of them with small trouble, but if they indure long, then will they be thereby very féeble.

The first auoydance of their Termes is commonly about the fourtenth yéere, the which signifieth that then their naturall séede beginneth to ripen, that the haire and breasts beginneth to growe, and they that be hote of nature do then get desire of the man, for that the womans Termes be none other but a naturall séede which is not yet throughly ripe, and that through his superfluitie of nature desireth to be expelled. This course of the Termes or Flowres abateth about the age of fortie or two and fortie yéeres, or indureth sometimes vntill the fiftie yéere, but very seldome vntill the sixtie yéere, in which time women be still méete and fit for generation; yet do these Flowres or Termes of women come sometimes soner and sometimes later, according to that the nature and complexion of the bodie is full of bloud, strong, suffereth much labour, is quiet, and féeble. It is also a common rule with all them that haue experience in naturall things, that a woman which getteth not her flowres, like as some which be hot and dry by nature is barren and vnfruitfull, and that for those causes that are discouered in the seuenth Chapter of the barrennes of men and women, although that it chaunceth neuertheless (but very seldome) that such women do conceiue and beare.

This also is the naturall custome, that whē a woman hath conceiued, that then her termes do tarrie away, for this blod is prepared for a sustenāce vnto the child in the mothers womb: like as also after childbirth the same to that end is turned into milke: notwithstanding that it oftētimes happeneth that women with childe auoide their flowers or termes after the old custome vntill the very day of birth (as we shall hereafter somewhat intreate thereof:) but these women doe

bring small, spare, weake and not liuing Children, into the world, because they haue been depriued of the most part of their nourishment. It is also contrary to the opinion of many women, that she shall open a vaine when she is halfe gone with childe, in case she be not full of blood, and the vaines not great, therefore is not the same very vnaduisedly to bee done. Item in this flowing or course of womens termes, there is another wonderfull nature and property, to wit, that so harmefull and venymous a matter in mans body, without any hinderance, yea, for a great preferment of health, may be retayned and expelled. The common experience bringeth with it, and all learned do testifie the same; that these womens termes doe bring innumerable sicknesses with them, and haue many infectious properties: namely, where the same happeth to fall, there groweth no fruit, spoyleth the Vines, the Must will be vineger, the herbes wither, the trees drie away, iron rusteth, and all mettals do darken and waxe dim: the same being taken make a man mad, and chiefly the dogges: the Bees leaue their hiues if they bee annoynted therewith, women when they haue the same, then doe they darken through their breath all bright loking glasses, the ayre will be poysoned with them, and children (as it is said) bewitched. Now dost thou see thou stout high minded man, what a precious matter it is that thou hast in the beginning of thy birth, and what the matter is that hath then nourished thee? This hath caused the auncient Poets to assimilate this flux vnto the wars, saying, that *Mars* is no sonne of the god *Iupiter*, but of *Iuno* onely, meaning by *Iuno* this menstruall flure. And truely if this hurtfull property be likened to the wars, then is it an expert and true similitude: for what doth spoyle more fruits, vineyardes, Must, herbes, and trees, then the wars, what is there which taketh away and wasteth more iron? how many bright harnesses be thereby darkened? where beareth madnes more mastery? where are men more like to mad dogs, then in the wars? how can the ayre be more venimed then through the stinking dead bodies? Here is now sufficiently spoken of this matter, now will we procede without medicines.

## How to preferre and moue the Termes or Flowers in women. §.2.

FOr the first, we will speake of the causes whereby the termes be detayned, the which be outward and inward: The outward causes bee, sore labor, hunger, care, great fatnes, agues, dropsies, consumptions, & some disease of the wombe. The inward causes be a bad complexion, of heate, colde, dryth, or of moysture, whereby the vertue expulsiue is weakened, so that it is not strong enough for to vnburthen herselfe of the superfluities. Or that there bee any malady in the *Matrix*, or mother, to wit, if the necke of the wombe be stopt and obstructed, and is swollen to, like as it may easily happen in the mother, or in the vaines of the same.

Nowe for to haue some certaine or infallible knowledge of these things, there may outwarde causes be easily perceiued by the declaration of the patient himselfe. If it come through a weakenes of an expulsiue power, then is it perceiued by the heat, by the thirst, by the swift and strong pulse, and other signes of heate. But if such be caused through colde, then is the woman bleak, fleepie, without any thirst, the arteries of the pulse beate slowly, and the vrine is of loathsome colour. If the disease be of any inward part, then doth the whole body declare the same, through the great fatnes or leannes. If such be caused through any of the fower humors, that doth the blod sufficiently shew, which therein beareth sway. This obstruction doth bring to women no small sicknes, besides that (as it is said) they be barren, for that they fall thereby otherwhiles into *Maniam*, (which is madnes) into the falling sicknes, suffocation, swellings, and impostumes of the wombe, and of the other parts adiacent vnto it, loathfulnes and heauines of the whole body, great vnlustines, wambling, and parbraking, coughing, and a heauie breathing, the dropsie and detention of the vrine, and of going to the stole, heauines of the mind, great paine of the head, and at last into the gout.

And to remedie all these diseases, therefore will we first of all prescribe certaine common rules, whereof the first is, in case that the termes be obstructed in a dry bodie, there must one beware of all those things that might cause either heate or dryeth, to the end the disease be not increased thereby. The second is: if in the stay or detention of womens flowres the blood had course towards any other part of the bodie, then is it aduised that the same blood be drawne out,

which

which otherwise might be spoyled. Thirdly, to preferre these Flowres, it is then nedefull that the vaines be opened vnder the Matrix that the bloud may be drawne downewards. Fourthly, there is mete for this the strong binding of the thighes, and to hold the same a certaine time bounden. Fiftly, if the disease come, for that the vaines be stopt in the Matrix, (be it of whatsoeuer occasion that it will) then is the bloud to be diminished by opening of a vaine, and to be diminished through laxatiue medicines, through abstinence, through exercise, and such like meanes. Sirtly, all strong things, as Helleboz, *Euphorbium*, and *Nardus* sede, (which is wont sometimes to be adhibited from below) must be but a very little, and not to be holden long therein, to the end that thereby the Ague, noz any other anguish be caused. Seuenthly, all that moueth vrine doth also moue the Termes. Eightly, where there is obserued no good order of dyet, in eating oz drinking, there can also no good aduise noz remedie do any good at all. Ninthly, for to preferre the Termes, is first of all the same to be approued through gentle remedyes, and at the last through stronger meanes. Tenthly, all warme and well sauoring things are very mete for this if they be layd vpon the nauell, vpon the priuities, and vpon the parts about it. Eleuenthly, if this disease be caused through any vlcer, impostume, Ague, oz any other cause, it is first to be practised how to remedie, and afterwards to moue the Flowres. Twelfthly, in case it be perceiued that this detention of the flowres oz termes doth cause any other sickness, oz increaseth it, then is all diligence to be had to prouoke the Termes: and if so be that the same cannot be effected, then may the vaine be opened in the forte, and boring cups be adhibited. Thirtenthly, because there is a great space from the stomacke and the lyuer vnto the Matrix, then is the Phisick so to be tempered, that the same in so great a distance be not enfeebled. Fourtenthly, all that is to be put vp in the wombe, is to be tyed to a strong thred, that one when he list may draw it out, and to the ende also that through the long continuance there it bruse not the neck of the mother, oz cause not an Ague.

And to the end that we may come to the remedies for to open this obstruction, therefoze first of all be the causes of these obstructions to be thought vpon, in case that the same be caused of some outward accident, like as of too great labour, great heate, of all too much fasting, and such like, then is the same presently to be preuented. In hot causes are cooling things to be vsed: in cold warming things, which do open the obstructions. In a bodie that is full of bloud are the vaines vnder the knees to be opened, which be most necessary to peopl that haue not the termes: & if so be that hereby &other moe lettings of bloud is nothing profited, then is one to come to the inward and outward remedyes, wherein be three manner of wayes to be followed, which shall be here described, of which each one may chose what seemeth to be best and fittest for it.

And bicause that it is not bad counsell to rehearse and shew the simple which may stirre vp the termes, wherefoze we will here discouer a good part of them, & first all that be warme by nature, and are weakest, are these, the rotes of Smallage, of Fennell, of Butchers broome, of Sperage, of Parsley, of Grasse, Madder, Calmus, *Asarabacca*, Ireas, Valerian, white *Diptamus*, and Elecampane rotes. Item, the sede of *Ruscus*, Lupins, sedes of both kindes of Parsley, of Siluer mountaine, of Sperage, of Smallage, of Annis, of Fennell, of Comin, whether it be raw oz confected: the herbes are these, Cinquefoil, Mugwozt, wild Mints, Marierom, Feuerfewe, Harts tong, Spicknard, Wozmewood, white water Mints, Iuniper, wilde Thyme, Louage, *Cuscuta*, Maiden haire, Southernwood, and walht Turpentine.

These insuing be much stronger, as Hemlock, Rue, Centozie, *Laureola*, Sapin, *Euphorbium*, *Ammoniacum*, *Sagapenum*, *Mirrha*, *Opopanacum*, and *Assa fœtida*, the sed of *Nardus*, Mustard sede, Pepper, Beuerrod, *Colloquinte*, blacke Helleboz, *Pieretrum*, *Calmus*, rotes of Celandine, the iuice of wilde Cucumbers, Licebane sedes, Bozas, the gals of steres, of Hens, and of all other beasts.

The odoziferous things which preferre womens termes be these, Indie *Spica*, Cinnamom, Cassie wood, *Costus* rots, *Ameos*, *Muscus*, *Spica Romana*, Squinant, *Gallia Muscata*, and such like. The that may be burnt to receiue the vapoz therof be these, viz. *Opopanacum*, *Saponaria*, Frankinsence, *Blatta Byfantia*, *Lignum Aloes*, and red storax.

These be now the cooling things which preferre the termes: to wit, the sedes of small Endiue, the sede of Melons, of Gourdes, of Pompeons, of Cucumbers, of Endiue, of Lettice, &c. & other moe which shall be discouered hereafter, of all which pessaries may be made to vse in the wombe: also plaisters, salues, pouders, oiles, potions, and bathes, all as the cause requireth, and

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that necessitie compelleth, like as there be many sundrie described hereafter, and now we will proceede.

The first meanes for to prouoke the Termes, is to be described somewhat at length, wherein there be many sundrie medicines of diuers and sundrie Phisitions ordayned and added together, out of which each may chose what is meete for him: but in the other twaine we will be somewhat briefer, therefore one might take out of them all that might be wanting in this, and so first begin with those things which be meete for this, for to bring the bodie vnto health, and to shewe wherewithall such obstructions and hinderances of the termes may be taken away, for which this sirupe following is to be prepared: Take Mather two ounces, Louage rootes, the rootes of Sperage, Cypers rootes, and Grasse rootes, of each one ounce and a halfe, Siluer mountaine two ounces, Baulme two ounces, Balsam wood, and the fruits of the same, of each one ounce, Spica of Indy halfe a dragme, Licorice, Cozans, Rosemary floures, and *Stechados*, of each one ounce, Hony sixe ounces, white Sugar nine ounces, boyle a sirupe of it, clarifie it, and giue thereof two ounces tempered with the decoction of Cæres.

Another. Take Mather two ounces, Sperage rootes, the rootes of Butchers Broome, and Cypers rootes, of each one ounce, Cornemints, Valerian, Sauin, white water Mints, and Penniroyall, of each one handfull, Baulme two H. Siluer mountaine two ounces, Balsam wood, and the fruits of the same, peeled Melon seede, of each one ounce, Spikenard half an ounce, Licorice, Cozans, of each halfe an ounce, Hony and Sugar, of each sixe ounces, make a sirupe of it, and giue thereof at each time one ounce and a halfe, or two ounces, with the broth of Cæres.

Another. Take the water of Smallage, water of Lupins, of Sperage, and of Fennell, of each sixe ounces, Indie Spica one quarter of an ounce, Cinnamome one dragme, *Ammoniacum* and *Opopanacum*, of each one dragme and a halfe, Parsly seede, Fennell seeds, *Ameos*, wild yellow Rape seede, and Caruway, of each one quarter of an ounce, Gromell seede, stone Parsly seede, and Agrimonie, of each one H. Galingall, Cinnamome, and Saffron, of each halfe a dragme, sirupe of Violets two ounces, Quince kernels, Mallowes seede, of each halfe an ounce: seethe them all together in two quarts of Gourds water vntill the third part be wasted, streayne it thorough, and then temper it with a little of the foresaid water, and the sirupe of Violets amongst it, and boyle it with so much Hony as you please. Last of all strowe some Cinnamome in it, and as much vineger of Squils, vntill it be somewhat sowrish, then vse it as all the former, this forceth very vehemently the Termes.

For this is also very good the common sirupes which be alwaies prepared at all substantial Apothecaries, as the sirupe of Mugwort, of Hayden haire, of Cicorie, with Rubarbe, and the sirupe of the fiue rootes.

When as now this sirupe hath beene vsed like as behoueth, then must be proceeded: and for to proceed orderly, it is very needfull that women be purged, of all superfluous humours, which may be done verie commodiously with the confection *Benedicta*, or *Hierapicra*, tempered with the decoction of Madder: and of the foresaid confections you may vse three quarters of an ounce, or an ounce, each apart or togither. Afterwards are these laxatiue things to be vsed: Take Sene leaues, Penniroyall, and Madder, of each a like quantitie; seethe them in small white wine, and giue thereof about three ounces at once.

Or take Penniroyall, Pepe, Southernwood, Rue, Centorie, and Hyssop, of each one handfull, Sauin, Feuerfew, of each one handfull and a halfe, *Opopanacum*, *Ammoniacum*, Galingall, of each one dragme, Cinnamom, Madder, of each one handfull, Mirrhe one quarter of an ounce; seethe them all togither with a quart of water vntill the third be wasted; then take thereof two or three ounces fasting at one time.

Item, take the rootes of Smallage, of Sperage, of Fennell, of Parsley, of *Cardus Benedictus*, and of Butchers broome, of each one ounce and a halfe, Annis, Fennell, Caruway, and *Ameos*, of each one dragme and a halfe, Mugwort, Penniroyall, Mints, Horehound, Feuerfewe, and *Asarabacca*, of each halfe a handfull; seethe them all togither in two quarts of water vnto the halfe, wring it togither thorow a cloth, and mixe therewith the sirupe of the fiue rootes, *de Calamintha*, *de Artemisia*, of each a like quantitie, drinke thereof in the morning and at afternoone.

Another: take Mints, Balme, Penniroyall, Marierom, and Southernwood, of each one handfull, Annis, Fennell, Caruway, of each one ounce, the rootes of Polypodie one ounce and a halfe,

halfe, Cicorie rootes one ounce; cut the rootes of the herbs very small and seethe them in a quart of water vntill the third part be consumed, afterwards straine it thorow, and make it as sweete as you please.

Another potion with wine, take the Sauin, and Mugwort, of each one handfull, put two quarts of wine vnto it, and let them seethe togither vntill the third part be wasted: take thereof in the euening and morning at each time two spoonefuls. Do you now desire to make a common potion, then take Wormewood and Rue, of each one handfull, fiue or sixe Pepper cornes, seethe them al togither in a quart of Wine, straine it then thorow and drinke thereof. In like manner may you seethe Mallowes in wine and drinke thereof, it is also very good.

This potion following is very good and pleasant: Take a pinte of good wine, Sage halfe an M. Cloues, Saffron, and Mace, of each halfe a scruple, stamp them all together, and bind it in a fine cloth, and hang it a night and a day in wine, wring it out oftentimes: deuide it into three parts, and take one draught of it fiue howres before meate, the other draught after none, and the last after supper. But this is to be done in the wane of the Mone, and eate very little.

Item, take Hartwort, and Pepper, of each one dragme, powre a pinte of wine vpon it, and drinke thereof in the euening and morning, it moueth much, and clenseth the wombe or Matrix from all bad humors.

Or take the herb Carnway one M. Mugwort one M. and a halfe, Arsmart one M. *Asarabacca* one dragme, seethe them together in two quarts of water vntill about the half, and drinke thereof in the morning fasting a good draught.

Another. Take Penniroyall one M. Marierom gentle as much also, Mace one dragme, and one quarter of an ounce of Bayberies beaten grossely, binde them all together in a cloth, and powre thereon twelue ounces of wine; but let them seethe together in a Can in hot water the space of an howre, afterwards wring out the cloth, and drinke the halfe of this wine in the morning, and the other halfe in the euening after the mealtide.

Item, take Mugwort, Feuerfew, Penniroyall, Baulme, and Mallowes, of each one M. seethe them together in a pinte and a halfe of wine, and vse them as before.

Take the rootes of Cicorie foure M. take out the woddie hart, and cut them small, then powre two quarts of wine vpon it, and let it seethe so long vntill the force be gone out of it, afterwards wring it out, and then seethe it vnto a thin syrupe, and so take euery morning a spoonefull of it or twaine.

This following doth open much all obstructions, and forceth the Termes: Take of the confection *Triphera* without *Opium*, Mather, and Siluer mountaine, of each halfe an ounce, Fenegreeke, Turkish beanes, and Ceeres, of each one quarter of an ounce, seethe them all together in eight ounces of water euen to the halfe, then straine it thorow, and temper it in three ounces of this decoction, the *Triphera* aforesaid. The Phisitions therefore do occupie this *Triphera* without *Opium*, because it is forcible and strong. Also they temper therewith otherwhiles one dragme of the iuice of the Sauin, sometimes also *Mirrha*, red Storax, *Bdellium*, *Euphorbium*, or *Opopanacum*, all according to the importance of the cause. Item, take Cassie wood three drag. beaten very small, and giue it with wine.

One that is more feeble: Take Mirrh, Beuercod, and red Storax, of each three dragmes, Sauine, fine and course Cinnamome, of each one dragme and a halfe, make an electuary thereof with Hony, then take one quarter of an ounce thereof, and temper it in wine for a potion. Item, take Saffron one dragme or more, and drinke it with wine, or with Mallowes water. Saffron onely preferreth the Flowres, the same doth also one dragme of pouned *Cardamome*.

Heere do now follow certaine powders which are to be taken in the potions, and amongst all things is nothing more to be commended then the Trocisks *De Mirrha*, which are thus prepared.

Take Mirrhe one dragme and a halfe, Lupins two dragmes and a halfe, Rue, white water Mints, Candie *Diptamus*, Comin, Madder, Elecampane rootes, *Sagapenum*, *Opopanacum*, of each one dragme, then make Trocisks thereof with the iuice of Mugwort, and giue halfe an ounce thereof with water wherein Iuniper berries be decocted: Take Beuercod one dragme, pouder of Mints half a scruple, drinke it with wine, it is also very good for this vse. Item, half a scruple of the blossomes of the Nut tree taken with wine doth the same. S. Johns wort doth also moue much the termes.

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Also these wines insuing are very good for it, viz. wine of Elecampane rotes, of Marierom gentle, of the herbe Bennet, of Betony, of Gilloflowers, and of Rose marie. Item, take one handfull of Juniper berries, Madder, Cinnamome, and Mirrh, of each halfe an ounce; sethe them all together in Mugwort water vntill the third part be euaporated, strayne it, and put one dragme of Boreas vnto it, giue thereof a good warme draught twice or thrice a day.

The same do also the *Trociſci Gallia Muſcatæ Raſis*, foure scruples taken with warme white wine, it helpeth immediately.

It is here also to be noted, if so be that the patient might drinke no wine, then take the leaues of blew Floure deluce, stampe them, and sethe them in Capon broth, and let her drinke it, this is also found many times good, and it expelleth also dead children.

Item, take the scull of a Capon before he is boyled or rosted, stamp it, and drinke it with Penniroyall water: this may suffice for the potions.

Take Penniroyall, Italian Commin, Mints, Ireos, Hartwort, Mather, and Mirrh, of each one quarter of an ounce, make an electuary thereof with clarified Hony, take two dragmes of it, and drinke a draught of here or wine after it, wherein Sauine, Penniroyall, Mugwort, Fennell, rotes of Sperage, of Smallage, and of Parsly, haue bene decocted.

Item, take of the electuary *Antidotum Hæmagogum* halfe an ounce, and giue it fasting. If you had rather drinke it, then temper foure ounces of Mugwort water amongst it, and vse it against the time that the Flowres vse to come. Treacle and Mithridate do also force the Flowres very gently.

Amongst the confections there be good for this the confected Elecampane rotes, the confected *Eryngus*, conserues of Piony, and Mirrh rolled in an apple. The Italian women do highly commend the electuary *Diaciminum*, if one do take euery morning one quarter of an ounce of it, then will the termes come within the space of a moneth as they affirme: it doth make fruitfull and strengtheneth the stomacke. The confected *Calmus* is especiall good, if the obstruction be come through cold. Fennell sede confected forceth also the flowres; likewise also Comin, and Caruway, Cinnamom, and Saffron are also to be vsed in all things.

These Pils ensuing are also to be prepared: Take the pils *Alephanginæ* halfe a dragme, *Aloe* two scruples, beaten Sauin one scruple, make fourteene pils of it with the water of Mugwort, and take the one halfe thereof at once: they doe moue the termes and the stoles, and are also very safe.

Others: Take *Muſcus* and Mirrh, of each foure scruples, Stechas, Mather, Penniroyall, Citron pils, long Pepper, Cassie wood, Cassie pils, Pionie sedes, and *Calmus*, of each three quarters of an ounce, Indie Spica halfe a dragme: make pils thereof with the iuice of Mugwort, whereof take at once. The auncient Phisitions do commaund pessaries to be vsed, as *Euphorbium* wrapt in woll. Item, take Helleborv, and the iuice of Wormewood, of each one quarter of an ounce, *Ammoniacum* one dragm, temper it with Ore gall. But here enlue sundrie which are safer: Take Beuercod, and Mirrh, of each alike quantitie, *Muſcus* alittle, then forme it with the oyle of Behen as an Akorne, and tye it to a thred, and put it into the Matrix before.

Or take fresh Rue, Wormewood, and Coloquinte, of each alike quantitie; fourme a pessary thereof of Ore gall. Item, take white water Mints, Swines bread, *Agnus Caſtus*, Rue, Sauin, Mugwort, Penniroyall, Marierom, Radishes, Southernwood, Nettle sede, Juniper leaues, Mather, white Helleborv, Centory, Mirrh, Beuercod, Elecampane rotes, *Sagapenum*, *Opopanacum*, of each one dragme, *Gallia Muſcata* one scruple, stamp all that is to be stamped, and then make a pessarie of it with the iuice of wilde Cucumbers, and Ore gall, and then vse them as before.

Another. Take Gentian, and Penniroyall, of each one quarter of an ounce, Nigella sedes one dragme, temper them together with pouned Figs, and with alittle of the iuice of Mercurie, these do make no heate like as the other.

Item, take Gentian two scruples, Coloquinte and Nigella sede, of each one dragme, temper them together with the iuice of wilde Cucumbers. Or if you will haue it stronger, then put some white Helleborv vnto it: there be also sundrie other made which be stronger and milder according to the importance of the cause of the foresaid cold & warm things, each according to his good pleasure & content. Amongst al these things, & all that may be iniected into the body and neck of the Matrix or wombe, this generall rule is to be obserued, that the same may be vsed

as well before as after bathing.

Outwardly may one bathe and foment, with all that which here insue: Take *Asarabacca* halfe a M. *Ebulus* leaues one M. and a halfe, Feuerfew, Mints, Mugwort, Agrimonie, Marierom, and Betonie, of each one M. Cammomill, Melilot, and Roses, of each halfe a M. cut all the herbs and seeth them like as hath beene taught oftentimes. It is also very commodious and good to sit in warme water wherein Mallowes hath beene decocted. Or take Mugwort and Sauine, of each three handfuls, Mallowes, Hollihock rootes, and Bearefoote, of each one M. Fennell seedes, Parsly seedes, Annis, Dill seedes, Orage seedes, wilde yellow Rape seedes, and *Asarabacca*, of each halfe a dragme, Cammomill, Elderne floures, Rosemary, and Stechas, of each one dragme: make a little bag thereof, and seethe it in water, and then sit vpon it.

Another. Take Mugwort, Sauintree, of each three M. sweete *Costus* rootes, Mallowes, Hollyhock rootes, and Bearefoote, of each two M. the seede of Mallowes, of Hollyhocks, of Southernwood, of Linseede, of Fenegreeke, of *Cuscuta*, of Mustard seede, of Lauender, and of Siluermountaine, of each one ounce and a halfe, Parsley seede, Fennell, Dill seede, wilde yellow Rape seede, and *Asarabacca*, of each halfe an ounce, Cammomill, Elderne floures, Stechas, Rosemary floures, of each one ounce; seethe them as before, and then sit vpon the bag. For fomentation, you are to vse that which followeth hereafter: Take Cammomill, Mugwort, Sauine, and Nettle rootes, of each one M. seethe them together in water, and receiue the vapor from beneath. Item, take Rue, Sage, Southernwood, and Sauine, of each one M. put them together into a new pot, and close it tight, but leaue a hole open aboue on the couer, wherein a tap may be put whilst it boyleth; afterwards draw out the tap, and receiue the warme vapor from beneath, as is sayd before. Or take Mirrh as much as you will, temper it with the iuice of Mugwort, and let it dry; afterward put filed Harts horne vnto it, to wit, the third part as much as there is Mirrh, then strow this powder vpon a hote tyle, and receiue the smoke beneath, but round about couer you close. You may also take for it Pennyroyall, Rue, Sauine leaues, and vse them alone. Item, take Violet leaues two M. Mirrh halfe an ounce, let them seethe together in rayne water, and foment therewith as warme as you can abide it. Take Pennyroyall, Pepe, Southernwood, Rue, Centory, and Hyssope, of each one M. Sauine, Feuerfew, of each one M. and a halfe, Cinnamome, Galingall, of each one dragme, Siluermountaine, and Mather, of each halfe a handfull, Mirrh one quarter of an ounce, beate them all grosse together, and seethe the same in a quart of water euen to the halfe, and then vse it as before, this also prouoketh vrine. Or take Pennyroyall, Marierom, Sage, and Mugwort, of each one M. seethe them all together for a fomentation for to fume, you are to take a little Coloquinte, cast it vpon a hote stone, and receiue the fume from beneath, it greatly prouoketh womens termes. But note, that Coloquinte is very sharp, and that the sayd well sauoring Spices and other things be much safer for to fumigate withall: or take Dill, Cammomill, Melilot, Squinant, Cassie wood, *Costus* rootes, Sulphur, Rue, Marierom, Stechas, Southernwood, any of all these, or part of the same: to set boring cups vpon the thighes is also very behouefull, and auaileable.

## Plaisters and Vnguents.

TAke the muscilage of Fleawort, and of Linseede, of each one ounce, vnsalted Butter two ounces, Hens grease, Ducks grease, Goose grease, and the marrow of Calues bones, of each halfe an ounce, *Ammoniacum* one quarter of an ounce, oyle of *Sesamum*, and oyle of sweete Almonds, of each fiue dragmes, Ware as much as is needefull for a salue; then annoint you therewith behinde and before, from the nauell downewards, but not before that you haue vsed all other meanes of bathing, letting of blood, potions &c. Item take of the confection of *Benedicta* halfe an ounce, Turbith one quarter of an ounce, *Nigella* seede three dragmes, decocted Honey as much as sufficeth for to make a plaister. This is to be layd ouer the priuities as before.

If so be that one perceiued the termes, after the vse of this foresaid meanes: Some doe aduise, and that very well, that this potion ensuing is to be made: Take Mugwort, Sene leaues, and Pennyroyall, of each halfe a handfull, Cinnamon halfe an ounce, Mace three dragmes; seethe it all togither in three pintes of good wine, vntill about the fourth part be wasted; and this in a Can stopt tight in seething water. This expelleth the Termes vnto their due time.

The other orderly meane for to prefer the Termes, is; that first of all the *Saphea* or *Me-*

*dian*

dian shalbe opened, and that afterwards a long bag is to be made, and to be filled with any of the foresaid herbes, which you like best, and then put vnto it one quarter of an ounce of *Gallia Muscata*, and then to weare it so vpon the priuities. Afterwards make of one quarter of an ounce of the foresaid *Gallia*, with the water of Mugwort nine pils, and take three thereof at once in the morning early: then make a pessary of the length of a finger, and fill the same with pouned Mercurie, and put it into the place: Set boring cups also vpon the thighes, and in the hams, and then rub the legs downewards with warme clothes.

Squinant and Madder decocted also in the water of Maiden haire, and dronken, are also highly commended.

Item, take the pipes of Cassie, when the Cassie is taken out, and they which be well scraped on the outside, as many as you will, Cinnamom, Mace, Saffron, *Diptamus*, and Baulme, of the one as much as of the other: make a powder thereof, and take a dragme thereof euery morning with water of Mints. The same moueth them very gently.

But as much as concerneth letting of blod (whereof mention is made before) some do aduise, and not without reason, if in case that a woman hath not had her termes a long time, that her vaine is to bee opened besides her little Toe, and the next day afterwards on the other foote.

The words of *Hippocrates* and of his expounder *Galen* be true, that the letting of blod and hunger, doe cause women with childe to miscarie, for that thereby, they say, will the nourishment of the childe be withdrawen.

Therefore good heede is to be taken in these things, for that many women haue this for a custome, whether that they be fat, grosse, strong, or leane, that they alwaies open a vaine at the halfe of their going with childe, like as we also haue before admonished in the first §.

But if one will needes be let blod, then must after the same (or els without letting of blod) bathings be oftentimes vsed, for which is Penniroyall to be taken, field Mints, Southernwood Centorie, and Hyssope, of each one M. Sauine and Feuerfewe, of each one dragme, Siluer mountaine, Madder, of each one M. Mirrhe one quarter of an ounce; stampe and chop them all small, and then let them seethe in sufficient water, then make thereof a bath for the raines of the backe, or a fomenting for the bottome of the belly. The boring cups, whereof wee haue also spoken before, drawe the blod downewardes: Like as dooth also the strong binding of the legges.

The third meane is, as hereafter followeth: three howers after the rising of the sun shall the *Saphea* of them be opened on the right foote which haue not the flowres, and about fiue ounces of blod drawen. The next day after is this purgation following to be giuen: Take *Agaricus*, Turbith, and Rubarbe, of each one dragme, Indy *Spica*, Ginger and Mace, of each fiue graines, *Sal gemmæ* one graine, Agrimony, Mugwort, of each one ounce and a halfe; let them be steeped fower howers: afterwards wring it through a cloth, and temper amongst it three dragmes of *Benedicta laxatiua*, and then drinke it betimes in the morning. The third day afterwardes you are to begin to vse this potion: take Fennell rootes, Parsley rootes, Sperage rootes, the rootes of Butchers broome, and of Smallage, of each halfe an ounce: these being all cut small togither, then seethe them in a quart of well water vnto the halfe; afterwards sweeten the decoction with Sugar, and then drinke thereof fiue ounces, and so continue this the space of eight or ten daies. In the mean time is the body to be kept open with gentle clisters, or else they are euery euening after supper to swallow a pill of *Alephangine*, or of *Aloes*. Afterwards it is very good, that three times in fower and twentie howers all the backe bone be annointed with this salue insuing: Take the oile of wal flowers two ounces, oile of Saffron one ounce, the grease of Badgers, and of Hens of each halfe an ounce, Saffron, Indie *Spica*, *Lignum Aloes*, and Mugwort, of each halfe a scruple, ware as much as is needfull for a salue. After the foresaid potions, are these pils following to be vsed: Take *Pillula fœtida* two scruples, *de Hiera composita* one scruple, make seauen pils of it with the confection *Benedicta*.

And if so be that through all this aduise the termes do not appeare, then are the tops of the thighs hard by the priuities to be bounden hard: but if that will not helpe, set immediately hot cups behinde on the calues of the legs, setting them vp and of. Lastely, then make this bathe following: Take Penniroyall, white water Mints, Marierom, and Smallage, of each three handfuls, Sauin fiue handfuls, *Opopanacum*, Mirrhe, of each halfe an ounce, Hart wort, Rue, of each

three handfuls; seethe them all togither in sufficient water vntill about the halfe, but leaue the herbs in it, and then make a bathe of it for the raines euen to the nauell, and then sit therein the space of halfe an howre, or as long as you can. When you haue rested somewhat, then put some cotton (being dipped in the iuice of Mercury) vp into the place, and without doubt it will prouoke the termes. Euerie such woman is also to beware of all slimy meates, which is from all hard meate, like as all that is made of Dough, of Pease, of Beanes, of Cheese, of milke, and all that is drest with them, from all salt, cold, and binding things, and from thicke rawe red wine: but Cinnamom, Saffron, Ginger, and Smallage seedes and rootes, Annis, Fennell, Parsly seed, or any of all these is she to vse alwaies with hir meate.

But if so be that this retention of the termes be caused thereof, for that women had but little blood, did great labor, were weak, leane, not long recouered from a long lingring sickness, or had liued a long time in hatred, malice, great sorrow, and such like; then are such to haue these meats which nourish much, and she shall omit all hatred, malice, and such like. She is to bathe oftentimes in water, to sleepe much, to take rest, and to be merrie: she must also refraine from letting of blood, except it be a very little. But she is to vse Pistacies, Pingles, Almonds, & other nutritiue things as is before said. And although it appeered that her termes must be alwaies quickned through Phisicke, yet it must be begun with the mildest meanes, like as hath beene counselled before.

## How that the excessiue course of the flowers is to be stopt. §.3.

When this course of womens termes getteth the maistrie, then be there very heauie sicknesses to be feared: to wit, the dropsie, the consumption, *Hectica*, the paine of the backe, the paine of the stomacke, feeblenes of naturall digestion, lacke of appetite, and such like diseases moe. This issue is commonly caused of outwarde or inward occasions: the outward may be falls, blowes, thrusts, great running, leaping, dauncing, walking in great heat, and such like; all which maketh the blood subtile and fluxible. Item, if there breake a vaine open in the matrix or wombe, through vnnaturall and vntimely birth, through any vlcers, or through any other brusings in the necke of the wombe, through long vse of many hot spices, or of any subtile meate and drinke.

The inward causes may be the strength of the expulsiue, or the debilitie of the retentiue vertue.

This may also be caused of some disease of the *Matrix*, and through the moisture of the same. But concerning the part it selfe, the same may be too feeble, too slippery, too wide, and too much open: yet in case the moisture of this part be caused of it, then is the fluxe of blood so great that the *Matrix* and the parts adiacent cannot containe the humours, or these humours be so sharpe, so subtile, so hot, so venemous, so salt, so biting, so cold, or so waterish, that the same cannot be retained. The outward causes may be inquired of the patient himselfe.

But if this disease be caused of the debilitie of the retentiue vertue, then is the woman bleake or pale of colour and weake. The signes of the same part be when as it wareth leane, and consumeth: each humour may be adiudged out of the propertie of the body, like as we haue taught the same else where, as heate, of the fulnes of the vaines, thir, stitch, ill fauoured or lothsome colour of the face, and of the whole body.

If then such proceed out of blood, then doth the colour of her termes alter, and will be whitish, or if the same proceede of *Cholera*, then are the flowres somewhat yellowish, and of *Melancholia*, darkish, blew, or black. By the foresaid colours one may easily come vnto the full knowledge what humors might be the onely cause of this excessiue moysture, wherby may be knowne how to chose of these remedies following, wherewith the excessiue course of the termes may be stayed.

But first of all there be for this purpose certaine rules to be noted. First, you must neuer bathe for this excessiue course of the termes, neither yet vse any kinde of things which bringeth heate with it. Secondly, when this kind of issue commeth by reason of the fulnes of the bodie, as it were an vnburthening and clensing of the same, then is it by no meanes to be stayed, if thereby be not feared a great debilitie. Thirdly, if so be that women be full of blood, and this

fluxe

flure come to abundantly, then is the *Basilica* vaine to be opened, therby to withdraw the bloud. Fourthly, in case that it be perceiued that red *Cholera*, or any other mixed moysture were cause of this flure, then is the same moysture or humor to be purged with appropriate medicines, yet mingling alwayes amongst it some binding and comforting things. Fiftly, iniection is also very nedefull for this disease, or some such like instruments to be vsed, whereby the medicine might be brought into the womb. Sixtly, if any astringent things may be brought into it through any instruments, then may they help much better and a great deale sooner then those things that be giuen by the mouth. Seuenthly, because that with this menstruall flure, not only the vertue digestiue, but also the whole bodie is weakened, therefore are they to be sustained with light meate, as with yolks of egs, with yong flesh, and broth of the same, and such like. Sometimes also with water, wherein the seede of Butchers broome is decocted or tempered with water of Sorrell. Eightly, it is also good to set great boring cups vnder the breasts vnpickt. Ninthly, this flure of the termes is not to be stopt so long as one seeth that the woman hath her liuely colour, and doth remaine strong and healthie: But as soone as one perceiueth that her strength fadeth away, then be all meanes to be sought for to stop it. Tenthly, if one desire to purge any of the fowle humors, and to separate it from the cleane bloud, then may that best be effected by vomits, for that thereby the matter is deriued to another place, and stay their course that they fall not downewards. Eleuenthly, these women are to abstaine from all heaule labour, and from all that maketh the bloud fluxible and thin.

By all these forementioned propositions, may be clearely seene and marked, that if any desire to cure or remedie this disease, that these women must leade an easie life, and keepe themselues quiet. They must also liue in such a place where it is not too hote nor too cold. They must also eschue all thinne and waterish meates, viz. from fruit, except all that which bindeth: in like manner also from all meate which cause any kinde of heate. But all kindes of rosted fowles, and all that maketh grosse bloud, as Rice, Wheate, and Lentils, be good for them. They must also beware much of ouercharging them with meate or drinke, whereof the causes be declared in the seuenth Rule, and afterward to put in practise these remedies following, according to the importance of the cause.

Thus for to speake first of the things which inwardly are to be vsed, hath beene spoken of before, and also what order of dyet, or gouernment of life is to be obserued. But in case that any doe desire any ampler declaration of it, then let him loke the seuententh Chapter, 17. §. where is spoken of the red or bloudie flire, which also is most meete for this vse. But for this menstruall flure, may this Confection following be vsed: Take the *Species Trisantali*, and *Diarrhodon Abbatis*, of each one dragme, prepared fine *Bolus* two scruples, Bloudstone washed in Plantaine water, and make Tabulates thereof. Or vse this powder following: Take *Species Trisantali* one dragme and a halfe, *Diarrhodon Abbatis* one dragme, *De Gemmis Frigidis* one dragme and a halfe, prepared Coriander two scruples and a halfe, washed Bloud stone one dragme, prepared *Bolus* halfe a dragme, Shepherds purse two scruples, Roses, Corall, of each halfe a dragme, Cinnamome one quarter of an ounce, Sugar as much as you please, then make a powder of it.

Item, take prepared *Bolus* one dragme, sealed earth two scruples, Tormentill halfe a drag. *Bursa Pastoris* one scrup. *Spec. de gemmis frigidis* one drag. and a halfe, prepared Perles one drag. Rubins, Pomegranats, Smaragds, Jacints, Saphirs, of each halfe a scruple, Roses, red Corall, Saunders, of each one scruple, Sugar three ounces, make a powder thereof, and vse it in broth, or strowed in meate. The confection of the refuse of iron is also very profitable to be vsed for this disease especially, if so be that the lesser remedies will not helpe.

Another. Take conserue of Roses two ounces, Bloud stone, *Trociscos de Carabe*, *De Terra Sigillata*, and *De Spodio*, of each one dragme, make a powder thereof, and temper them well together, afterwards take euery time thereof about one dragme. Take conserue of Roses fire ounces, conserue of Burrage, of Bugloss, and of Baulme, of each one ounce, prepared *Bolus* one dragme, prepared pearles one quarter of an ounce, of the fiue pretious stones aboue mentioned, of each one scruple, Cinnamome one dragme, make an electuary thereof.

Another. Take of the dryest conserue of Roses 3. ounces, Marmalade 2. ounces and a halfe, red Corall one drag. *Bistorta*, *Trociscos de Carabe*, prepared *Bolus*, of each halfe a drag. prepared Bloudstone 2. drag. make an electuary therof with the siropes of Mirtles. Item, take conserue of

Roſes three ounces, Marmalade two ounces and a halfe, conſerue of Burrage and of Bugloſſe, of each one ounce, prepared *Bolus* one drag. and a halfe, prepared pearles two dragms and a half, Biſtorta one dragme, Tormentill two ſcruples, red Saunders one dragme, then temper them all together with the ſirupe of Mirtles vnto a confection. The black confected Cherries are very good for this vſe; in like manner alſo the preſerued Barberies.

Item, hold a rote of Galingall long in your mouth, and chue the ſame ſmall. It is alſo a common aduiſe which is not to be deſpiſed, that toſted bread ſhould be ſteeped with red wine, and pouned Nutmegs ſtrowed vpon it and ſo eaten. Item, take fine *Bolus* which is well waſhed, Maſtick, yellow Amber, prepared Coriander, and Dates, of each alike quantitie, then take thereof at each time halfe a drag. with a rere Eg. This powder enſuing is alſo maruellous good: Take prepared bloudſtone 3. drag. red Coral one drag. and a half, Tormentill, and *Trociſcos de Spodio*, of each one drag. ſhauen Iuorie, burnt Harts horne, of each two ſcrup. prepared Pearles one quarter of an ounce, fine *Bolus* halfe a drag. ſtamp all that may be ſtamped very ſmall, and ſtrow your meate therewith. Item, take pouned horſetaile leaues one drag. and beſtrow your meate with it. You may alſo drinke of this powder following one drag. leſſe or more, with the water of Plantaine: Take of the firſt budded Harts hornes, burne them in a potbakers ouen thorowly to white Chalke, and giue thereof one drag. or one drag. and a halfe with red wine, or Plantaine water. You ſhall alſo finde hereafter many ſundrie powders and waters to drinke deſcribed: Take egghels whence yong chickens hath bene hatched, and Nutmegs, of each alike quantitie, temper them together, and drinke thereof the waight of a dragme with Vineger or with Wine. The part within the Walnut taken a dragme thereof doth binde much.

Another. Take Tormentill, and Nutmegs, of each alike quantitie, Plantaine ſeedes halfe as much, poune them to powder, and giue it in the morning and euening with old beere. Item, take *Trociſcos de Carabe* one dragme, beate them to powder and make a potion thereof with Plantaine water, this may be vſed the ſpace of a whole weeke together, for that they do calme and ſtay the flure: the like doth alſo red Coral one dragme, with Plantaine water taken euery day alwayes before meales.

Item, take burnt Harts horne, and pouned Nettle ſeede, of each alike quantitie, and take thereof the waight of one dragme with the water of Plantaine. The iuice of Yarrow doth bind alſo in this diſeaſe if one take one ſpoonefull or twaine thereof: Theſe iuices enſuing may be decocted vnto the forme of a ſirupe, for to be vſed in winter time: like as the iuice of broad Plantaine, the iuice of Shepherds purſe, of Yarrow, &c. for this is alſo good the water of Elderne dronken, and Galingall chued.

Item, if a woman do flowre too much, whether it be in Childbirth or otherwiſe, and that it be feared that ſhe might bleede to death, then take one dragme of red Nettle ſeede pouned, and let her drinke it with Plantaine water.

Some do giue chopt and boyled Poppie heds to drinke, but it is not alwayes conuenient, there be much ſafer things, viz. theſe inſuing.

Take fine *Bolus* one quarter of an ounce, binde it in a cloth, hang it in a pot of wine, and then drinke thereof: ſeethe Pimpernell in Peaſe broth, and drinke alſo thereof.

Or take dryed Goats dung, ſtamp it to powder, and drinke thereof, it doth not only ſtay the menſtruall flures in women, but alſo all kinds of bleeding; for this, alſo is very meet red Roſe water dronken.

Amongſt Cliſters is this following very highlie commended: Take Swines bred, Feuerfew, Baulme, Rue, Scabious, Roſemary floures, Southernwood, Comin, Siluermountaine, *Ameos*, *Ammomum*, Balſam fruit, Cucubes, Bayberies, *Calmus*, Caſſie wood, *Caſſia Fiſtula* and pipes, of each one dragme and a halfe, Dill ſeede, Annis ſeedes, of each one M. and a halfe, ſhauen Iuorie two M. ſeethe them all together by a mild fire in two quarts of water vnto the halfe, and preſſe it out, take xii. ounces of this decoction, oyle of *Seſamum*, of Rue, & of Pepper, of each halfe an ounce, Indie ſalt one drag. *Diacaſtoreon*, confection of Bayberies, and *Benedicta*, of each three drag. temper them well together, and miniſter it very warme. With this following a woman is to be fumed from beneath. Take *Alipta Muſcata*, *Spec. Nere*, of each one drag. *Gallia Muſcata*, and red Storar, of each 3. drag. Allome one drag. and a halfe. Of this powder is a dragme to be vſed at once. This temperature is not eaſily to be made, becauſe of the manifolde ſimples which do come therein, and it is not only good for to ſtay the vnnaturall flure of flowres, but is

also good for the suffocation of the Matrix, for that it dryeth, and is good for a barren wombe, and especially if the maladie procéede of cold. Pessaries and such like: Stamp dryed Asse dung, and forme Pessaries thereof with the iuice of Plantaine, and put it into the places.

Another. Take iuice of knot grasse and washed Shéepes woll, dip it therein, and lay it on the places.

Item, take Frankincense, Pomegranat blossomes, Gals, Antimonie, and the iuice of Sloes, of each alike quantitie, bestrow the woll with it, and vse it as before.

For this, is also good halfe a ℔. of pouned Plantaine, and vse it as before: or make a small pessarie of the iuice of Sloes, and with the iuice of Pimpernell with Cotton.

Outwardly is this plaister ensuing to be vsed: Take the iuice of Plantaine 11. ounces, Rose water 3. ounces, Vineger halfe an ounce, red Cozall, Amber, Blood stone, fine *Bolus*, Mirtle séed, Akorne cups, and Frankincense, of each one quarter of an ounce, sealed earth, as much as is néedefull for to make it thick inough: this being all beaten small together, and tempered together, then make thrée plaisters of it, and lay the one before, and the other behinde.

The plaister *ex Galbano* may also be vsed, whereof héere do follow two sorts. Take *Galbanum* thrée ounces, *Bdellium* thrée quarters of an ounce, stamped Feuerfew halfe an ounce, and half a drag. Mirrh halfe a dragme: melt the Gums in Vineger. But if they be not cleane, then wring them thorough a cloth, and let the Vineger séethe away, then make a plaister thereof with Turpentine. Plaister of Galbanum.

The other: Take *Galbanum* as much as you will, melt it by the fire in red wine, temper fine *Bolus* amongst it, and Dragon blood, of each halfe as much as the waight of the *Galbanum*, then make a plaister with sufficient Ware and Turpentine.

Item, take pouned Lentils twelue ounces, Shepherds purse, and Plantaine, of each thrée handfuls, dryed Asses dung, and Goats dung, of each one ounce and a halfe, Frankincense halfe an ounce, Dragon blood, Mints, of each one ounce and a halfe, the iuice of Sloes, *Hypocistis Licium*, of each one ounce, fiue whites of egs, Beane meale thrée ounces, Gips, foure ounces, but kéepe the Gips the space of a day in Vineger, and then make a plaister thereof with the iuice of Plantaine, so that it may be sodden with the meale, vntill it be very thick. Lastly, mixe the rest amongst it, and when it hath stood a good while, and is well tempered together, then take it from the fire, and stirre it continually about vntill it be thorow cold. This plaister is to be layd ouer all the priuities, and all the parts about it. The same plaister doth marueilously stop the bloud of the Piles, and all moysture of the Matrix, of salt and tough humors, for that it is oftentimes approued.

Item, take the iuice of Plantaine as much as you will, temper therein *Trociscos de Carabe*, and then apply them as all the rest.

Or take Wormewood, Nightshade, and knot grasse, of each a like much, stamp & wring the iuice out of it, then temper as much Rye meale amongst it, vntill it be as thicke as pap, afterwards lay it ouer the nauell, and ouer the priuities. Another: take Vineger dregs, make it hot, and wet a blew cloth in it, and lay it thrice double ouer the priuities.

Before in the third part the tenth Chapter and 5. §. ye haue a pretious Salue, beginning, Take Comin, &c. which is also méete for this vse.

There is also a Salue called *De Gallia*, which is thus to be prepared: Take Comin, Dill séede, Caruway, Rue séede, *Ameos*, *Gallia Muscata*, of each one drag. and a halfe, *Epithimus* one quarter of an ounce, Indy salt two scrup. white Rosen one ounce and a halfe, oyle of Dill two ounces, oyle of Roses one ounce, *Aloe*, Cloues, of each 2. scrup. molten ware as much as is néedefull for to make a plaister of it, then lay it ouer the Kidneyes, and ouer the priuities: this salue doth not only stay the flure in women, but also expelleth the wind of the stomack, and hindereth parbraking. Or take *Sandaraca* one ounce and a halfe, pouned Cypers nuts one ounce, fine *Bolus* foure ounces, Plantaine séede, and Pimpernell rotes, of each two ounces and a halfe, Starch thrée ounces, then make it with water wherein Akornes were decocted, vnto a plaister or salue, and vse it as is sayd. There may also be made a bathe, as héere followeth: Séethe the rotes of *Curcuma* in sufficient water, and make thereof a bathe for the raynes.

It is also good to make a bath wherein Allome is decocted, or any of these things following, which one will, as Mirtle séede, the rinds and rotes of the Elme trée, the rinds of the Oke trée, Pomegranat blossomes and the pæles, Akornes, Medlars, Lentils, and such like.

Item, it is sayd that one do burne *Ranam Arboream* to ashes, and the ashes worne on the neck, that womens termes will be stopt thereby, but it is to be proued.

In like manner do some aduise, that the mosse of the blacke or Slothorne worne in ones shoes, should also stop the same.

Item, take Shepherds purse, and binde it on the soales of a womans fete. Other aduise also that boring cups should be set vnder her breast vnpickt, for that they draw the bloud vpwards, and it is also a very good remedie for to stop therewith the flowing of the termes. Likewise it helpeth also exceedingly to binde the armes hard, to the end that thereby the bloud might be drawne vpwards.

Further, this setting of cups, binding, and all these things that are to be put into the places admonished before, be especially to be vsed, if it be perceiued, that through such superfluous courses women be impotent, and were afraide of present falling into a swoune. In like manner also it is very requisite that she smell oftentimes to cold things, and vse other moe binding things, which be described in the first part, the eight Chapter, and the 7. §.

For a conclusion it is to be noted, whether there be heate or cold in this woman, that the medicine may be ordained accordingly. These be all warming things, and they also which stop bloud, which do here follow, viz. Frankincense, Mastick, Cypers nuts, *Sandaraca Laudanum*, *Mirrha*, Storax, Annis, and such like.

Cold stopping things be these, as Camfer, the iuice of Sloes, burnt Iuorie, Coriander, Dragon bloud, Saunders, bloud stone, *Hypocistis*, fine *Bolus*, *Ruscus* sede, Mirtle sede, Gals, Pomgranat blossoms, the sede of Plantaine, the sede of Melon, of Cucumbers, of Gourds, of Pompeons, and of Pimpernell rotes, &c. whereby all tempered medicines may be adiudged.

## Of the whites, or white fluxe in women. §. 4.

THe disease which women do call the whites, and the Phisitions *Menstrua alba*, hath a great acquaintance or fellowship with the auoidance of humane sede, or the running of the raynes, whereof we haue written at large before in the first Chapter: and is also very euidently declared, that such kind of flixes be caused through hot, and through cold causes which is here also to be noted.

But aboue all that which is there discoursed do all famous Phisitions commend, that it proceed of heat. Women be first of all to be purged: for which, Cassie is passing good: afterwards giue her euery other day one dragme *Trociscos de Carabe*, tempered in Plantaine water, or a quarter of an ounce, *Triphera ex parte Phenonis* tempered with a little fine Bolus. The raines are to be annointed with the salue of Roses, and with other things moe which be prescribed in the spermaticall flux. There is also to be giuen hir euerie second or third day one dragme of the filing of Iuorie to drinke with Plantaine water, and the cold losings of *Diamargariton* is here also to vse oftentimes.

Item: Take *Camphora* ten graines, bruse it small, beaten Amber one scruple: drinke them togither with Plaintaine water, it is a very good medicine.

For this is also esteemed to be a sure remedy, the first buds of the Blackberrie bush, and the berries thereof dried, pouned, and drunken euery day one dragme with red wine, or twise a day. There may also be made a confection of the said berries when they be ripe, seething the same with hony or Sugar, and to vse thereof daily.

But in case that this disease proceede of cold, whereto some do make fiue kindes of bathes which are to be vsed one vpon the other, which me thinketh to be much too strong, for that they take Sulphure, Alome, steeled water, and strong Menageges, as Feuerfew, Mugwort, and baiberries: afterwards againe all things which be contrarie, as Oken buds, Knotgrasse, Squinant, &c. Therfore will we leaue the same vnmentioned: but for this must be taken the flowers of dead Nettles poudered the waight of a dragme with wine, confected Annis sedes, is also very commodious for this. But incase that the issue be very sharpe, then beate whites of egs with Rose water, and make clothes wet in it and put it vp into womens secrets.

Of

## Of the suffocation or ascension of the Matrix. §.5.

THis terrible sicknes is in many things most like to the falling euill *Epilepsie*, and the great swouning *Syncopi*, for because that the *Matrix* hath great sympathie with the hart, the arteries, braines, & with the two membranes which do couer the braines. This maladie commeth to women through diuers causes, and especially when there is retention of their termes or flowers, yea also through the retention of their naturall sæde, especially to them that be accustomed to haue the company of a man, and must then forbeare it, as widowes, and aged maidens: for that in case the foresaide sæde be retained, then causeth it many kinds of winds in the *Matrix* which do compell it so to ascend, that otherwhiles it oppresseth euen the *Diaphragma*. This is then the opinion of diuers learned men in this case. But *Galen* doth dispute against it with strong reasons, that the foresaide naturall sæde doth much rather cause this sicknes, then the retention of the tearmes; chiefly in women which also are burthened with many bad humours, be full of blod, and brought vp in idlenes, haue accustomed to accompany with a man (like as is expressed) and now suddenly are constrained to want it. Therefore is commonly sæne saith he, that this suffocation for the most part troubleth widowes. He maintaineth also and that by good reason, that the mother doth not ascend euen to the *Diaphragma* (which is the midriffe) and there doth abridge the breath.

Thus may be caused through the retention and putrifaction of the sæde, all manner of troublesome accidents, as giddines and paines of the head, madnes, short breath, and panting of the hart, her naturall colour doth alter in a yellow pale, yea sometimes in rednes of the face and of the eies, they gnash with their teth, draw their hands and fet awry, they do also fele that there ascendeth somewhat vpwards out of the belly, and commonly then do they presse downe their belly with their hands; they also do sit commonly with bent knees on the ground; they lose their speach: and neuertheles when one calleth them by their names, then do they heare it, but they cannot answere, and do lie oftentimes, that neither breath nor pulse, nor any life can be perceiued in them, yea are taken to be dead. Like as they also sometimes are taken or assailed with these kinds of maladies that they depart out of this world: neuertheles they alwaies remaine by their memorie and knowledg; and when they come againe to themselues, then do they rehearse all that is spoken and done. So that this disease (like as is rehearsed) is in many things to be compared with the falling sicknes, onely that they do not some. In like maner it is not vnlike the palsey, but only that there is no long breath with it, and very like the sleeping sicknes *Lethargo*, but that there is no ague with it. Amongst all the foresaid signes is there no worse then the retention of the breath, for that the same cannot be long holden vp without death follow after it; for that a body cannot liue without breath.

This greeuous accident may also be caused through a strong colde which doth so sore assaile a body, that thereby all his breath and pulse will be so drawne inward that by the feeling it can be at no hand perceiued. Like as we haue also admonished here and there in the first part amongst the diseases of the braines. In fine, the meane to remedie this terrible disease consisteth in three seuerall things.

The first what is to be done in the hastie accident for to hinder the stifeling.

The second (if so be that this disease be caused through retention of the sæd) what is to bee vsed for it.

The third, in case that this be caused through retention of the termes, or through any other bad humours, how one is to behaue himselfe therein. When as this disease commeth with hinderance of the breath, then is spædie helpe nædfull: therefore is cold well water, or Rose water to be cast by and by into hir face, and to hold to the mouth and nose to the ende it may compell the breath backeward, and breake out with force: also the hands, fete, buttocks, and thighes, are to be rubbed hard with Vineger and salt, and afterwards to be bounden very hard. Another woman must make hir finger fat with odoriferous oyle (like as oyle of Lillies or any other) and therewith annoint the necke of the wombe or *Matrix*, and to rubbe the same softly to the end that the *Matrix* be thereby drawne downewards. Further, there is a little neesing pouder to be blowen into the nose, to the end that through the strong motion of neesing the mother may be drawne downeward. They are also to be called harde and lowdlie by their names, and to

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kæpe away all pleasant sauours from their nose: but the places are to be fomented, annointed, or fumed with all odoriferous things. Also a great boring cup is to be set vpon the same place vnpickt. You are also to hold all filthie lothsome sauours before the nose, as *Assa fœtida, Galbanum*, or Beuercod: also the smell of old clouts, of shoes burnt, of haire, of feathers, and such like, that may be gotten spœdily are you to let her smell vnto. For that (like as we in the beginning of the description of the *Matrix* or mother) haue admonished. The mother doth so flie and auoid by nature all stinking things, and to the contrarie loueth all odoriferous fumes and sauours: yet are these stinking things not to be vsed but in extreme nēd: for that all that stinketh very lothsomely, that doth also weaken and infœble nature. Amongst these foresaid things is Hares haire also verie requisite. The chœfest odoriferous things which are to be vsed beneath is *Muscus* and *Ambra* mœte. And if one can get suddenly this pouder following is to be taken.

Take red Storax, *Lignum Aloes*, and cloues, of each one dragme, Muske, Amber, of eache halfe a dragme; make all to pouder, then binde it in a cloth and put it vp into their places.

Item: Take one ounce of the oyle of Lillies, *Muscus*, and Saffron, of eache thrée graines; bruise them well togither and dip a taint in it, and put it into the place, or fill a small bag with salt and vse it as before.

You are also to make a fume with these things following, and to receiue the same through an Anunell: Take Cassie wood, Cinnamom, Thyme, *Gallia Muscata*, and such like. But if these will not helpe, then vse one of the strong pessaries and others which be described before in this chapter and the 2. §.

*Verum (Saluo pudore) præsentissimum Remedium est, si maritus iungat Penum, cum Oleo Caryophyllorum, admixto parum Olei amygdalarum dulcium, ad calidiatem prioris temperandam, & cum vxore Coëat: Matrix enim subito descendet.*

When as now this patient beginneth to recouer againe (being a maiden) and enclined to this grieuous sicknes, then is there no better remedy, then that she induce her selfe into the state of matrimony: if not, then is she to refraine from all these things, which do increase naturall sœde; as flesh, wine, and other, like as before is described in the first Chapter, and the 4. §. and the seuenth Chapter and the 8. §. For this is also letting of blod very mœte. The vse of all cooling meates, and the absence of men. All minerall bathes which doe drie, be also very fit for this vse, and she may also vse therewith these confections following.

Take fresh rotes of Polypody fiue ounces, Sene leaues, Violets, Prunes, Sebestes, sower Dates, and Currans, of each one ounce and a halfe; sœthe them in two quarts of water vnto the halfe, afterwards wring it out: and whilest that the decoction is yet warme, stœpe therein fiue ounces of the sœdes of Fleawort, so long that the muscilage may be drawen out of them, then put 24. ounces of white Sugar vnto it. Likewise also the pith of sower Dates and Cassie which are prepared with the foresaid decoction, of each thrée ounces: then sœthe them again togither by a milde fier vntill that it be thicke, then temper with it these things following beaten very small: burnt Iuorie, Rubarbe, red and white Saunders, Roses, Violets, white Poppy sœde, Purslain sœde, Endiue sœde, Lettice sœde, small Endiue sœde, of Fennell, Dragagant, Starch, scraped Iuory, Gum, Hollihockes, Fumitory, Licorice, and Annis sœdes, of each a dragme and a halfe, *Diagridion* two dragmes and a halfe, *Mirobalani Indi, Emblici*, of each thrée dragmes: temper them all togither in a mortar, and giue from halfe an ounce vnto seuen drag. This foresaid electuary is so highly commended, that it is called the gift of God. These are also not euery day, but onely once or twice to be vsed, with a decoction of Mugwort and Sugar, and then to fast fiue howers vpon it.

This being done, there shall a round plaister be layd vpon the nauell *De Galbano*, and not to take it of, before it fall away of it selfe, whereof therebe two diuers sortes discouered before in the 3. §. Lastly, these pils euluing are to be vsed. Take Siluer mountaine, Madder, Penniroyal, the innermost rindes of Cassie pipes, Pomegranate kernels, Pyony rotes, and Calmus, of each thrée dragmes, *Muscus*, and *Spica* of Indie, of each halfe a dragme: then make pils thereof with the iuice of Mugwort, of them is she to take euery day, or at leastwise, about the other day, if she do not vse the Confection, and that before supper. But the same is not to be giuen if the termes be present: but when they be past, if you will haue them milder, then put one drag. and a halfe of Aloes vnto them.

But in case that this ascension of the Mother be caused through the obstruction of the termes,

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and that a woman be come to her selfe againe, and that it is feared that it will returne againe, by reason that the cause is not yet taken away, & that it be certaine that this disease were caused throughthe retention of the termes, or of the naturall sæde; then must diligence bee vsed that the termes be preferred and moued, whereof we haue before giuen a full instruction.

Item, if this suffocation of the Matrix procæde through obstruction or hinderance of the termes, then giue her one quarter of an ounce of powdred *Agaricus* with Wine, or with Hony water, for that it is a sure meane for it. It is also verie good for the same, that there be taken one drag. of the pouned *Agnus Castus* with one ounce of the hony of Roses, especially if the disease do come through the detention of the sæde, the *Trociſci de Mirrha* doe also moue much.

Secondly, the *Saphea* is also to be opened in the foote, and afterwardes one dragme of pouned Betony, with the water of Feuerfew. In like maner also boring cups are to be set vpon the thighes, picked or vnpicked, cut a peece of bread round like to a Dollor, and set three ware candles in it of the length of a finger, set them so burning vpon the Nauell, and then whelme ouer it a glasse of a quarterne long; then doe the candles goe out, and the glasse doth drawe the Mother or Matrix perforce into her due and wonted place: and this hath been oftentimes approued.

Item annoynt all the belly with oyle of Mastick, and make a pot lid warme, wind it about with clothes, and hold it warme to the belly.

Item take Beuercod and *Assa fœtida*, of each one quarter of an ounce, *Philonium romanum* one dragme; temper them togither, and giue it them fasting: then drink vpon it a good draught of Muscadell or Malmsey, it helpeth maruellous well.

The same vertue hath *Triphera magna*, the waight of a dragme and a halfe dronken with wine in the morning early. Likewise is also good for this one dragme of pouned Pyonie sædes dronken with hony water.

If the *Matrix* or mother begin to ascend, then is to be taken one quarter of an ounce with yellow Rape sæde, with the water of Mugwort.

For a plaister you are to take *Galbanum* one dragme and a halfe, *Bdellium* one dragme, Mugwort, Feuerfewe, of each halfe an ounce, oyle of Lillies one ounce; dissolue the gums in the oile, and when they begin to be cold, then temper the pouder amongst it: with this salue they are to annoint them beneath and aboue the Nauell, and then to lay a plaister of *Galbanum* vpon it.

Item: Take *Assa fœtida* one ounce, *Galbanum* two ounces; melte them in Vineger, and spread them warme vpon a leather of a quarter long, then lay them ouer the nauell: the *Galbanum* is also good vsed alone. Whensoeuer you will lay any thing vpon the place of the paine then take the rots of Louage, cut them very small and put them in a bag. Commeth the paine of the mother through cold, then sæthe it in wine; but if it be through heat, then sæthe them in water, and laye it on the place of the paine. Could you not get these rotes, then take Acorne buds, it is also good.

Næsing and parbraking is much aduised for this, but especially hæd must be taken to the strength of the patient.

And in case that the same woman must liue without a man, then is shæ so much the oftner to vse annointing with the odoriferous salues with the fingers beneath, and vse therewith all things which doe diminish naturall sæde, as Rue, *Agnus castus*, and such like, as els where hath bæne shewed. Besides all these you may loke all that hath bæne said before in the second §. of the termes in women.

## Of the descesion and falling downe of the Mother or Wombe. §. 6.

6: §.

LIke as the Wombe or Mother in women ascendeth, so doth it also descend, so that it commeth so lowe, that she being turned about dependeth, and with a long ende hangeth out of the bodie, like as is wont to happen with the Arsegut, whereof we haue written in the tenth Chapter, and the 2. §.

The causes of this disease may be outward and inward. The outward may come of fals, heauie birth, long sitting vpon a cold stone, or in the water, thorowe

rowe hard going to stoole, through strong neesing, through running, leaping, through vse of much cold salue, and such like, &c. The inward be when the bodie is pestred and full of humors, which afterwards do fall euen to the wombe, which do so vnknit and resolue the bands and stayes of the same, that they cannot hold the mother any longer, like as oftentimes befalleth in the Palsie and falling sickness, also in vlcers and impostumes of the wombe. The signes of this disease be manifest, if the same be caused through any outward causes, the same may be inquired of the patient himselfe. Otherwise it is to be considered whether the woman be fat, moyst, liue in quiet, is wont to eate much fruit, or much fish, &c. They haue also oftentimes paine about the priuie members, and in the neather part of the back bone. There commeth also sometimes an Ague with it, retention of the vrine, and hardning of the stoole. Some get also much trembling, the Cramp, and great feare, without any manifest causes, with many moe grieuous accidents. Now in case that descension of the mother do yet remaine somwhat inwardly, then must a Midwife behold and search her: to wit, then she must put one finger into the neck of the wombe or Matrix: if the passages be smoth and open, then is the mother not fallen downe; but if she find therin any stop or let, then is it a sure signe that it is descended: and if so be that the Matrix or mother continue long out of her naturall place, then is it vnpossible that she should be reduced againe into her due & naturall place, & more vnpossible if the same depend out of the bodie.

Thus for to remedie this disease, then may one chose out of these things following, those which are thought to be best and most meete, according to the qualitie of the disease. First of all take three boring cups, and set the one vpon the nauell, or vnder the breasts, and the other two aboue the priuities vnpickt: these may draw the *Matrix* againe into her accustomed place. The Midwife may also annoint the body within with oile of Mastick, and to do whatsoeuer is possible by manuall operation to set the same againe into hir naturall place.

Secondly, take a glowing bricke and strow thereon this pouder following: Take Tormentill, the iuice of Sloes, and *Bistorta*, of each three dragmes, the peeles and blossomes of Pomgranates, of each one quarter of an ounce, *Assa fœtida* one ounce, Mastick, Frankinsence, *Galbanum*, of each two dragmes and a halfe, Cipers nuts, Gals, Mirtle seede, of each fiue dragmes; stampe them togither and mixe them well togither: this fume is she to receiue from beaneth, but heede must be had that it come not into the nose: for to hold to her nose serue none other, but well sauoring and sweete smelling things, *Ambra*, *Muscus*, and Violets, and all sauours which is most acceptable vnto her. These bad sauours (as is said before) cause the mother to ascende againe. This same is also to be vsed whilest that the boring cups are fastned.

Item, take a stincking egge from a brood hen and dip cotton it, and then laie it vpon the dependant necke of the *Matrix*, then will it forthwith be drawen vp againe.

Or take Cammomill, Marierom, and Caruway, of each one handfull, Linseede one handfull and a halfe; seethe it in water and receiue the vapor thereof.

If so be that then there be heate with it, then are you to vse this vapor following: Take Houseleeke as much as you please, beate it grosse, and then afterwards laie it vpon a hot stone, and let the woman receiue the vapor thereof.

Thirdly, then is this fomentation to be made: Take three ounces of Roses, Mirtle seede, and Violet leaues, of each one handfull, Marigolds, Feuerfew, of each one handfull, *Assa fœtida* fiue dragms: breake them all togither, then put them in a bag and seethe them in red wine, and then laie it after the vapor receiued vpon the foresaid place.

Or take the blossomes and pils of Pomegranates, Cipers nuts, the rindes of Medlers, and of the Seruice tree, of each one ounce, Allom one ounce and a halfe: seethe them all togither in red wine and foment therewith the places and the parts adiacent of the *Matrix*. Some do also aduise to take Ore dung tempered with red wine, and to receiue the vapor of it from beneath.

Fourthly, let euerie day the necke of the mother and all parts about the mother be annointed with the salue *Althea*, but temper amongst it some marrow of any beasts, the fat of foules, and oile as much as you please. Do this in the euening when she goeth to bed: you may also of such like things make a plaister, and apply it all the whole night as before.

Or take the oile of Mirtles, of Lillies, and of Mastick, of each two ounces and a halfe, *Assa fœtida*, *Bistorta*, and Tormentill, of each three dragmes: the gum is to be molten, then poune all that is to be pouned and make a salue thereof, annoint therewith the body outwardly, and also vpon the kidneies.

Lesser:

Lesser: Take the yolks of two well brayed egs, put vnto them one ounce and a halfe of the oile of Roses, fresh butter halfe an ounce, make a salue thereof and vse it as before.

The dependant *Matrix* is to be washed often with wine which is steeled.

Also the oile of swæte Almonds may be vsed for this purpose.

Fiftly: Take *Assa fœtida* one ounce, Mastick, Frankinsence, Mirtle sæde, Galingall, and Cipers nuts, of each one dragme, stamped togither verie small, mixe it with the oile of Mirtles, and annoint therewith a pessarie, afterwards put it into the places.

Sixtly: Take Rosin two ounces, Frankinsence, Mastick, and Cipers gum, of each halfe an ounce, temper it togither and let it melt; make it then with the oile of Mastick to a plaister and weare it vpon the priuities, it will stay and let that the mother or *Matrix* cannot fall any further out of the body. Or take Mastick one ounce, Frankinsence halfe a dragme, Cipers nuts, Gals, and Mirtle sæde, of each one dragme, pils and blossomes of Pomegranates, and Turpentine of each one quarter of an ounce; poune all that is to be pouned, and temper it all togither with Turpentine, and oile of Mastick, as much as will suffice for to make a milde plaister, spread it on a cloth of a quarter long, and half a quarter broad, weare this plaister continually betwæne the nauell and the priuities.

The common people do much commend to sit vpon Oken bords and to receiue the fume of dried Caruway from beneath, cakes baked with the dried sæds of *Verbascum* and to eat them, to eate Annis sædes, to annoint the dependant *Matrix* oftentimes with the iuice of Sloes, and aboue all the vomiting and parbraking thereby to draw the *Matrix* vpwards are very good.

Aboue all these which be before discouered against the descension of the *Matrix*, are these things insuing also verie good: Take burnt Date stones beaten small, and strow of this pouder vpon the dependant member.

A stronger: Take *Mumia, Licium, Hypocistis*, pouned Gals, of each two scruples, burnt and small beaten Dysser shels two dragmes and a halfe, then make a pouder thereof and vse it as is before saide. Item: Take a ware candle of the length of fiue fingers breadth, and one finger thicke, annoint it with oile of Lillies and put it vp into the place.

Item: Take Cipers nuts, vnwormeaten, Oken leaues, Squinant, & Cammomill, of each halfe an ounce, Roses one quarter of an ounce, Hares haire cut small halfe a dragme: stampe all to pouder, and put it in a bag of the length & breadth of a finger, then steepe it in warme wins wherein Cammomill hath bæne decocted, and so put it vp into the body.

This woman is also to sit vp to the nauell in a bathe wherein Allom and other astringent things haue bæne decocted, and let hir sit therein about an hower.

Other do counsell to vse this bag following: Take Oken buds, Medlar leaues, Seruice leaues, the vppermost sprigs of Ladies Thistles, Cipers leaues, of each one handfull, the sprigs of Myrtles, Valerian, wild Mints, of each two handfuls, chop them all small; afterwards put them into a bag, let it sæthe well, and sit thereon when you are in the bathe.

For a conclusion: there serueth for this intent all that is prescribed before in the tenth chap. and second §. of the falling out of the arsegut: for that both these diseases haue one kind of cause. Likewise also there are many things specified in the third part the third chapter, and second §. of the tumerous breasts which is mæt for this purpose, like as also hereafter of women in childe bed shall be said.

So much be then spoken of this suffocation and descension of the mother: nowe will we proceed of other accidents which also concerne the *Matrix* or mother.

## Of the paine in the mother or Matrix through winde. §.7.

FIrst of all each one may be wel assured which hath any vnderstanding, that euery vnnaturall accident with this part in women, to wit, the *Matrix* (whether it be of outward or inward causes) is subiect to, cannot be without paine, which the Grecians do call *Hysteralgian*. Amongst these the causes be most windes, which cause no lesse paine in that place, then they do in the guts, wherof we wil at this present write and discourse.

The causes of this may be blowes, thrusts, and fals. Item, outward cold which causeth an obstruction in the necke of the mother, whereby the winds be detained. These winds be also

so caused sometimes through hard and painefull bearings, or through the long vse of windie meates, as Rapes, Chesnuts, Rye bread, and such like. The signes of these winds be paine in the Matrix, and other parts adiacent, swelling vp of the belly, and that the paine is now here now there.

To remedie this disease, some famous Phisitions do aduise, that the bodie is first to be purged through some common Clisters, through Cassie, or through the powder of *Hiera Picra*, and that afterwards one quarter of an ounce of *Triphera Magna* shall be taken in the morning with good wine, for the same is esteemed especiall good.

These winds be also caused oftentimes through vomiting and parbraking.

Secondly, take for it two ounces and a halfe of *Oxymel*, and three ounces of the water of Cammomill, afterwards set a common Clister.

Thirdly, foment the belly with wine wherein Cammomill is decocted. Lastly, may *Triphera* or *Philonium* be vsed.

This foresaid *Philonium* is very good, but as is oftentimes admonished men must deale prouidently in it: for the *Triphera* is much safer.

Afterwards do the famous Phisitions commaund to procede with these things which do follow.

Take *Turbith* one dragme, or foure scruples, according as the woman is strong, Ginger one scruple, giue it her with water of Mugwort, or with common well water wherein Mugwort is decocted. This is a very excellent medicine for to allwage all paines of the Matrix.

And if so be that one peraduenture feare of any mischance, because the winds of the Matrix do oftentimes cause it, then take Caruway sede which is steeped in Vineger, and dryed againe, and powdred one dragm, *Ameos*, Ginger, Beuercod, of each one scruple, temper them together, and giue one dragme thereof with wine certaine dayes together. Or Gentian, the waight of one dragme with wine, which easeth them maruellous much, for that it expelleth not onely the paine, but also preuenteth that there returne no paine vnto it.

In the twelfth Chapter and 11. §. you haue a potion with Gentian and others which may also be vsed for this with great aduancement.

Amongst the remedies which may be outwardly vsed, first is bathing good, whereto this following is to be prepared: Take Marierom, field Mints, Southernwood, Fennell, and such like things which expell winde, seethe these in water for a bathe.

Or if so be that bathing is not meete, then vse fomenting of warme wine wherein Cammomill is decocted, and afterwards annoynt the belly with the oyle of Elderne. Item, take oyle of Mastick one ounce, melt therein one quarter of an ounce of *Laudanum*, and annoynt you therewith, yet the oyle of Lillies and of Walfloures passeth all.

Item, rere sodden egs, brayed well with sweete milke, and some Saffron tempered amongst it, and then layd vpon it is highly commended for this vse. It is sayd also, that if black Helleb or be layd beneath before the Matrix, then doth it draw all moysture vnto it. But the Phisitions do seeth the Helleb or, and make a cloth wet in the same decoction, this clenseth the Matrix from all wind, without any molestation. This plaister following is especially commended for all winds and swellings of the Matrix: Take *Bdellium*, and *Ammoniacum*, of each two ounces, *Agnus Castus*, Centory, Southernwood, Marierom, field Mints, *Ameos*, and Cassie wood, of each one dragme and a halfe, Turpentine as much as is needefull for to make thereof two plaisters, then lay one before, and the other behinde.

## Of the paine in the Mother through cold. §. 8.

Take *Doronicum*, Zeduary rootes, the sede of Smallage and Cinnamome, of each one quarter of an ounce, Frankincense halfe a dragme, Beuercod one dragme, white Sugar one ounce, temper them and stamp them all together, and giue thereof a spoonefull with wine. In the first part and the twelfth Chapter there is a remedie for the memorie, to wit, of a groser powder, which is also maruellous good to warme and strengthen the cold Matrix. Item, take one dragme of Treacle, Saffron foure greines, temper them in two ounces of Mugwort water and then drinke it fasting, and fast three houres vpon it. Mithridate is also very good for all diseases

diseases of the Matrix, and chiefely for them that proceede of cold. There is more good for this Beuercod about the waight of a dragme tempered with oyle of Cammomill, and the belly annointed with it. Ripe Juniper berries eaten be also very good for this disease. The first Balsam (which is described in the eight part) is also especially good for the same, all plaisters, oyles, salues, and fomentations, which be described in mo other places may also be vsed for this.

The simple things, which are meete for a colde Matrix, bee these, to wit, Mugwort, Rue, Sage, Sauin tree, *Assa fœtida*, Madder, Juniper, Penniroyall, field Mints, white water Mints, Calmus, *Serapinum*, and all that warmeth the Kidneies.

## Of the paine in the Mother through heat. §.9.

THere commeth also otherwhiles a great paine in the Matrix through heate, so that there must oftentimes things be vsed which take away and dead the sences like as the iniection of Henbane seede, or Poppy seede, but it must be prouidently taken in hand, and not to vse the same but in great heate. But if you will any thing that is more weaker, then sethe the Poppy heads in water, and iniect the decoction thereof, and foment it therewith on the outside. Warme sweete milke iniected also is good for this purpose.

## Of the contraction of the Mother, or the necke of the same. §.10.

IT chanceth also sometimes that the necke of the Mother is closed cleane vp, wareth narrowe and shrinketh vp. And for to mollifie or soften the same, take Hollihocke rootes as many as you please: sethe them in Swines grease, or in Turpentine, to the end it be a soft plaister; then dip a clout in it, and put it vp into the necke of the Matrix. The same doth also the water wherein Hollyhocke rootes be decocted. In like sort also the oyle of white *Narcissus*.

## Of the *Schirrhus*, or hardnes of the Mother. §.11.

OUt of these forementioned accidents of the Matrix, whether it be through heate or cold, cannot these parts be hardened in any way, but as the Splæne is hardened. For which these meanes ensuing be very good: take Aloe one ounce, Mastick one quarter of an ounce, *Galbanum* dissolued in vineger one ounce, and being strained, temper the rest amongst it, and then make it with oyle of Cammomill and Waxe, into a meetely hard plaister. The plaister of Melilot is also good for this vse.

Item, sethe Figs and Fenegreeke as much as you please in Barley water, and make thereof a Semicupe. This foresaid bath is good both for the paine and the heate also. There may also be vsed all that is beforе admonished in the sixteenth Chapter and first §. These herbes following doe carrie all other medicines towards the Matrix; as Penniroyall, Rosemarie, Sauine tree, Juniper, Rue, Beuercod, Yarrow, Cinquefoyle, *Mirrha*, Sage, Madder, and Lupins. But because that all these foresaid things do also lead all things towardes the bladder and the kidneies, so doe they the same also to the Matrix.

## Of the Impostume in the Mother, or in the necke of the same. §.12.

IF so be that these foresaid diseases, as the retention of the termes of naturall seede, or any other sharpe humor, whether it be blood, *Cholera*, *Phlegma*, or *Melancholia*, winds, or any other the cold moysture which falleth downe to the Matrix, then may they soone cause an impostume: notwithstanding that the same can proceede well of any outward causes, as of blowes, fals, of lechery, through a mischance, through the ignorant dealing of the Midwife, and such like things moe, the which doe bring with them either heate or colde. The signes of a hot impostume, be agues, great

great paine betweene the Nauell and the priuities, and round about the raines, much watching, vnquietnes, and paine in making water, and going to stole, swift pulse, paine of the head, and of the eyes, heauy breath, paine of the stomacke with much parbraking.

These impostumes will be very hardly cured, and the harder if they are situated deepe in the Matrix. But generally are they to be cured, like as the impostumes and vlcers of the raines are taught to be healed, viz. as in the sixteenth Chapter and 6.7.8.9. §. hath beene shewed.

But heere be first certaine rules to be noted, whereof the first is, that one must indeuour to carry away the matter from thence which descendeth thitherwards. Secondly, the lyuer vaine is to be opened, and afterwards the vaine in bending the knee: or if one can neither see nor finde it, then is the *Saphea* to be taken. Thirdly, if so be that this impostumation be in the Matrix or in the neck of the same, then be the termes in no wise to be moued, but only (like as is sayd) to withdraw the matter into another place. Fourthly, after the letting bloud is the patient to be purged. Fiftly, vomiting and parbraking is very commodious. Sixtly, if it be possible, she is to refraine the space of three dayes from eating and drinking, or at least keepe her selfe very sparingly, and especially keepe in drinking. Seuenthly, she must watch as much as is possible. Eightly, after that the bodie is well purged, then is the Matrix in the beginning of the sicknes to be delayed with such kinds of plaisters as deriue the matter from that place. Ninthly, amongst these foresayd remedies, temper allwayes somewhat which may asswage the paine. Tenthly, in the declination of the disease are those things good which do ripen and mollifie the matter vntill it issue and breake out. Eleuenthly, if so be that this impostume would not be maturated and brought to matter, then is the same to be effected with Fenegreeke, with Hollyhocke rootes, with Cammomill, with Wheate floure, with Pigeon dung, and with some Saffron being made to a plaister and layd thereupon. Twelfthly, the astringent remedies are not to be long vsed, to the end the impostumes be not hardned, according to all these foresayd rules, euery one may know how to order himselfe in the curing of this disease.

If this impostume do come through heate, then is heede first to be taken whether the sick person be bound in his bodie; if it be so, then are mild Clisters to be set, or Suppositories, and afterwards to open a vaine, as hath beene shewed in the second rule. She is also to be fed with Barly paps, stued Spinage, and such like things, and to prepare the matter, giue vnto her the Julep or Sirupe of Violets at certaine times to drinke, and afterwards to purge her with Cassie, sower Dates, or *Manna*, and also moue her otherwhiles to vomit. Afterwards vnto the raynes, the kidneyes and hips, are cooling salues, plaisters, and such like things to be applyed, and so to cole them as much as is possible, for which you are to vse this salue following: Take Dragagant and Gum, of each one ounce, dissolue them in Wine, and temper therewith washed Ceruse, the Litharge of Gold, Starch, Dragon bloud, fine *Bolus*, and Roses, of each one dragme, burnt Copper two scruples, oyle of Roses and Waxe, as much as sufficeth for to make a salue therewith: but if so be that one cannot apply the same to the maladie, then seethe them all together with Milke (except the Waxe) and then dip a cloth therein or a spunge, and then lay it vpon the disease.

If you had rather haue somewhat else, then take the muscilage of Fleawort alone, or temper it with oyle of Roses, with broad Plantaine water, with the water of Nightshade, and with the white of an Eg.

There may also a great teint of Cotton be made, and the same dipt in this receipt following, and put into the neck of the Matrix. Take Waxe, and oyle of Violets, of each halfe an ounce, let all melt together, and whilst that it is yet warme, put thereto the iuice of Plantaine, of Nightshade, of each one ounce, Camfer halfe a dragme, then temper them well together in a morter, and vse it as is aforesaid. If so be that there be any great paine with it, then vse oyle of Roses brayed with the white of an Eg, and tempered with Hens grease: but if the paine will not asswage and cease therewith, then is the vaine in the Yam to be opened, and the foresaid decocted Poppie seede is to be tempered therewith. In like manner *Sief Album* is to be tempered with womans milke, which giueth suck to a daughter or mayden child, and to be iniected.

This plaister is also verie good for it: Take Cammomill, Melilot, Hollyhocke rootes, Linseede, and Fenegreeke, of eache one ounce, eight or ten Figs, sixe or seauen Dates, stampe and sharpen this altogither, and make a plaister thereof with water wherein Violets be decocted, and with oile of Roses. At the greatest extremitie there is to be put vnto it a little *Opium*, Poppy

seede,

sæde, and Henbane sæde: If so be that the impostume will be long a breaking, then temper amongst it one ounce and a half of pouned Pigeons dung, Mustard sæde halfe an ounce, Fennell sæde three quarters of an ounce. But if this impostume be in any place where it may be sæne, or where one may come by it, then is it to be opened through other meanes: when it is then open, then clense it with Barly water or hony water, wherein Hyssop, Sauin, Madder, Mugwort, and such like be decocted.

And if so be that the place must be incarnated, then take Aloe, Mirrhe, Frankinsence, *Sarcocolla*, Dragon blod, Litharge of Gold, and prepared *Tutia*, of each a like quantitie; make then a salue thereof with Ware, and oyle of Roses, and vse it according as opportunitie serueth. And as before hath bæne saide, cooling plaisters are to be vsed for it, and to take any of the things following, viz. Roses, Lentils, Blossomes, and pæles of Pomgranates, the muscilage of Fleawort, Nightshade, Tassel, fresh sliced Gourds, and Saunders: all these are to be tempered with Barly meale and sodden to a plaister, and then to be laid ouer the priuities.

Afterwards in the beginning of the disease, the iuice of broad Plantain is to be iniected oftentimes into the *Matrix*.

And to the end the *Matrix* inwardly may be perfectly mundified, prepare this water following: Take Gals, Lentils, Pomgranate blossomes, Butchers browne sædes, Roses, and Sanders, of each a like quantitie: sæthe them in water and iniect the decoction into the place.

Or take Hyssop, Wormewood, hony of Roses: sæthe the same in white wine and milke, and vse it as is aforesaid.

When the *Matrix* is clensed from all vncleanenes, then is this bathe to be vsed for to heale and to cause the flesh to grow: Take Centory sixe ounces, Ireas, Comfrey, Cassie rootes, and Agrimonie, of each three handfuls, *Sarcocolla*, Gum, Dragon blod, *Mumia*, *Hypocistis*, and Frankinsence of each one dragme: sæthe them altogither in sufficient water vnto the halfe, then put thereto prepared refuse of Iron one ounce and a quarter, then let it sæthe a while and ware cold that it may be vsed for a bathe. Of all the former things may plaisters, salues, and Pessaries be made, for they are to that intent verie mæte and profitable. Or if you will haue a meane and milder bathe, then take Mallowes, Violet leaues, Melilot, Plantaine, Lentils, Fenegræke, and Colewort buds, and make a bathe of it.

In like sort sodden Allom is available for this purpose: for this bathe is generally commended of all learned men.

But when the ague and the most paine is somewhat past, and yet the impostume remaine stil, which may be perceiued when the ague returneth, and that the paine and hardnes betwæn the nauell and the priuities continueth, then are mollifying things to be vsed, as these pessaries following: Take Duckes grease, the marrow of Harts bones, Neats fæte oyle, *Bdellium*, Saffron, and yolkes of rosted egs, of each a like quantitie: dissolue them togither in wine and temper therewith the bottome of oile of Lillies, then dip a taint of linnen often therein and put it into the place: it swageth the paine, and alaieth the same. But of this hardnes we shall shortly hereafter speake and discourse somewhat more at large.

But if this impostume be caused through cold, then doth the same happen through abundance of much *Phlegma* in the body, and that through a continuall vse of meate and drinke, whereby the *Phlegma* is augmented, whereby such like humours doe fall downe to that place, and there do putrifie and ranckle. This impostume doth appære with a swelling aboue the priuities nære the nauell, and that with a continuall ache, and yet no great paine, the woman is sæpie, and is very lither: and these signes be the more certaine if the time of the yære, and the age of the patient do agræ with them.

For this, neither cold, nor repelling remedies are mæte, but maturatiues and such as expell *Phelgma*, sobrietie, plaisters of mætely warme, discussiue and ripening sæds, laying on of Cammomill, of Melilot, Sauin, Marierom, Mugwort, Linsæde, Fenegræke, admixed with the foresaid oiles, and the greases, and may also be sodden and iniected. Likewise for this are mæte, salues and plaisters which do warme, moisten, and ripen, whereof we haue before admonished, and shall againe hereafter.

The third manner of the impostumation of the mother is such a bad and hard disease, and is much worse then any of the former, especially when it is confirmed and waren old; for then it is not to be cured: but at last there commeth the canker of it, whereof we shall immediately

hereafter speake and discourse at large. But to do some ease for it, is the place to be annointed with warme and maturatiue oiles, marrowes, and greases of beastes, and the decoction of Linsede, of Fenegreeke sede, and oile of Cammomill, of Dill, or of Lillies to be iniected. Also they are to weare plaisters *de Bdellio*, of liquid Storax, and of *Ammoniacum*, thereon, and to vse these fomentations and bathes following: Take the rootes of Hollyhocke two ounces, Cammomill, Melilot, Mallowes, Violet leaues, Linsede, and Fenegreeke sede, of eache one ounce; let them sethe well in water, and of these decocted herbes shall you make plaisters with some of the foresaid greases, viz. with swines grease, hens, and duckes grease, &c.

Use also this salue following: Take oile of Lillies, and of Eldern, Conis fat, the fat of Quailes, Neats feete oyle, and oile of Harts feete, oile of swæt Almonds, and Butter, of each one ounce, annoint therewith the necke of the mother within and without, then annoint therewith a pessarie of Cotton & put it therein. And if so be the same do not content thee, then loke into the eleuenth chapter, the 29. and 30. §. of the impostumes in the stomacke.

Item, of the impostume in the liuer, the 12. chapter and 7. §. 14. and 2. §. of the impostume of the milt, where you shall find a sufficient direction for it.

## Of the canker and vlcer of the wombe or Matrix. 13. §.

WHat the difference is betwéen the impostume and vlcer, is before in the eleuenth chapter, and nine and twentie §. sufficiently declared of the impostume of the stomacke. But the vlcers of the *Matrix* be verie noisome and perillous (as we haue before alleaged) and so qualified, that verie easily they may come into an incurable canker; for this vlcer and the canker haue a great communion one with another: yet this difference is betwéne them, that where the canker is, there must also be an vlcer, but not euery impostume the cáker. Thus may vlcers with the things be holpen, which be ordained for the clefts of the Arsegut, and of the womans places; where to the contrarie, the canker of this place is estéemed by all learned Phisitions for to be incurable. The causes of these vlcers and canker of the *Matrix* may be (as we haue already shewed of the vlceration in the nostrils in the first part) of wounds, of thrusts, of blowes, of fals, of some vncleane impostume, of some sharpe humours, which do excoriate and exulcerate the *Matrix*, or the necke of the same within. The canker is commonly caused through melancholicke blod which maketh an hard impostume, and beginneth first onely of a small hardnes as the bignes of a Pease or Beane, and afterwarde increaseth; the which at last filleth the vaines adiacent also with melancholike, thicke, and blacke blod, whereby it will be harder and greater from day to day. The heate augmenteth with pricking vntill that it breake out, whence then issueth a blacke grene matter, and otherwhiles like as it were the wine lées, and sometimes like to water, the which stinketh no otherwise then as it were a Carren, and corrodeth more and more, for that is the nature of the cankers.

The signes of these vlcerations be paine, pricking, panting of the mother, and issue or descent of purulent matter according to the qualitie of the vlcer. But if it be caused through any outward occasion, that may be vnderstod of the sicke person himselfe. Or if it come through sharpe blod, then is the paine sharpe, pricking with great heate and ague: or if it be caused through *Phlegma*, then is the paine not so great, the place anguished, and impaireth slowly. If there run any cléere blod out of it with white corruption, then is there a small vaine broken in the impostume: If the matter be like water wherein fresh flesh is washed, then is it a signe that this disease is caused through long retention of womens termes. If this impostume be caused of *Cholera*, then doth grene matter runne out of it. The signes of the canker haue we discouered before.

In these kind of vlcers and cankers in the wombe do the learned prescribe certaine rules, whereof good hed is to be taken. First, in case this vlceration be very moist, then are drying things to be vsed for it. Secondly, if there be with the vlcer a venemous qualitie adioined, then is this the most principall meanes of healing that the venemous qualitie may be taken away. Thirdly, that such kinde of meate and drinke be vsed, as do clense and make good blod which is most commodious for to clense the vlcers of the womb, for thereby will the venemous matter be best of all taken away, and drawne forth. Fourthly, these vlcers haue no néde of

maturatiues,

maturatiues, for that thereby the venemous matter increaseth. Fiftly, the Phisition must vse such things as do dissolue and dry, and lastly, Incarnatiues. Sixtly, if this vlcer can be scene, then is the same to be refreshed with cleane and fine clothes continually.

And now to begin with some medicines: Heere must first of all be taken of a good gouernement of life, so that all that one doth eate, drinke, or vse (according to the abilitie of the patient, without the making of any heate) may be drying things: and commonly such things be ordayned for this purpose as are warme in the first degree, but strongly drying: Quietnes in this disease is better then motion. Hereby may it easily be marked and vnderstode that all cold and moyst meates be hurtfull for this patient, viz. Fish, Crabs, Milke, and all that is drest with milke, much pap, fat, and such like be naught for him. Their most commodious drinke shall be a thin, red, and hard wine, which be very drying & discussiue: the same may be tempered with water wherein Mastick, two kinds of *Consolida* (if so be that nature can abide it) & Feuerfew be decocted. Secondly, concerning the other phisick (if that nature may abide it) the vaine on the right fote is to be opened against euening; yet is good regard to be had to the swouning, for that the letting of bloud in the nethermost parts do bring more debilitie with it then that of the vpper parts. After the letting of bloud, this potion following is to be giuen vnto her two mornings together: Take *Benedicta Laxatiua* halfe an ounce, *Agaricus* one scruple, Ginger and Greines, the iuice of Feuerfew two ounces and a halfe, temper them together, and afterwards she is to gouerne her selfe euen as the order is after purging. Thirdly, giue her this potion ensuing the space of certaine dayes together, vntill that the vrine appeare of a good colour and very cleane: Take *Oxymel* of Squils halfe an ounce, *Syrupus de Byfantijs* and Sirupe of Vineger, of each three quarters of an ounce, Louage and Agrimonie water, of each one ounce, Cicory water two ounces, this is to be dronken earely in the morning: they may also sleepe well vpon it, and fast foure houres after it.

This being done, minister vnto her *Pillulas Benedictæ* foure scruples, or one dragme and a halfe, formed with the iuice of Mugwort. You may also temper one dragme of it with the foresaid water and drinke it: and if so be that the cause require stronger remedies, then take *Pillulas de Opopanaco*, & *De Hiera composita*, of each halfe a dragme: make pils thereof as is before said. With this purging one must diligently haue regard whether this vlcer or canker be so neere in the neck of the Matrix, that one may come to it with the hand: likewise if the matter do stinke, to the end that according to the qualitie thereof might be knowne what medicines should be vsed: but be it howsoeuer it will, Hony water is alwayes good for it. You may also cleanse the disease therewith where the vlcer is, and afterwards spread thereon this salue following: Take *Aloe*, Dragon bloud, *Mirrha*, *Sarcocolla*, and Frankincense, of each alike quantitie, Ducks grease as much as is needefull for to make a milde vnguent of it. But this following is stronger: Take oyle of Feuerfew floures, and of Saffron, of each halfe an ounce, oyle of Wallfloures (especially if there be great paine with it) two ounces, *Sarcocolla*, *Mirrha*, & *Opopanacum*, of each one drag. Turpentine three quarters of an ounce, *Muscus* one greine, white ware as much as is needefull for a salue: afterwards seethe them all together in 4. ounces of the iuice of Smallage, vntill all the iuice be consumed, then annoynt therewith a pessary made of Cotton, and put it into the place, and refresh it oftentimes: It is very commodious for it, and found oftentimes good. But if this disease be very deepe inwardly, then doth neede require that the bodie be cleansed with necessarie things, to wit, with Hony water, and afterwards vse the pessaries which be described in the fifth Chapter and 2. §. beginning thus: Take Ducks grease &c. and renew them foure or fiue times a day, or make this following: Take Smallage, Feuerfew, and Mugwort, all together, or each alone, stamp them together, make a pessarie thereof, and annoynt it with *Hiera Picra*. You may also take the iuice of these foresaid herbs, and make a cloth wet with it, and lay the same vpon the backe, the hips, and on the hethermost part of the backbone. For iniection, this following is ordained: Take Hony water, seethe therein Ireos and Wormewood, or seethe Agrimony in Barly water, and temper clarified Hony, or Hony of Roses amongst it. If so be that the cause require stronger remedies, then take 6. ounces of wine, burnt Allome, Verdigrease, of each halfe a dragme, temper them together, and let them stand so fiue houres, afterwards iniect it. This following is also good, and chiefly to dry the vlcers, and to draw them together: Take Gals, Pomgranat pils and the blossoms, & Allome, let it seethe together with a little Agrimony: and if you think that there be any paine broken within the vlcer,

then temper somewhat of these things following with it, as Dragon bloud, Mirrh, Frankincense, fine *Bolus*, Saffron, Hartwort with Rose water, or with Plantaine water.

A Bath for the raynes is very necessarie for this purpose, whereto you may prepare this following: Take Valerian rootes, Mewe, and rootes of Smallage, of each 4. M. *Mirrha*, and *Opopanacum*, of each one quarter of an ounce, the rootes of Yarrow 4. M. seethe them all in sufficient water, & sit therein to the Nauell. Besides all this, there is another bath highly commended, wherein the rootes of wild Cucumbers be decocted. For this, is also very good that which is described in the 12. §. beginning thus: Take oyle of Centory 6. ounces &c. But in case this ensuing matter remaine stinking, and that there be heate with it, then vse the other pessaries made of Cotton and Roses, and are there discouered: but the vlcers must be cleansed before, by the iniection of Hony water. Lastly, if so be that the hardnes do continue, which may be perceiued by feeling, as also by the pricking, by the paine, and by issuing out of the matter, then is one to beware that there be no sharp medicines vsed for it, for that thereby the maladie will be much the rather augmented, for all that which is discouered in the fifth Chapter and 2. §. of the iniection of the muscilage of Fleawort, and iuice of Houseleeke, for that is also the lyuer vaine to be opened, and the salue of Ceruse to be vsed. This person must also beware of all which augmenteth melancholy, whereof you may finde a sufficient discourse in the 11. Chapter, and 8. §.

## Of an vnnaturall birth, called *Mola*. §. 14.

IT chaunceth also sometimes, that certaine women which haue no companie with a man, yet their belly swelleth vp no otherwise then as though they were with Child, and all the signes with being with Child agree also with it, for that their Termes be absent and stayed. They feele also some stirring in the Matrix, their breasts will be hard, the appetite of meate leaueth them, their naturall colour will be pale, all which signes are common with women with Child: notwithstanding they beare no Childe which beare this *Mola*. This *Mola* groweth after two sorts in the wombe: the one will grow to a peece of flesh without any figure, halfe putrified, and is also no right flesh, but rather a spungeous masse of winde, of water, and of some other superfluous bloud, which through the accustomed termes cannot be expelled, and the same then being mixed with the naturall seede, groweth otherwhiles to such a hardnes, that the same cannot be cleft asunder with any hatchet. Secondly, it may also be ingendred of the sayd bloud, and the concourse of certaine tough humors, and so make a false shew like women with Child.

Neuertheless the expert Phisitions do distinguish three seuerall signes, whereby bearing women, and they that be burthened with this vnnaturall masse, are to be knowne, for that first, the mouing of this *Mola* or vnnaturall masse, is not like that of a Child, because it is a thing which hath no life. Secondly, the belly of women which beare *Mola* is much harder, and not so moueable from one place to another as theirs is that be with Child: Thirdly, this masse falleth from the one side to the other. Fourthly, if a woman be burthened with *Mola*, then be her hands and feete very feeble and limber: and it seemeth also, that her fingers be shorter, all which cannot be perceiued in bearing women: Fiftly, the woman which beareth *Mola*, is not so merry as one that is with Child. Sixtly, a woman with Child is commonly after nine moneths deliuered: but in the *Mola* is no certaine time, for that it is found that women therewith haue gone two yeares, foure yeares, and also longer, yea their whole life time, that no phisick hath holpen them. And from these that be cured, there auoydeth oftentimes (as is sayd) a lothsome peece of flesh, and that with such paine, as if she were deliuered of a Child. It auoydeth sometimes into bloud, otherwhiles to wind, and their belly falleth away as before. This is such an accident, that it ought not slightly to be regarded, for that thereby it may easily be marked that the Matrix is vtterly vncleane and spoyled: therefore do these women easily fall againe into the foresayd maladies; or if not, into an vnnaturall flure, vlcer, or impostume of the Matrix. Lastly, they commonly fall into the Dropsies, *Ascites*, or *Tympanites*, or into some other perilous sicknes, whereof they dye. Neuertheless must the Phisition not doubt of the cure, but as sone as he knoweth certainely that the woman be burthened with a *Mola*, and be not rightly with Child, then is the woman to be commaunded that she stirre not too much, and lye for the most vpon her back, and with her legs higher then the bodie; and to constraine her selfe otherwhiles

to

to vomit and parbrake, and refraine from all cold and moyst meates, for which this potion following is to be made. Take S. Johns wort, Sauin, Rosemary, field Mints, and corne Mints, Louage, Mugwort, Pennyroyall, and Mather, of each one handfull, Fennell, Squinant, both kindes of Parsly seede, *Calmus*, and wilde Gallingall, of each one dragme, Radish foure ounces, sethe them together in a sufficient quantitie of water for a potion, and vse thereof euery day three or foure ounces, this potion melloweth that masse, and expelleth the humor whereby it might be increased.

There is also to be tempered with this potion one of these Trocisks following: Take Cinnamom, Mirrh, of each two dragmes and a halfe, Rue, Sauine, field Mints, Penniroyall (al together dryed) Mather, *Sagapenum*, and *Opopanacum*, of each one dragme, Cardamome, Juniper tree, Rosemary, of each one dragme and a halfe, forme the Trocisks of the waight of a quarter of an ounce. This afore described is so to be vsed the space of ten dayes, or more.

Other do aduise for a thing of smaller importance, to wit, that the woman two moneths euery morning earely should take three ounces of warme Feuerfew water, and to fast foure houres at least after it.

Secondly, that she euery fourth day when she drinketh of the water, should take one of these pils: Take *Galbanum* one quarter of an ounce, floures of Mugwort, Saint Johns wort, and *Asarabacca*, of each one scruple, dissolue the Gum in good wine, and make thereof fiue pils of a dragme. She is also to purge once in fourtene dayes with three quarters of an ounce of *Benedicta Laxatiua* tempered with two ounces of Feuerfew water. Or if she had rather, pils, that she swallow one dragme of *Pillulas fœtidas*. Fourthly, she is alwayes to weare this plaister following vpon her belly the breadth of a finger beneath the nauell reaching vp towards the hips: Take *Galbanum* one ounce and a halfe, *Gallia Muscata* one quarter of an ounce, *Alipta Muscata* one dragme, white waxe three dragmes, dissolue the Gum in good wine, and then make a soft plaister thereof.

Fiftly, she is to vse this bath for the raynes ensuing thrice a weeke, twice a day: Take *Gallia Muscata* one quarter of an ounce, *Colophonia* halfe an ounce, Saint Johns wort floures, Betonie, Mugwort, and Feuerfew, of each three handfuls, *Bistorta* fiue handfuls: sethe them together in sufficient water vntill it sauour well: she is to sit therein vp to the nauell. These be very excellent remedies for to bring the mother to good health againe, to strengthen all the parts of generation, and to ease their maladies.

In fine, all these things may be vsed for this intent, which are prescribed for the expulsion of the dead childe out of the mothers bodie, and for the Secondine, and such lyke things moe.

## What commonly is good and profitable for the Matrix. §. 15.

ELecampane rotes, the greater Pimpernell rotes, the rotes of Erings, and Ginger, all preserued, conserues of Betonie, of Gillowfloures, of Spikenard, of Lauender, and of Piony, wyne of Elecampane rotes, of Auence, of Betonie, and of Rosemary. The oyles are these, oyle of Lillies, of Rue, and of Bayes. Item, the iuice of Gentian and of other rotes which are described in the twelfth Chapter and 11. §.

We haue now almost written of all especiall accidents and diseases of the wombe, whereon naturally dependeth the whole state of humaine generation. But if so be that this part of the bodie be not sound, and without all infirmities, then is the humaine seede (be it as commodious as it will) neither rightly conceiued, nor duly contained, and though it be receiued and contained, yet doth either a mischance follow after it, or at the least a feeble and weake birth. Vnfruitfulnes ensueth also thereby, as we very largely haue shewed in the seuenth Chapter before, so that it seemeth not to stand without reason, that many Philosophers and learned men haue disputed and concluded. By what meanes this part once infected might be eased and prepared to fruitfulnes, to which end it was first created, whereof, as also of the conception of fruitfull women, of their infirmities, of their deliuerie, and of all that concerneth them, shall be spoken in this Chapter following.

## *The twentith Chapter.*

# Of all that concerneth the fruitfull and childbearing Women.

WHen as in women (as oftentimes hath bene sayd) this vessell of conception is by their termes well clensed and freed of their forementioned and all other diseases, or if some disease now present can be remedyed, then nede not any one in this place take care for barrennes. What might moue their termes is sufficiently shewed before in the seuenth Chapter, yet notwithstanding we purpose here to speake of diuers things which are very commodious for conception: amongst which the first is Sirupe prepared as followeth: Take Madder, Mugwort, Sauine, of each halfe a M. Mints, Wormewood, Fennell rootes, Squinant, Marierom, *Calmus*, Pepe, Annis, of each halfe an ounce, Cloues, Bugloss floures, and Baulme floures, of each three drag. Cypers rootes, Gallingall, Fennell, *Ameos*, and Siluermountaine, of each one quarter of an ounce, Cinnamom and Raisons, of each 5. drag. Hony as much as is nedefull: sethe them all together, and make a sirupe thereof as hath bene taught in the first part the fifth Chapter and 6. §. Lastly, put vnto it Mastick, Ginger, Mace, Cloues, scraped Iuorie, Saffron, Nutmegs, *Doronicum*, Zeduary, and Basill, of each halfe a dragme, and beate them all together small.

The second is a powder which they may vse with their meate: Take Nutmegs, Cucubes, and Ginger, of each halfe a drag. long Pepper, Mastick, and Cinnamom, of each one dragme, Gallingall two scruples, the sedes of the Ash tree, scraped Iuorie, Siluer mountaine, red and white Behen, of each one scruple, beate them small, and mixe them all together.

The third is this salue following, *Gallia Muscata*, Nutmegs, Beuercod, Hares rennet, and *Laudanum*, of each one quarter of an ounce, oyle of Spikenard, oyle of Mastick, & oyle of Mirtles, of each 3. drag. Ware as much as is nedefull for a salue, annoynt the place of the mother with it euery other day. The last is a confection prepared as followeth: Take wild yellow Rape sede, and tame Rape sede, scraped Iuorie, white and red Behen, Siluer mountaine, and sedes of the Ash, of each halfe a drag. Cinnamom, *Doronicum*, Mace, Cloues, Gallingall, long Pepper, Rosemary floures, Balsam wood, *Blattæ Bisantiæ*, Pennyroyall, and Marierom gentle, of each two scrup. Baulme, Bugloss, Citron pils, of each one scrup. Indy *Spica*, Ambra, and Pearles, of each half a scrup. these being mixed and pouned all together very small, take 8. ounces of Sugar or somewhat more, sethe it in Malmsey, and make an electuary or Tabulates of it.

## To know whether a woman be with Child or no. §. 1.

WHen a woman hath layen with a man that her places after the action be dry, the *Labra* and sides of the same smaller and harder, then is it a signe that she retaineth the receiued sede, and (if the same passe not from her in seuen dayes) she remayneth with child. Item, take Lettuce, sethe it in water, and let her drinke 2. or 4. ounces of that decoction, if so be that she parbrake the same vp againe then is she conceiued. Take a stele nedle, stick it in a new wooden dish, and let the woman make water in it, if there hang a little cloude at the nedle, then is she with Child. Or let her drinke meade fasting, if so be that she vomit the same vp againe she will proue with child. Another: Take Mace one quarter of an ounce, Saffron beaten small one drag. well water 16. ounces, Hony two spoonfuls, boyle them all together as long as you would boyle an egge hard: let her drinke the third part thereof whē she goeth to bed, and continue it the space of three dayes together, if so be that thereby she get not her termes, then is she vndoubtedly with child, which of these thou mayst best beleeue, experience will teach thee.

The common signes that a woman hath conceiued, be these: to wit, whē her termes without ague and cold be stayed, for then the bloud is deuided three manner of wayes, the subtillest doth sede the fruit, the middlemost doth by certaine vaines passe towards the breasts, for a preparation of the milke, the grossest remayneth in the Matrix which will be experied in and after the deliuery. Item, whē a woman is conceiued, then doth she find great wambling & distemperature

in

in the stomacke, inappetencie to meate, vomiting, with other symptomes more, as hath beene shewed in the former Chapter the 14. §. of *Mola*. She findeth also commonly the tenth day great headach, giddines, and darkenes of the eyes.

It is also sayd, if a woman perceiue immediately after she hath layen with a man small paine and cold about the raynes, that it is a sure signe of conception.

## To know whether a woman be with child of a boy or a girle. §. 2.

2. §.

ALbeit there be diuers signes, whether a woman be conceiued of a boy or a girle; yet are they not so sure that one may stedfastly beleeue them: for example it is adiudged, that those women which beare a boy, haue the right breast sooner hard and round then the left, but experience teacheth the contrarie, and so it is with all the other signes, wherefore it seemeth superfluous to spend any time in this behalfe. But because we are now come to the conception and birth of mankinde, we will now speake of the Symptomes and signes which are perceyued in the women with Child.

## Of those things which commonly appeare in women with Child. §. 3.

3. §.

THose that haue conceiued a man child, are for the most part better of colour, lustier, nimbler of their ioynts, and lesse troubled in the bearing then of a mayden child: they haue also a better appetite to their meate; they do feele the most burthen in the right side, in which place they also perceiue the first motion and stirring of the Child: the pulses be on the right side more stronger and swifter, then on the left. When they rise from sitting, then doe they lift vp themselues with their right hand; the right Eye loketh more liuely then the left, and in going they commonly set their right foote forwards. But when they beare a mayden child, then iudge all the foresayd signes to the contrarie, they are paller, leaner, more pensiue, and more troubled in the bearing. The man child stirreth lower in the mothers bodie, and (as the common opinion is) most of all in the right side. The legs and the places do otherwhiles swell. It is also affirmed, that if milke be dropped on her vrine, it should swimme on the top. Likewise, if she beare a sonne, then perceiueth she on the 40. day the milke to come into her breasts with a kind of tickling. And when she is with child with a daughter, she findeth the same about the 90. day. *Aristotle* neuertheless acknowledgeth and diuers more, that this (as we haue sayd before) is not alwayes certaine, but with the motion in the right or left sides of a man or mayden child it seldome hapneth to the contrarie, as may appeare in beasts, which at one time commonly do beare two yong ones, as Goats, Sheepe, &c.

## At what time and in what manner the child groweth in the wombe. §. 4.

4. §.

ALbeit this concerne no Phisick, but is rather a worke of nature then any part of our science, yet doth our methode require that we should shew in what time, and also how the Child doth increase and growe in his mothers bodie. First, there is also (as hath beene sayd before) a great difference betweene boyes and girles: to wit, the man child receiueth both forme and life much sooner then the mayden child; yet the perfect fashioning of a man or mayden child, is in maner as followeth. In the first 6. dayes the seede doth swell like to a bladder full of winde, or a winde egge, nine dayes after that doth this bladder draw bloud vnto it, whereby in twelue dayes the liuer, the hart, and the braines are so euidently formed, that they seuerally may be seene and perceiued about the 27. daye. It is called of the Grecians *Embryo* or *Fœtus*, that is, a fruit, whereof afterwards a perfect man is formed; the other members are fashioned within 18. dayes following, so that the summe of all this time amounteth to 45. dayes, in which space the life is for the most part also receiued, although the child (by reason of his weakenes) seeme rather to be still then to moue euen to the 90. day.

Whē as now vnto this number which maketh in all 135. daies, is added as much more, then (saith *Hippocrates*) you haue the true time of the birth, which is iust 9. months, counting 30. daies

for euery moneth, but as we haue sayd before, all things are longer deferred with a girle then with a boy: for that they commonly be not borne before the tenth moneth.

Secondly, some suppose that if a man child be borne in the seuenth moneth (as it otherwhiles befals) that the fruit was perfectly fourmed at the first in 30. dayes, and began to liue and moue in the 40. But a mayden child borne in the 7. moneth receiueth her perfection in 35. dayes, and beginneth to stirre about the 60. day, and both of them are perfected in a 110. dayes: but a man child which hath bene borne vntill the ninth moneth, that getteth his perfect fourme in 45. dayes, and stirreth about the 100. day, is borne into the world about the 300. day. But the mayden children are fully fashioned about the 60. day, they stirre about the 80. day, and are brought into the world about the 279. day. The cause why men children are soner fashioned in the mothers womb, is, because the séede and the right side wherein they be conceiued are hotter.

Thirdly, we reade, that in the first moneth, the conception should be naught else but a collection of blood; in the second moneth a fourming of the bodie; in the third moneth a perfect bodie; in the fourth moneth the nailes do grow; in the fift moneth it getteth the perfect signes of a man or a woman child; in the sixt moneth do the vaines begin to appeare; in the seuenth moneth doth the marrow grow in the bones; in the eight moneth are the bones hardned and strengthened; in the ninth moneth doth it get a full proportion of man or woman, and prepareth it selfe for birth. *Albertus Magnus* in the ninth booke and fifth Chapter *De Animalibus*, sheweth diuers more diuisions of the kindes, and concludeth with these words following: *That which the Phisitions do write of this matter, is not sufficiently approued: and they are not alwayes found to speake the truth.* These are the words of the foresayd *Albertus*. Now that this is true, appeareth by the difference of the foresayd computations. It differeth also sometimes according to the health and debilitie of the parent, whereby the fruit of necessitie is gouerned, and is brought into the world soner or later; wherefore it may iustly be sayd, that in this matter no certaintie may be found.

## The order of dyet for women with childe. §. 5.

When God hath indued a woman with his gracious blessing, that in the state of wedlocke she should conceiue with childe, then let her take hæde that she cast not away the gift of God voluntarily, by some great misdyet, but that she acknowledge the goodnes of God, and liue in such sorte, that by her dyet the conceined fruit be not onely not harmed, but cherished and strengthened, and fall not into any mishap or mischance whatsoeuer. To this end we will at this present prescribe certaine rules: first, a woman conceiued shall alwaies contend to be lose in body. For the which she is to eate euery morning before breakfast some ripe stued Prunes, especially if she be bound. Also she is to beware of all manner of nædeles labour, of leaping, dauncing, vomiting, coughing, much venery, & especially presently after meales: also of great sorrow, frighting, feare, anger, and such like. Neither may she bathe her selfe, vnles it were some fewe dayes before her childbirth; for then is it very commodious, as hereafter shall be shewed more at large. All manner of cold, all kinde of stenches, all sharpe and bitter meates, as Capers, vnripe Oliues, Radishes, french Beanes, Lupins, red Pease, Rue, white water Mints, Penniroyall, and whatsoeuer els might prouoke her termes is hurtfull to her.

Contrariwise: She may vse all maner of wholesome accustomed meates, and drinke good red wine, or mætely strong Bære; for the red wine is fitter for her then the white. Item, ripe fruits that are somewhat astringent, and that doe strengthen the stomacke, are very mæte for her; as Quinces, Peares, &c. if she desire any other commodious meate, she shall not so strictly be kept from it, but that she may vse a little of it at once. But if so be that she doe long for some vnnaturall and vnaccustomed meate, then is she to be dealt withall, as hereafter in this next §. shall be shewed.

For to strengthen her serueth the warme confection of *Diamargariton*, for it comforteth the stomacke and the Matrix. For the same purpose serueth also this wine following, a little draught otherwhiles taken of it: Take Ginger & Cloues, of each one drag. rotes of Louage, Spikenard, white Pepper, of each halfe a dragme, Comin, Galingall, Annis sædes, of each halfe an ounce, red wine three pintes, Sugar as much as ye please, make Hipocras. If the woman be hot by nature,

nature, then do lay that wine with the decoction of Currans, what she ought to obserue beside this, may you finde euery where in the discourse of conceiued women.

## Of the strange longing of women with childe. §.6.

6. §.

Albeit that this disease of this vnnaturall appetite, which otherwhiles hapneth to women with childe, of some foule or vnusuall meates, as Chalke, Coles, Lime, earth, Tarre, raw flesh, fish and such like, which is sometimes rather an imagination, and an idle or vaine conceit of some vntoward women: neuertheles, the Philosophers doe alledge a certaine naturall cause thereof, and affirme therewith, that this vnnaturall lust doth also come sometimes vpon them which be not with childe, yea also that men be otherwhiles plagued with it, although very seldome: wherefore, this longing by good reason, may also be reckoned amongst the vnnaturall hungers, and may be called a corrupting, as wee before in the eleuenth Chapter haue moued somewhat thereof, and haue alwaies hitherto determined to write somewhat thereof: This vnnaturall longing do the Grekes call *Citta*, the Latinists *Picam* and *Malaciam*, that is, a desire of bad meate, and is thus described.

*Citta* is a bad action of the stomacke, wherein the party is greedy to eate vnnaturall and fowle things. The causes of this vnnaturall desire are very bad humors, and especially *Melancholia*, which lyeth in the stomacke where the same is excitating this vnnaturall longing. In women with childe, the matter of their termes doe cause it which commeth into the stomacke: and because the same is of sundry natures, therefore doe they also get diuers lusts. But in those that be not with childe, it doth come through retention of the termes, when those humors happen to ascend into the necke of the stomacke, or by the obstruction of the liuer, or the milt, wherby the said melancholicke humor doth stirre vp this naturall longing. The same bad melancholicke humors may also be burnt in the stomacke, as may appeare in the quartain ague.

And for to remedie this disease (especially in women with childe) must first heed be taken to their meate and drinke. Rosted Lambe, Hens, Pullets, Partridges, and all kinde of field foules are verie meete for her: yea also otherwhiles Buckes braines, and sheepes braines, whether they be rosted or sod. Her drinke shall be good white wine.

After meate shall she eate rosted Peares, Hasell nuts, Marmalade, confected Pomgranats, and Chestnuts. Giue her also oftentimes marmalade with spices which you shall finde described in the last part. Of the confection *Diantha* is euery morning about half a quarter of an ounce to be vsed. Item, giue her oftentimes the *Syrupum de mentha*. In like maner is good for her the *Mina* of Quinces, temper them both as much as you please, and take three spoonefuls thereof before meate. It is also much aduised for this woman that she must otherwhiles incline her selfe to parbrake and vomit, as with cleere warme water and sirupe of Vineger, whereof we wil hereafter speake more at large, bicause that women conceiued are much addicted vnto it. But in case that they incline themselues to vomit, then is their stomacke to be annointed with this salue following.

Take Mastick, and oile Spike, of each a like quantitie, Vineger a little: lay this plaister following vpon it, the flowers of Bugloss, of Baulme, of Sanders, Citron pils, of each a like quantitie, with oile of Mastick and wax wrought togither: or a bag made of the foresaide, except the oile of Mastick and wax, and so laid vpon the necke of the stomacke. But if it happen that they at any time desired that which might nourish them, and that they were detained from it, or that the same could not be gotten, whereby it came to passe that they were disquieted or vexed; then take presently a spoonefull of Hony, scrape a little Nutmeg in it, and so giue it her.

If so be that any man or woman (being not with childe) were taken with such vnnaturall lusts, they are to take these things following fasting, as *Oxymel compositum* two ounces, with water of Cipers rootes, or the decoction of Cardamom, or take one ounce and a halfe of *Oxymel* of squils with the foresaid water: afterwards to prouoke vomit are they to vse this Hony water following, wherein Mustard seed, the seede of Orage, of Dill, Onions, and Radishes, is decocted. For to purge, take *Pillulas Stomachicas*, or *de quinque generibus Mirobalanorum*, which you will, one dragme: whereupon these confections following are to be vsed, viz. *Diapliris*, *Diamoschu.* and

*Diambra.*

*Diambra*. The ſtomack is to be ſtrengthened with theſe things following: Take Acorne cups one quarter of an ounce, Raiſons with their ſtones ſeauen dragmes, Annis three dragmes, *Mirobalani indici, Bellirici, Embluci*, of each fiue dragms, prepared refuſe of Iron one ounce and a quarter, fower quarts of Wine which is ſomewhat ſtrong, and as much water: ſæthe them all togither vnto the halfe, and then ſtraine it thorough a cloth, and then let the patient drinke it out now and then in the ſpace of eight daies.

Item: Take Cardamom, Graines, Cucubes, of each alike quantitie, white Sugar as much as all the reſt: giue thereof euerie morning one dragme and a halfe with luke warme water, afterwardes vſe the foreſaide confections and annoint the ſtomacke, and kæpe your ſelfe with eating and drinking like as is ſaid before.

## Of the vomiting in women with childe. §.7.

WIth this vomiting are commonly women with child oppreſſed vntill that they do begin to fæle the milke, and about the time they were wont to get their flowers, or when the childes haire beginneth to grow, then haue they it moſt græuous. Alſo it is the more troubleſome, for that as then all ſtrange luſtes do come vnto them. Neuertheles it oftentimes happeneth not long after they haue conceiued, that they as then are moſt inclined vnto it. It is alſo otherwhiles commodious for them as we haue ſhewed before.

But if ſo be that it do get the maiſtrie, and that thereby the fode be drawen away from the fruite, then muſt one do his beſt for to ſtrengthen the ſtomacke and to remedie the vomiting: for which there be many remedies in the eleuenth Chapter, eleuenth §. deſcribed againſt the debilitie of the ſtomacke; out of which may eaſily be choſen what is mæte for women with childe, but eſpecially theſe things following be aduiſed for ſafe things, as the ſirupe of Raſpes, Marmalade, and ſirupe of Quinces, which the auncient Phiſitions do ſo highly commend, if a woman with childe do vſe the ſame much, then will the fruit be ſubtiler and whiter, Annis, Fennell, Coriander, whether they be confected or not are good againſt vomiting. Item: Take a hard ſodden egge and kæpe it verie warme vpon the mouth of the ſtomacke. For this is alſo paſſing good, the ſirupe of Veriuice.

## When a childe is weake in his mothers wombe. §.8.

FOr as much as there is no doubt that the cõceiued children be alſo ſicke in their mothers body; therefore it is no ſmall queſtion how they are to be holpen. For ſæing all ſickeneſſes are knowen thorough fæling and ſight, the which cannot be done by children in their mothers wombe, for this cauſe this matter is troubleſome to the Phiſitions. But amongſt other ſignes whereby it may be knowen, whether the childe be ſicke in his mothers body or no, it is the very certaineſt if that the woman with childe haue her termes oftentimes and much: for that there can followe none other thereof, but a debilitie of the childe, bicauſe that his ſuſtenance and nouriſhment is taken and drawen from him.

Secondly, when the milke runneth from women with childe, then is it a ſure token of the debility of the childe: alſo that the childe is not ſtrong enough for to draw his nouriſhment vnto it.

Thirdly, if a woman do get ſtarong ſcouring, then is it much to be doubted of a miſchance, but it dependeth ſpecially on two things; vnder which all other accidents (be they how they wil) are contained, which is heat and cold, by which all the reſt may eaſily be adiudged.

Firſt (for to write of the debilitie of the childe thorough heat & dryeth) is the mother to be purged of *Cholera*, viz. with this following and ſuch like: Take conſerue of Prunes without any other addition halfe an ounce, warme whay of milke three ounces; giue it vnto her in the morning betimes, and let them faſt vpon it the ſpace of fiue howers. Or take prepared Caſſie one ounce, with fower ounces of Sorrell water or Barley water.

If you will haue it ſtronger: Take 2. ounces of *Manna*, temper them togither in three or fower ounces of whay and vſe it as before. Or if you will, you may ſtæpe in the former a drag. of Rubarbe and to wring it out well, or halfe a dragme of Rubarb beaten to pouder giuen without

out

out steeping. All these medicines be very safe for the childe and the mother.

Concerning the order of diet it is to be coling and moistening, as with Lettice, Beetes, &c. like as is oftentimes admonished.

Also Barley water, and Barely paps are to be vsed, the flesh is to be dressed with vineger and veriuice, with the iuice of Limons and such like that she eateth.

Afterwards she is to drinke euery morning a good draught of whaie in sommer cold, and in winter warme. Or take water of Endiue, and of Violets of each two ounces. Or if you will haue that which coleth more: Take sirupe of Roses, & of Endiue, of each halfan ounce, Succorie water two ounces, temper them togither. These things following are yet more forcible then the former: Take sirupe of Vineger halfe an ounce, sirupe of Citrons one ounce, Buglosse water, and water of Sorrell, of each one ounce and a halfe, temper them all togither. You may also drinke one ounce of the conserue of Violets, tempered with three ounces of Endiue water.

The Clisters with those things which force vine and blod, and also all things which cause vomiting must be forborne. But if it be needefull that one must purge more, then shall the former suffice. But these three things are especially to be shunned.

One must also do his best for to defend & resist all bad properties, and to strengthen the same, which may be done in this maner following: to wit, that the woman euery day three or fower times do drinke halfe an ounce of the sirupe of Limons with Barley water, it coleth and quencheth thirst. Item: Take water of Citruls, and of Violets, of each sixe ounces, water of Sorrell twelue ounces, red Saunders, Roses, burnt Iuorie, and seede of Sorrel, of each one scruple, Saffron halfe a scruple, Vineger three spoonefuls: temper them all togither and make a cloth wet therein; afterwardes laye it beneath on the priuities, and behinde on the rump. Also take then one ounce of small cut Pompion peeles, oile of Roses, and of water Lillies, of eache one ounce and a halfe, small fresh Houseleeke, one ounce, temper them all well togither, and annoint the foresaid places with it three or foure times a day.

But if this debilitie do come through cold and moisture, then is this thus to be remedied: Take Buglosse water, the seedes of wild Saffron, grosse beaten *Agaricus*, and Hermodactiles, of each one scruple, Cinnamom, Ginger, Roses, and prepared Coriander, of each foure graines; let them steepe togither one whole night, afterwards wring it out, and drinke it in the morning earely.

Another: Tak the water of Feuerfew, and of Baulme, of each one ounce and a halfe, *Benedicta Laxatiua* one ounce, white Sugar halfe an ounce; temper them togither, and let them stand the whole night; afterwards straine it thorow a cloth and vse it as the other.

For this is also a good order of diet to be obserued, wherefore these patients are to vse nothing else but that is warme and drie of nature. And she is to boile in all her meates, Sage, Mints, Rosemary, and such like, which haue no nature of opening. Their drinke is to be meetely strong red Wine tempered with a little steeled water: for it hath power to strengthen all the inward nourishing parts, and all vaines.

One must also deuise how to amend and clense these bad humors, which is thus to be effected: Take Sage water foure ounces, *Mina* of Quinces one ounce, then mire them all togither. Item: Take *Sirupum de Myrto* one ounce, water of Baulme wherein Mastick is decocted three ounces, temper them togither and so giue it to drinke.

A better: Take *Mina Citoniorum aromatica* one ounce, water wherein Mirtle seede is decocted three ounces, temper them to a potion. There may also be vsed in the morning earelie for a strengthening, halfan ounce of confected Calmus. Likewise *Aromaticum rosatum*, *Rosata Nouella*, & conserue of Roses tempered with pouder of Mastick, & with Mints water being dronken.

If it be needfull to purge, then is one to vse the former purgations without giuing any stronger thing. This insuing is also very commodious: Take the iuice of red Mints fower ounces, *Agaricus* one dragme; let it steepe togither two daies and two nights, then temper Ginger and Roses therewith, of each foure graines, *Manna* halfe an ounce: let it stand drying in the warmth, afterwardes make pils thereof and vse them oftentimes: for that they purge the waterie humors without any anguish.

Now for to remedy the venemous matter; for which you haue hereafter three kinds of applications: Take Roses, Cipers nuts, burnt Iuorie, and *Sandaraca*, of each one dragme, Rosin three ounces; but you are to seethe the Rosin in red Vineger, vntill that the Vineger be spent:

afterwards

afterwards temper the other ingredients amongst it, and make two plaisters of it one quarter and a halfe of a yarde long, lay the one behinde and the other before vpon the place of the Mother.

One more forcible. Take oyle of Quinces, of Roses, and of Hints, of each one ounce and a halfe, Comfrey, Blod stone, red Corall, *Sandaraca*, and burnt Date stones, of each one dragme, Ware as much as is needefull for a salue: annoynt therewith the place of the Mother and of the kidneies. Both these haue so strengthened the fruit in sundry women, that they haue fully borne the same, which accustomed to lie in two sone of all their former children.

Thirdly, take the water of Tassell, and water of knot grasse, of each fiue ounces, water of græne Cipers nuts, or their decoction, fower ounces, the iuice of Sloes, burnt Iuory, and Roses, of each one dragme, Frankincense, *Sandaraca*, and Colophony, of each one dragme and a halfe, the iuice of Quinces fiue ounces; temper them well, and make a cloth wet therein eight double, and so lay it warme vpon the backe.

## Of mischances or vntimely birthes. §.9.

THis vntimely child-birth or mischance may befall at any time without any difference, after that women haue conceiued: as when the sæde is not yet come to any perfect shape, or when the fruit hath some members, but yet before it come to be a perfect childe, or is brought into the world before the due time, being not thoroughly borne: or when it is violently or otherwise expelled. And it fareth therewith as it doth with the fruits of trees, when they begin first to bud and to fashion, then doe they hang on brittle stalkes, so that otherwhiles they may be blowen off and spoyled with a small winde: but being waxen greater, then is there to come greater force of windes, or otherwise before they will fall off. Lastly, when they be waxen very ripe and seasonable, then do they fall off of themselues. In like manner doth it also happen with the conceiued sæde, or fruit, which is at the first so weake & tender, that if a woman chance to leape, to fall, or to labour hard, that the sæde receiued is thereby diuers times ejected. Wherefore also, betweene fower and seuen moneths she may purge most safely, and vse Phisicke if neede require: for before the fower and after the seuen moneths must she forbeare it (if possibly it may be) for then it is perillous

But to returne to our purpose. We haue shewed before, that if a woman hath retained humane sæde the space of 7. dayes, that it is a token of conception: but if it vade or auoide within seuen dayes, then doe the learned call it *Effluxionem*, which is an effluence or running out. But if so be that they detaine it any longer time, and this effluence chance within forty dayes, then is it an *Abortus*, that is a mischance: and within this time of fortie dayes, doe most mischances happen. Thus if a boy be conceiued, and voyde away within fortie dayes, then is there none other shape to be sæne thereof, in case it be not cast into cold water, there doth it make shew as a small bladder, and making it open, then is the fruit found in it as a great Cricket, with all his seuerall members, and likewise also the humane member. And if a mayden childe conceiued chance to auoide or passe away within three moneths, then can no direction or token be sæne, for that it consumeth in the water: But in case that it doe come to the fourth moneth, then may some direction be sæne thereby, but it sone consumeth and passeth away: For that (as we haue said before) the girles receiue their perfect fashion much later then the boyes, as also they bee borne for the most part in the tenth moneth. But when they be now come both into the world, the girles growe much faster, than the boyes, and also doe come soner to their time of generation, and leaue off much soner, especially they that get many children one after another.

The causes of these mischances or vntimely birthes, doe the learned alleadge to be of many sortes, which may neuertheles be comprehended in fower principall articles, viz. of outward causes which proceede of the conceiued fruit, when the Matrix hath any kinde of disease; or if the humane sæde be of no good disposition. Amongst outward causes be these, leaping, running, wringing, and chiefly in lying together, bathes, anger, sorrowe, feare, trembling, loud calling, strong labour, surfetting of meate, and diureticall things, as Fennell, Persley sæde, and all other things which expell the stone. Also hot spices, as Ginger, Galingall, Cinnamom, Annis, and such like. Item, all that purgeth violently, as *Aloe*, *Epithymus*, Coloquint, Scamony and *Euphorbium*,

*phorbium.* In like manner all scouring or lares, the bloodie flixe, or the flure of the termes.

The same may also happen if a woman haue any strange lucke or longing which she cannot come at or get it, and moe other such like causes, whereof we haue spoken before, whereof it is better to be silent, then to disclose the same,

Also the conceiued fruit otherwhiles falleth downewards before her limited time, whether it be, for that it is sicke or dead, or for that it remaineth not with the face towards the back, with the hands vpon the eies, and the elbowes vpon the knees, as the naturall situation of it is.

Likewise also if the fruit through any disease of the parents, whether it be infected in the sede or otherwise, wherewith also the fourth cause is approued. But if the conceiued sede finde any disease in the Matrix (be it whatsoeuer sickenes or disease that it will) then must the fruite inherite it.

This reason following is also occasion of an vntimely birth: to wit, when a woman is much and vnmeasurable leane, conceiuing, she will very seldome haue full birth: but if the mother be exceeding leane (whence the fruit must sucke or drawe his nourishment) then will it be infeebled or diseased, and constrained to passe away, as hereafter shall be more ampler said and taught.

Women which be meetely fat or leane, and neuertheles get a mischaunce euery thirde or fourth moneth that commeth (beside the former causes) of some slimie waterish humours which fall downe into the vaines and sinewes, whereon the secondine is fastened, whereby they do slacke, are lose, and can sustaine the burthen no longer, without falling out of the mothers body.

By the breasts may also a mischaunce be perceiued: for that when they be small, weake, and slacke in women with childe, then is a mischaunce to be loked for and expected. When a childe beginneth to come to his perfection, then hath it nede of much nourishment. And if there be any disease or infirmitie there, then wil the breasts be small, soft, and slacke, whereof the fruit must pine and die. Or she will be impacient, striueth, and struggleth so long, vntill the secondine breaketh, and the fruit falleth away.

Now if a woman be pregnant with two children, and one breast onely (whether it be the left or right) came to be small and slacke, then is it a signe of the destruction of the childe on the same side.

It is also found that certaine women through stenche of the snuffing of a candle, or lampe, haue gotten a mischaunce. Let this suffice of the mischaunce or vntimely birth, we will nowe teach how the same are to be remedied.

## How a mischaunce is to be preuented or hindered. §.10.

10.§.

WE haue before shewed that women conceiued sometimes do get their termes, whereby that weake and spare, yea also dead children be brought into the worlde, which happeneth not without great perill of their life: wherefore must we write and discourse somewhat thereof.

First, these termes do commonly come with paine of the backe bone, of the belly, and the priuities, which be altogither signes of a mischance to come: for that like as we haue said, thereby is the nourishment drawen away from the fruit: whereby it is not onely infeebled, but also vrged to passe away.

And to obuiate or preuent this, all childe bearing women are first to beware from ouer hot, cold, and ouer moist aire. All meate and drinke which be to fat, to sharpe, and to bitter, shall she also eschue, as Radishes, Parsley, Smallage, Fennell, Pease broth, Cinnamom, Saffron, Galingall, Nutmegs, and such like spices. She is also to vse oftentimes thicke red wine, but she is to eschue all great exercise of going, running, leaping, accompanie of a man, anger, and all ouerburthening: and therewith haue regard that she alwaies haue a soluble bodie: and if so be that be wanting, then is she to vse some meate or drinke which do lose the body, as the decoction of Mallowes, or Mercurie, or stewed Prunes, and such like.

Otherwise she is to leaue all clisters and other diureticall medicines. But if the body be obstructed to much, then is she to eate Cassie wood out of the pipes, or new prepared Cassie, and that especially if she haue any issue or moistnes in the necke of the Matrix: for that the Cassie

doth

doth cleanse the *Cholera* and *Phlegma* without any trouble: you are also in due time to put Rubarbe vnto it; yet Manna is more commended for it: pouned Rubarbe is also to be giuen to conceiued women, as it is; for so it is more effectuall than if she toke the infusion onely.

Item, if so be that there appéere in the necke of the Mother some slimynesse or moystnesse in the last moneth, then is she to vse all things rosted, baked, and to do such exercises before meate as shall be dryng: also take Pomegranate péles, poune them grosse, and sœthe them in oyle of Lillies, and iniect that into the Mother. That is the right meane for to stay the slipperinesse of the Matrix.

Afterwards take Mastick, *Myrrha*, and *Gallia Muscata*, of each halfe a dragme, Goslegrease one ounce, dip therein vnkemmed shéepes woll, and put it into the places. Hares rennet, or the rennet of any other beast is maruellous good for it, whether there be any heat or any impostume instant.

Burnt Iuorie and the powder of Zeduarie tempered togither and strowed on the meate, doth stay also the mischance.

To this end is also to be séene what is written before in the ninth Chapter and 3. §. of the excessiue termes, all which is also méete for this vse.

But she may vse these things following, as the confection of Pearles, of which *Auicenna* describeth to eate alwaies one Tabulate before meate, and thereupon to drinke a good draught of wine, as she may do it very commodiously betwéene both meale tides twise or thrice a day.

Secondly, take water of Mints, of Daisies, and water wherein Cipers nuts be decocted, of each one ounce, Sugar halfe an ounce; drinke this early in the morning altogither at one draught, whether it be colde or warme.

Thirdly, take scrapt Iuorie, red and white Corall, Mastick, Mints, the inward red péles of Chestnuts, Acornes, Mirtle sœde, and Cypers nuts, of each halfe a dragme: make pils thereof with the iuice of Comfrey, whereof thrée are to be taken in the morning with the foresaid water before meate, and that afterwards that she hath taken one of the foresaid Tabulates.

Fourthly, take Cypers nuts, pouned Gals, Mirtle sœde, iuice of Sloes, and *Hypocistis*, of each halfe a dragme, Blood stone, Amber, Dragon blod, and fine *Bolus*, of each one dragme and a halfe, Refuse of Iron, which hath bœne long decocted in vineger, halfe an ounce, the innermost red péles of Chestnuts one ounce, thrée or fower whites of Egs; poune all that is to be pouned, and rub it all togither a long time in a leaden mortar, then annoint therewith the whole belly from the nauell to the priuities fower times a day.

Fiftly, make this plaister ensuing: Take Dragagant and Gum both of them rosted, and *Bdellium*, of each one quarter of an ounce, the iuice of Sloes, Frankincense, *Hypocistis*, and *Sandaraca*, of each one dragme, fine *Bolus* & Dragon blod, of each one quarter of an ounce, Ware halfe an onnce, Paper glew dissolued in red vineger two ounces, make a plaister thereof, and lay vpon the priuities, let it lie so; and if the same must be taken off for any certaine cause, then lay it on againe by and by: if there be too little Ware and oyle of Mastick, then take as much as is nédefull of it.

Another: Take Frankincense, Mastick, Dragon blod and fine *Bolus*, of each one quarter of an ounce, Comin thrée dragmes, Pitch one ounce and a halfe, thrée small Cypers nuts, Ware and oyle of Mastick, as much as is nédefull for to make a plaister: spread them on a cloth, and vse it as is said before.

Make also this salue following: Take oyle of Nuts fower ounces, Barrowes grease one ounce and a halfe, thrée small Cypers nuts, Mastick one dragme and a halfe, let them sœth softly the space of fiue howers, and therewith annoint the place of the Matrix, which is betwéene the nauell and the priuities, and behinde vpon the backe ouer against it.

It is also written, that it is wonderfull good to weare alwaies a Diamond on the finger.

Item, if a woman with childe be burthened with an ague, and that a mischance be doubted, then take Barly meale, the iuice of Sloes, and of Houseléeke as much as you please; make it to a plaister with vineger, and then lay it oftentimes vpon the belly. This plaister doth defend the fruit from all accidents in the ague. This said plaister is also to be laid vpon the liuer; in case that now the woman with childe be assailed with pricking, then haue you before in the seconde part the fourth Chapter, and 12. §. how that might be remedied: stamped Crabs, the iuice thereof wrong out, and tempered amongst womens milke; it defendeth also the vntimely birth of

women,

women, and it is said that it is a sure remedie for it.

If so be that a mischance be feared through much winde, then giue one dragme of good Methridate, with water wherein Comin hath bene decocted, twice a weeke; for thereby will the fruit be preserued and retained.

These confections or Tabulates following are to be vsed: Take Pearles and *Pyretrum*, of each one dragme, Ginger, Mastick, of each halfe an ounce, Zeduarie, *Doronicum*, the seede of Smallage, Cassie wood, Cardamome, Nutmegs, Mace and Cinnamome, of each one quarter of an ounce, red and white Behen, long and blacke Pepper, of each three dragmes, Saffron one dragme, Sugar 18. ounces or lesse, decocted with the water of Bugloss, or water of Mints.

## How a dead childe is to be expelled out of his mothers wombe. §. 11.

FOr this we will first haue remembred all that is described before in the 19. chapter and 14. §. of the vnnaturall excrescence *Mola* in the Matrix, whereof that in the second §. of prouoking the termes, and before of the mischances, and all that is discouered of the preferring of the birth, is also meete for the expulsion or deliuerie of a dead childe: so that betweene these is none other difference, than that this following is ordained rather for perfect children, of which women do commonly lie in within 5. or 6. moneths. Now for to preuent the same are these remedies following commaunded to be presently vsed, but first of all must you know whether the childe be dead or not, to the end there be not a sicke childe expelled for a dead child: the which is to be knowen by this, and especially if it haue bene dead two or three daies. First, the mother doth get a great paine in the sinewes of the eies, which be *Optici nerui*. Secondly, she doth also feele paine behinde in the necke stretching downewarde along the backe bone, bicause that the Matrix is faltened vnto it. Thirdly, she doth feele great anguish beneath and paine. Fourthly, if a woman lie from one side vnto another, then doth the burthen alwaies follow towards the lower side, which is of all other a sure token of a dead childe, and that the ligaments of the secondine haue no more force for to hold the dead fruit in one place. Fiftly, there is a great paine about the priuities, and ouer all the necke of the Matrix. Sirtly, the thickenes of the belly which was aboue is wholly suncken downe. Seuenthly, they do feele a continually colde about the priuities. Eightly, if one hold a warme hand long vpon the belly and feele no stirring, then it is a sure token that the childe is dead. These be now the signes of a dead childe before it beginne to putrifie.

When it hath bene dead three daies, then beginneth it to stinke; the woman is full of agues and getteth a stinking breath; out of the Matrix runneth a foule stinking matter; the belly will be heauy, and stinking windes which do arise in the mother cause swelling thereof. And last of all there will be foule and stinking peeces of flesh expelled through the necke of the mother. When all these things be seene, then hath a Phisition none other thing to do, but to driue out the dead childe. It is also needfull before al other things to preserue and strengthen the hart, from all filthie stenches; which may be brought to passe, with this pouder following: taking the same oftentimes with brothes, for that it strengtheneth the vitall spirits, and also the hart: it doth also withstand the ascending vapors.

Take white *Diptamus* one dram and a halfe, Citron peeles, and the peeled seedes of the same, of each halfe a dragme, prepared pearles fower scruples, prepared Coriander one scruple, Roses two scruples, sugar two ounces and a halfe: temper them altogither to powder, and vse therof about one quarter of an ounce at once. Or take this following: Take white *Diptamus*, and Zeduarie, of each one scruple, prepared Pearles, and *Species de gemmis Frigidis*, of each halfe a dragme, mixe them togither, and giue it hir to drinke, at thrice it withstandeth all stenches, that they infect not the hurt. The fine Treacle doth also driue dead children out of the mothers bodies.

In like manner also the iuice of Uerueine, or the herbe stamped and dronken with wine, driueth forth also dead fruite: so doth Hysope also.

Take *Trociscos de Gallia*, one dragme, giue it with small white Wine, they expell the dead childe, and the secondine, & make an easie birth. Item, take the innermost skins of the mawes of Hens, or of Capons, wash the same in wine, drie them, and pounde them to powder, giue one dragme,

dragme, or one dragme and a halfe thereof with a draught of Wine, or with some broth, or with Rosewater: or, take Betonie and Rewe, with the rootes of each, one handfull; power thereto one ounce of the iuice of Salomons seale, white Wine one pinte; let it seeth well; then straine it thorow a cloth, and so giue it hir to drinke. Seeth Iuniper berries in Honie, temper some wine with it, and so drinke it together. Another, Womans milke dronken should also expell the dead child: Likewise also the precious stone *Iaspis*. This is a common medicine which followeth hereafter: Take *Boreas* one dragm and a halfe, Cinnamom and Saffron, of each one scruple, stampe them together, and giue it with sweete wine, or Mugwort water to drinke, it helpeth much to beare easilie.

It is also saide, that Linseede palleth all things to make women to be easily deliuered; for if they drinke the water which is decocted therewith, and put the same with clothes beneath into the bodie, or bathe therein; then must the dead fruit auoid. Or take *Mirrha*, as much as the quantitie of a Hasell nut, stampe it, and giue it with wine, or with water of Mugwort; the same expelleth much, whether that the childe be dead or aliue. The same doth also Dogs milke, tempered with honie. Item take one ounce of Goats milke, dissolue therein two scruples of *Galbanum*, and so giue it; it expelleth maruellously. Or if the woman be strong; then giue hir as much of the iuice of Garlicke, as will go into halfe an egge shell, with Wine or Honie. If from a woman through frighting or otherwise, the child auoid; then take a Crab, stampe it, and wring out the iuice, and then temper it with the water of Mugwort, and so drinke it.

For Pils: Take *Trociscos de Myrrha* one scruple, *Galbanum* halfe a scruple: make fiue Pils thereof with Peniroyall water. Another: Take the fruite of the Sauine tree one quarter of an ounce, *Assa fœtida*, *Ammoniacum*, and Madder of each halfe a dragme: make eleuen Pils thereof, then take thereof at each time one; and that thrise a day.

For to vse outwardly. Take these things following: fume the Women beneath with the horne of the Asses foote, which hath an hidden nature for to expell the fruite: but if so be that one can get no horne of the Asses foote, then is the horne of a horses foote to be burnt: the same operation hath also the seede of *Basilicum*, if it be fumed, and be receiued beneath: likewise also the fume of *Laudanum*: or take *Myrrha*, *Galbanum*, and Beuercod, of each a like quantitie.

One may also hold before the priuities Swines bread, or cotton woll made wet in the iuice of the same. And to put it before into the bodie is also maruellous good for this purpose. Item: Take blacke Helleborc, Licebane, Hartwort, Coloquinte, and *Ammoniacum*, of each one quarter of an ounce, Dre gals one ounce: the gum is to be dissolued in the water of Mugwort, afterwards temper the rest sodden well amongst it. Or take *Opopanacum*, and Hartwort, of each a like quantitie, and make a plaister thereof with the iuice of Mugwort. If it be too soft, then put a little ware vnto it and so lay it warme vpon it.

Out of all these forementioned things may you also make pessaries, and put them into the bodie before. For this is also good the plaister *de Galbano*, whereof there be two kindes in the nineteenth chapter, third §. Another: Take vnkemmed sheepes woll, spread butter and honie vpon it and apply it. Some do aduise to holde a Snakes skin to the priuities: for that they say when it beginneth to warme, that nature will cause the dead fruit to follow presently.

For this are also bathes prepared: Take Mints ten handfuls; seethe it in sufficient water, and sit therein vp to the nauell: this worketh maruellously, especially if thereupon be vsed the iuice of Swines bread as is before said. Likewise doth it also driue out a dead child, the plaister *de Radicibus* laid vpon it, and the decoction of Garlicke.

## A preparatiue for an easie childe-birth and deliuerie. §. 12.

All beasts haue their certaine time of bearing, except the women onely: for that women may be deliuered of childe in the seauenth or eight moneth, also in the ninth and tenth moneth, as we haue sufficiently written before: Yea, it hath bin also found, that they haue deferred both to the eleuenth moneth, & also sometimes to the twelft moneth. It is also read of a woman that happened to lye in of child in the thirteen moneth after that she had conceiued: yet it oftentimes cõmeth to passe, that they be deceiued in their reckoning: therefore it is not needefull to dispute much of the time, for when the Peare is ripe (as is commonly said) then doth it fall off. Our purpose is

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here onely to discourse and shewe, through what meanes that a fruitfull woman is to be prepared, for to beare easily and with small paine. For because that on the childe birth dependeth the maintenance of humaine kinde, and that women in their childbirth are to expect all sundry mishaps: therefore haue many famous Phisitions thought thereon, and diligently studied, howe that fruitfull women might be prepared vnto their child birth, and therefore haue described these notable meanes: first how the obstruction is to be opened, and how that the pains are to be prouoked. Afterwards if a child in necessity of birth, or deliuery chance to die, how the same shall be expelled, whereof also hath beene spoken in the former 11. §. and of other accidents moe, which are to be expected after child birth.

When as now the time of childbirth is at hand, & that a woman is almost past her reckoning, then is she to eate and drinke well without excesse, and to vse such meates which might nourish well; viz. good Mutton, Veale, Hens and Capons: all kinde of field foules, egs, good brothes, with spices, as with Cinamom, Saffron &c. and to drinke good wine. But she must especially take care, that she alwaies haue an open body, therewith she is to bathe certaine daies togither in this bath following: Take Hollihocke roots with the leaues two M. Mallowes and Betony of each one M. Mugwort, Mariorom, Mints, and Cammomill, of each halfe a M. grosse beaten Linesede two M. make two bags thereof, and sethe them in a great kettle with water: afterwards let it be mettly cold, and then set the woman in it; the one bag must lie behinde vpon her backe, and she must sit vpon the other, or hold it vpon the Nauell. After bathing, take oyle of sweete Almonds, of Lillies, and of Violets, of each halfe an ounce, Linesede, Hollihocke rootes, Fenegreeke, Butter, and Hens grease, of each one quarter of an ounce, Quince kernels, and Dragagant, of each one ounce, you are to stampe the seeds, and cut the roots: afterwards sethe all togither in raine water, and take out the muscilage, temper the same with oyle, then let the pouned Dragagant and Hens grease sethe so long vntill the muscilage be consumed, and then make a salue of it: with this salue are you to annoint warme beneath the whole backe, both the sides, and all the whole belly, euen to the priuities.

Another: Take oile of sweete Almonds, of Lillies, and of Violets, of each halfe an ounce, Ducks and Hens grease of each three dragmes, white Ware as much as is needefull: but if these salues cannot be gotten, then is oile of Lillies alone to be vsed in their steede.

Also this insuing may be prepared: Take the Muscilage of Linsede, and of Hollihock roots, fresh Butter, the grease of Hens, of Geese and of Ducks; oile of Lillies, and of sweet Almonds, of each halfe an ounce; let them melt by the fire, and temper it well togither. Or take Hollihock rootes with the leaues, one handfull, cut it small; Venice Sope one ounce and a halfe, and one pot of good fresh Beere, let it sethe togither vnto the halfe; then will there bee a Salue of it: with this foresaid salue is a Woman to be annointed about the priuities fiue or sixe weekes before hir time, euery day after bathing. These and such like meanes do open and soften the obstructions of the Matrix: so that thereby in necessitie of birth, the throwes will not be so great, nor yet any thing like so painfull.

When as now the time of childebirth and the throwes be instant: then may one chose of these things following, that which according to the importance of the cause is supposed to bee most requisite; first of all outwardly. There be sundry famous Phisitions which account it greatly auaileable to holde certaine things before the priuities, or binde the hip, with manie strange ceremonies moe, which are therewith to be vsed. But if these kinde of things happen without misbeliefe, and that amendement be found thereby, then may they be taken for approued. Amongst the same things which seeme also to be like vnto the truth, are Agrimonie with the rootes holden before the *Matrix*, and immediately after birth to cast it away, to the ende that the *Matrix* be not drawne downe. Also Swines breade bounden vpon the thighs. Item: Henbane rootes, rootes of Polipody, and of *Bistorta*, should also be very good for it: but what the loadstone, Smaradge, the Egles head, and Coral, and chiefely with the end (wherewith it hath stode fast, it shall be turned towarde the *Matrix*) may well helpe for childe birth: but I cannot comprehende nor vnderstande it: therefore each one may holde and censure the same as he list. That which followeth hereafter, is more like to bee true. Take the rootes of Polipody, and Mallowes, of each one handfull, cut them small and seeth them very mellowe, and laie them warme vpon the priuities: put also as much Mugwort vnto it, whereof a woman shall presently fall in labour; and after deliuery, it is immediately to be taken away. The common peo-

ple do commend to lay pouned Bayberries vpon the nauell. For to further birth therby to take inwardly, is much praised in time of this great nede, the rindes of Cassy, the outtermost being blacke scraped off, the weight of three quarters of an ounce, and beaten very small, giuen to women with red Wine, or with the decoction of red Pease. Item: Saffron drunke with Wine, helpeth also much to very spedie birth, and to diminishing of the paine: The same doth also Cinamom drunke with Wine. Item: take Borreas and Cassy pipes scraped well, stampe them very small, and temper them, and giue thereof one dragme, or one dragme and a halfe, it is verie forcible. There is also good for this that which is described in the 19. Chapter and 2. §. for preferment of the Trauailes, like as is also all that which is discouered for the expulsion of a dead childe. Item: Take Honie one spoonfull, put two spoonfuls of water vnto it, and giue it to drink: Fenugreek decocted with Hony is also very good for it: in like sort do the cõmon people commend for it very highly the decoction of red Pease, or Cicers drunken. Take also Beauer cod, *Asarabacca*, of each one dragme, pouned small, and giue it with the decoction of red Peason: in this maner also may be vsed the seede of Siluer mountaine.

This insuing is commended for a forcible and sure powder (méete for this purpose.) Take good Cinnamom and Myrrh, of each halfe a dragme, giue it with small white Wine, it is especiall good if a woman haue once sneezed, or hath once vomited.

Take Cinnamom one dragme, Saffron halfe a dragme, Cassy woode, and scraped Cassy pipes, of each two scruples; stampe it verie small, and giue it fower or fiue times with the decoction of red Pease: Or take Myrrh, Beuer cod, red Storax, of each halfe a scruple, Cinamom, and Sauin tree, of each halfe a scruple, giue it so vnto women to drinke, or make pils thereof. This is commended aboue all other things as this also following is: Take *Mirrha*, rootes of *Costus*, and red Storax, of each halfe a dragm, *Ammoniacum*. Sauin tree, of each halfe a dragme; stampe them very small, and giue it three or fower times with the decoction of red Pease; of this also may you make Pils.

For this is also good *Triphera magna* one dragme, or one dragme and a halfe, for it maketh women not vnfruitfull, as some women do falsely report, but doth aduance fruitfulnes. Some do aduise, when a woman is past her time, that her mother vaine or *Saphæa* vpon the foote is to be opened, for that the birth will thereby be the easier, and it cleanseth also the child, but how farre this is from the opinion of the auncient Phisitions, we haue sufficiently declared before. Other do aduise to seethe a Swallowes neast in water, and strayn it through a cloth, and then to take foure ounces therof, it will accelerate the birth. The fume also of a Mules fell, of Commin, of Colewort stalks, of Myrrh, of Myrtle, of Steeres gall (which one will) receiued beneath, but aboueall Beuercod, and *Assa fœtida*. Some say, that one should giue one spoonefull or twaine of the iuice of Sloes, and alledge also therewith that it is not to be taken but when a child is readie to be deliuered. But we haue here many better and most apparant things.

## When the throwes do not continue in bearing women. §. 13.

All that hath a strong odoriferous sauour, as *Muscus*, and such like, is to be kept from women with child, and to be taken away, for that it doth hold back the throwes, and hindereth the birth or deliuerie. But for to aduance birth, take Betonie three handfuls, Mugwort one handfull, Cammomill, Penniroyall, and Hyssope, of each one handfull, Linseede grossely beaten two handfuls, cut all the herbs and fill a bag with it, let it seethe well in wine and water. This being done, then foment with this decoction the priuities with a spunge fiue or sixe times, afterwards annoynt the place with the oyle of Wallfloures into the neck of the mother, if so be that the same can be conueniently done by the Midwife, whereby the woman will be stronger, and the birth be aduanced, especially if the child is rightly placed.

And if so be that this will not yet help, then make this potion following, and giue her thereof a good draught euery two houres: Take Betony one handfull, Mugwort, Penniroyall, and Hyssope, of each half a handfull, a pinte of Rhenish wine, or somewhat more: let them seethe together vntill about the fourth part be consumed: strayne it, wring it out, and put vnto it halfe a dragme of Saffron. Amongst each draught is to be put halfe a dragme of this powder following: Take of the black scraped Cassie pypes one dragme, and make a subtile powder thereof,

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in like sort haue you yet moe before. This following will be also much commended: take white beaten Amber half a drag. & giue it with the water of Lillies, or with the decoction of red pease: it quickneth mightely the throwes. It doth also chaunce sometimes that the throwes do auoide at the mouth, for which, take three or foure skeanes of boyled warme linnen yarne, and let the woman with child receiue this vapor, for thereby will the throwes fall downewards: euery one may conceiue thereof what he list, it is very like a grosse medicine for clownes.

## Of the perilous and hard Childbirth in generall. §. 14.

IT is knowne to all the world more then sufficiently, how hard & sower that some women lye in labor, before that they can auoyd the child and secundine; so that it happeneth otherwhiles that young and strong women do dye with the fruit. These perils haue many occasions, so that otherwhiles the women themselues, or the child, be a cause thereof. Such anguish may also proceede otherwhiles from the Matrix, or from the neck of the same. In like manner the same may be well caused through some obstruction of the Matrix, or through any other disease, as an impostume, and such like, in the foresayd parts: this also may be brought to passe through the rudenes and vnhandsomnes of the Midwife. When as then these foresaid reasons be declared, then may the cause easily be adiudged of this grieuous and perilous childbirth.

If the disease be of the woman, then hath she had a great former sicknes, or she is diseased through hunger: she may be also too yong, and haue conceiued before the due age: or she may be too old, and not haue borne before at any time, in which the places will be hardly opened: also if a woman be dismayed, or neuer wont to beare child, be also too fat of bodie, and is ouercoled; then can she hardly be deliuered of the child. Secondly, the fruit it self may cause also a grieuous labour, like as is sayd (yet without foundation) that boyes be easier borne into the world then girles. Item, if the child be too grosse of bodie or head, and therewith be very small and weake, that through his feeblenes it cannot help it selfe to the birth. Item, if the child be dead, haue two heads, or the like double members. Item, if the child with his hands and feete and not with the head, doth lye in the birth place like as behoueth and as is naturall. Further, the Matrix may be by nature too narrow or too dry, so that with no moysture the passage can be made slipperie. Item, if the woman before in the neck of the Matrix haue had any erulceration, whereby the muskels could not stretch abroad, or that as yet there be some vlcer in the neck of the mother: or if it commeth by the secundine, then is the same so thick and so strong, that it will not breake. This grieuous and very hard labour may also be caused by the stopping of the bodie.

If now this heauy labor do proceede of the forementioned diseases, sicknesses, hunger, and such like outward causes, that may be very well perceiued of the woman. The signes of a feeble or dead child are to be found in the 8. and 11. §. But if there be of none of al these signes any instant, and if that a woman is not strong, and that a childe in deliuerie remaine in the birth place, and cannot be brought into the world, then is it a certaine signe that the afterbirth (like as is said) is too strong and not yet broken.

Thus be all perillous accidents of child birth so ioyned to each other, that all of them for the most part are cured with one kinde of remedy, whereof we haue written much before. And because we haue especially admonished here of the secundine, therefore doth our old order require, that we should also discourse somewhat particularly thereof. But because nature obserueth this method, that it first expelleth the childe, and afterwards the *Secundina*, which is the secundine, therefore we will also first of all write perfectly of the childe, and afterwards of the secundine, with all which is ordayned for the same. Lastly, we will shewe and declare all that is made for both of them.

## When a woman cannot be deliuered of a childe. §. 15.

THe causes of this hard and longsome childbirth are before sufficiently discouered: when as then a child appeareth with a hand or a foote before, which doth happē very seldome without swelling of the neck of the Matrix, and of the parts adiacent, then take Pennyroyall, Mugwort, and browne Betonie, of each a like quantitie, hack it all together, and let it seeth in milke, lay it then vnder her, before the birth, as warme as she may abide it, about the member of the child, the same driueth away the swelling: or set seething water

vnder it, when the child feeleth the warmth, then doth it drawe the member back againe. This and the like things should Midwiues know, on whose knowledge & experience is very much depending, the very renowmed aduise which is discouered in the 13. §. of Amber, whē the throwes will not continue: also there is laid vnto it scraped Unicornes horne. Some be of opinion that first of all the woman should take a spoonefull of oyle, with twise as much water. Other do also aduise, that one should sethe half a drag. of Mace, and so to giue it, this forceth also the secundine. If that then a child will not frame himselfe to birth in his mothers wombe, and neuertheles the throwes & the right time of birth be instant, then take a little Lilly water, and as much good Renish wine, & so drinke it together, it will frame it self the better afterwards. For this is also good the iuice of Sloes, wherof we haue spoken before. Another: Take freshwell water, and hony as much as you please, temper them together without sething or skumming, and so giue it to drinke, this quickneth the throwes & paine, so that she wil be the soner deliuered of child, for that the paine expelleth the child and the secundine. Or take the floures of Cypers, sethe them in wine, and drinke a good draught thereof, this should be very certaine, especially if the herb or floures may be gotten fresh. Item, take well pouned Linseede, seeth the same in wine, & giue the woman a good draught therof. In like maner may she well drinke wine, which is decocted with Plantaine. Wine wherein Vine leaues haue bene steeped, should also expell birth. *Boreas* the waight of half a drag. dronken with wine, is also very aduancing for it, as we haue admonished before. A stronger: Take Saffron, and pearles of each one scrup. *Boreas* 4. scrup. giue this also with hony water if the throwes come not; but if so be that the throwes be instant, then giue it with Mugwort water, or with sweet wine, it expelleth very swiftly. Now for to vse outwardly, may one chose out of all these things following for a time that which one will, as the seedes of Garlick, Sauintree, Mugwort, S. Johns wort, Pigeon dung, the horne of an Asses foote, or a horses foote, Ore dung, Wormewood, & Rue: of all which tempered, or each alone: also to bathe, to make salues, plaisters, and such like. Item, take round Hartwort, Aristologie, Sauin tree, & Cresses, of each alike, stamp and temper them all together with an Ore gall: then afterwards make a great taint moist therein, & put it before into the places, it helpeth much to birth. This following doth also expell a child whether it be liuing or dead, and also the secundine very vehemently: Take Sauintree, round Hartwort, *Asarabacca*, & Dragon rotes, of each alike quantitie, poune them all together, & temper them with hony: afterwards giue to the woman thereof the waight of one quarter of an ounce, with water wherein Lupins be decocted, and if so be that this expell not sufficiently, then take *Opopanacum* and Ore gall, of each one quarter of an ounce, Beuercod one drag. giue it to the woman to drinke with water wherein the Sauin tree & Fennell is decocted: and although all these foresaid medicines be meete and conuenient for to expell the secundine with them, yet we will neuertheles in particular as we haue promised, write and discourse thereof.

## Of the secundine or afterbirth, and how the same is to be expelled. §. 16.

THis afterbirth do the Latinists call *Secundinam*, which is as much to say, as the second, because it commeth away after that she is deliuered of child, and of such like, wherefore it is by vs properly called the afterbirth or secundine. This foresaid afterbirth or secundine hath this vse, to wit, when that in lying together both the seedes of the man & woman be tempered in the Matrix, and become like vnto milke, then commeth about the same a caul or velme, which groweth by little and little with the fruit, and is augmented with it. The same is by nature ordained, that the fruit may be therewith as it were with a cloth couered, enclosed about, garded and defended, vntill the day of the birth, which presently after the birth of the child (if all things happen aright) doth auoyde; or remayning behinde, it bringeth very great perill with it, as we haue sayd before, that amongst other accidents there do follow agues, stinking breath, paine of the head, swouning, and such like.

If in case then that these afterbirths do thereby tarry behinde, for that a woman is waxen too weary & feeble, through the former hard labor, then must somewhat be giuē her, wherby she may get some strength, and might comfort her hart, as *Diamargariton*, *Manus Christi*, and *Diapliris*. She is also to be caused to neese, and to hold in her breath, whereby the vndermost parts of the belly be pressed downe, and stirred vp to expell that which remaineth. And if so be that the secundine wil not follow, then let the woman rest alittle, and annoynt the belly and all other parts about

bout it with oyle of Lillies, and oyle of Elderne floures: also to kæpe the belly very warme, and then to vse those things which are specified in the deliuery of childzen in the 11.§. and also whatsoeuer shall be pzescribed hereafter. All those that estæme much of pzetious stones do counsell, that when the afterbirth will not follow, that then the to woman is to be giuen of the powder of the Aggat, and that thereupon the secundine must follow. It is also commaunded to the contrarie, that whensoeuer a woman is in labour, that then she is to put away from her all manner of pzetious stones, because that they do deferre this childbirth. It is also sayd that cozne floures giuen with Lillie water, doth expell the secundine. We haue also said befoze, that half an egshell full of the iuice of Garlick giuen with Hony water, doth expell the dead child and afterbirth: but this aduise may we leaue foz countrey people. Næsling is also especiall good foz deliuery and auoyding of the afterbirth.

Foz to vse outward things therefoze is much commended to make a lie of ashes, and to set the fæte dæpe in them, they should dzaw the afterbirth downewards. Item, take Bæch ashes, and powze sæthing water vnto it, then let the vapoz ascend from beneath vpwards, and the afterbirth wil follow. Take Pecocks feathers, oz if you cannot get them, then take hens feathers, kindle them, and let the fume ascend from beneath.

Item, take Hollyhock rotes, sæthe them very mellow, and then temper it with Barrowes grease, with Gose grease, and therewith annoynt the neck of the Matrix within. This dzaweth not only the afterbirth, but also all other vncleannes, foz this is also chiefely good whatsoeuer befoze is described foz the aduancement and lightning of childbirth, and also foz womens termes.

## How that the afterthrowes are to be eased. §. 17.

TAke Squinant and Spikenard, of each one quarter of an ounce, sæthe them together with water of Mugwozt euen to the halfe, & dzinke thereof two oz thzæ times, it alayeth the paine. Item, take Malmsey, oz some other good wine, and make a candle thereof with the yolks of egs and Cinnamom. Oz take Saffron half a dzag. Mace one scrup. *Triphera magna* halfe an ounce, take this at two times with warme wine, foz that this *Triphera* hath such powez, that it doth pzesently asswage the paine. In like manner, this may be annoynted into the neck of the Matrix very commodiously. Further, you haue befoze in the 19. Chapter and 7.§. of the paine of the Matrix thzough wind, of *Triphera* and *Philonium*, and pzesently afterwards a powder with *Turbith*. Also, how this Helleboz is to be vsed, all which things be very commodious foz the afterthzowes.

Item, take small pouned Woolblade, temper them as a dough, and bake cakes thereof, and giue it to the woman to eate. Take good fat Figs, cut them to pæces, and grosse beaten Fenegræke, of each one handfull; let them sæthe together, and the woman to sit oftentimes ouer it, oz to foment her beneath with clothes. Item, take the yolks of egs, temper them with the iuice of Mugwozt, and bake cakes thereof, and lay them behinde vpon the back. The same doth also Hollyhock rotes, oz the leaues, if it be beaten, and with warme wine layd vpon it, and oftentimes renewed.

## For the excessiue flood after birth. §. 18.

FOz this you haue befoze in the 19. Chapter 3.§. of the asswaging of the excessiue termes of women many kinds of remedies which be also very mæte foz all women in childbed. Yet of the Phisitions of *Augusta* be these following ozdayned foz very especiall remedies: At the first are these women in childbed (be it howsoeuer it will) to take with bzoth fasting one dzagme of the same powder with white *Diptamus*, that not long since hath bæne described in the 11.§. Afterwards she is to vse this costly confection: Take conserue of Roses one ounce, conserue of Burrage, of Bugloss, and of Baulme, of each halfe an ounce, pzepared *Bolus* halfe a dzag. pzepared Perles one dzag. good Cinnamom one dzag. and a halfe, temper them all together. Item, take conserue of Pionie, it clenseth a woman after birth. Let her vse also this powder following: Take pzepared *Bolus* one dzag. sealed earth two scrup. Tozmentill halfe a dzag. Shepherds purse one scrup. *Species de gemmis frigidis* one dzag. and a halfe, pzeparcd Perles one dzag. Roses, Corall, and Saunders, of each one scrup. Cinnamom two scrup. and a halfe. Sugar thzæ ounces, temper them well together, and take it with Penbzoth. This following is yet moze fozcible in

staunching: Take Bloudstone washed with Plantaine water one drag. and a halfe, red Corall one drag. Tormentill and *Trociscos de spodio*, of each halfe a drag. scraped Iuorie, and burnt Harts horne, of each one scrup. prepared Perles foure scruples, fine *Bolus* two scrup. *Bursa Pastoris*, and red Saunders, of each a scrup. Cinnamom one drag. Sugar sixe ounces, make a powder thereof or lossings.

## Of the superfluitie of milke. §. 19.

WHen as now a woman is deliuered of Child, and that the milke so excessiuely abounded and ranne ouer that the child could not sufficiently suck or draw it out, and it were to be feared that it might come thereby to clot or to impostumate, then must good remedies be sought, to which end diuers remedies be described in the second part, the third Chapter and 5. §.

## Of diuers other accidents after the birth. §. 20.

THapneth many times that a woman after that she is deliuered of child, her legs and feete happen to swell. For this, take Wormewood, Cammomill, Centory, Yarrow, Southernwood, and Spikenard, of each a like quantitie, seethe it all together to a bath for the feete, and vse it oftentimes. In like manner you haue also before in the third part and fifth Chapter, in the description of the places in women and their accidents, diuers things which be meete for this purpose. Item, take Cammomill and Linseede, of each one handfull, put them in a bag together, and seethe them in wine, afterwards lay it ouer the swelling.

Or take a great Dinion, rost the same in ashes, afterwards stamp it to grout, and make a plaister thereof with sufficient butter, and vse it. These two last things may also be layd vpon the belly against the afterthrowes.

As much as then concerneth the descension of the neck of the Matrix, the vnnaturall heate, the ache, and such like accidents, which women in childbed be subiect to, for that are diuers remedies to be found before in the description of the places, neuertheless we will adde somewhat more, and therewith conclude.

If so be that a woman with child come to be broken, then take Comfrey foure handfuls, Self heale one handfull: seethe them together for a bathe for the loynes, and let her sit therein ouer the priuities.

Item, take a long peece of Allome, and put it into the bodie before, then shall the rupture goe togither againe, and the entrance will be so narrow as euer it was before.

Or take two ounces of Coperas, foure ounces of Gals, one ounce and a halfe of Gum, seethe them together in sufficient rayne water, and wash you therewith, but this is none other but as it were a right writing inke.

Looke also further the first Chapter of the third part of the ruptures of the nauell, and all that which shall be written of the ruptures, where one may chose what seemeth best for euery one.

The plaister *Diachilon*, whereof we haue so oftentimes admonished, is thus to be made: Take Fenegreeke, Linseede, and Hollyhock rootes, of each four ounces, seethe them together, and draw out the muscilage as in the first part the third Chapter and 7. §. is taught: put thereto nine ounces of sallet oyle, litharge of gold three ounces, then seethe them together againe vntill the muscilage be spent, and make a plaister thereof: this plaister mollifieth all hardnes of the liuer, of the milt, and stomack, and of all other parts. There be also two sorts prepared, which are called *Compositum*, and *Magnum*, which be both also more stronger then the former, but they be not so much in vse.

There hath also oftentimes beene spoken of the syrup *De radicib.* the one called of two kinds of rootes, which is thus made: Take Parsley rootes, and and Fennell rootes, of each two ounces, let them seethe in sufficient water, afterwards straine them through a cloth, and make a clarified syrupe thereof with twelue ounces of Sugar.

The syrupe of fiue kinds of rootes is prepared in this manner: Take the rootes of Smallage, of Fennell, of Parsley, of *Ruscus*, and of Sperage, of each one ounce, seethe them very mellow, and then make a sirupe thereof with twelue ounces of Sugar. Both these kinds of sirupes be good against all kind of agues which proceede through putrefaction of phlegme and choler.

The

# The fourth Part of this generall Practise of *Phisicke, doth intreate of the outward members.*

ALthough the Phisitions, and especially the Anatomists do comprehend all other partes of mans bodie, which be not described in the former three partes of this Practise of Phisicke in this fourth part; yet will we diuide them into two principall partes: that is, the Armes and Legs. These be the especiallest outward partes, to wit, Armes, hands, fingers and nailes: afterwards the legs, the thighes, the knees, the shins, the ankles, the feete and the toes. These be now the diseases which be generally incident to both these parts. First, that which the Phisitions do call *Gutta*, and we the Gout, is diuided into fower principall Chapters, according to the member which is infected with it, viz. *Arthritis*, which is the right Gout: *Chiragra*, which is the Gout in the hands: *Ischia*, the Sciaticke: lastly, *Podagra* the Gout of the feete. Of all which we will orderly discourse and write, afterwards of Elurations, Elocations, Extenuations, Bruises, and fractures of bones, and by what meanes that each disease is to be holpen. Therefore will we in the name of God begin according to our old custome and method, with the highest partes, which be the Armes, and what is annexed vnto them.

## Of the Armes. Chap. 1. §. 1

THese Armes be diuided into three parts. First, they haue their beginning at the shoulder blade with the Armepits, reaching vnto the Elbowe. All which with the other parts of the Armes be called by the Grecians and Latinists *Brachium*. The second part reacheth forth vnto the hands and wrests of the armes. The third part is the hād vnto the end of the fingers. As much as concerneth now the first two parts. They be subiect vnto all outward & inward accidents or diseases, as bruses, fractures, wounds, impostumations, elurations, diseases of the vaines, and of the sinewes, and to such like accidents mo. All which diseases (according to the qualitie of the cause) are to be holpen with letting of blood, salues, plaisters, baths, fomentations, &c. whereof in many places before and also shortly hereafter in the Goute and in the Sciatica shall be more ample declaration made: so that at this present it is needlesse to write any further thereof.

## Of the Armepits. §. 2.

AS much as concerneth this part of the armes, we haue therof sufficiently spoken before, as also of the vaines of the Armepits, and for what cause they ought to be opened, hath been sufficiently declared in the Introduction, we will here discouer and discourse of the lothsome stench of the armepits, and chiefly in hot and fat folks: bicause that they haue also much haire in this place, and be moyst of nature; and how nearer that the stench is to the nose, so much the lothsomer is it. This stench is augmented through great labour at hot times, through want of shifting and alteration of clothes, through great incontinencie, and through some corrupted humors of the body. Which stench if it do continue very long, it is a sure signe of an incident palsie.

Then for to remedie this stench it is needefull, according to the qualitie of the person, that all such are to be purged and let blood, and that he afterwardes do bathe in these odoriferous herbes, as Mints, Melilote, Lauender, Ireas, and such like.

This being done, the Armeholes and the whole bodie are to be fomented with these things following: Take Annis, Comin, & Roses, of each 2. onnces, Cypers rots one ounce, Spikenard, and *Spica Romæ*, of each one quarter of an ounce, pouned *Ireas* one ounce: sethe these all togither

in two quarts of water vntill about a third part be consumed; & then vse it warme with clothes wet therein, and kæpe the body very cleane with clothes & linnen. Afterwards vse some of these things following: Take the Litharge of gold one quarter of an ounce, Allum one drag. Roses and Myrrh, of each half a drag. beat them al to powder, & wash the Armpits with wine; & then strow the powder vpon it: the Litharge of gold doth the same of it selfe tempered with Rose water; in like maner also the Myrrh. Item, take Coperas one ounce, sæthe the same in three ounces of water, let it be cold, and annoynt the stincking place with it. Take Thistle leaues one handfull, sæthe the same in a pinte of wine and drinke thereof, it taketh away the stench throughout the whole bodie.

Item, take litharge of gold one ounce, Frankincense halfe an ounce, poune all together small when you goe to bed, and temper a little thereof with wine, and annoynt therewith the place, and then in the morning wash it with Vineger. You may also vse for this the oyle of Spyke.

And if so be that the humors then be so sharp that they excoriate the place and bite open the skinne, then wash it with warme water, and afterwards strowe the place with burnt Allome.

Marmalade with spices doth also expell all stench.

## Of the Hands. §. 3.

ANaxagoras was wont to say, that men aboue all beasts were most reasonable, for that they only had hands. But *Aristotle* contraryeth this with great reasons and sayth, because that mankinde is the most sharp witted amongst all beasts, therefore hath nature giuen him hands which be none other then instruments of a reasonable beast for to vse them whereto he desireth, so that these most noble and necessarie members be made for to comprehend, to hold, to cast, and to labour, &c. In like manner also that through her fæling to adiudge all that is hard, soft, hot, cold, thin, thick, and such like. Besides this, in stead of all weapons wherewith all other beasts be indued, that they may thereby seise vpon all manner of weapons wherewith either in time of peace or warre to guard and defend the bodie. Item, with these hands be all renowmed feats and cunning and also all hurtfull workes atchieued and brought to passe, as is dayly sæne. It appeareth also by dayly experiēce that commonly the right side is more forcible and much nimbler then the left, not that it is so in euery bodie, or must be, for that it is oftentimes found to the contrarie, whether it be through the custome or otherwise that some do most of all help themselues with the left hand, and be much nimbler and actiuer with it.

Further, the hand is commonly deuided into two parts, as in the palme, in the fingers, and one may if he will accompt the nailes with it. They be filled euery where full of sinewes, wherewith they most commodiously and spædily be readie to all manner of actions. Inwardly in the palme of the hand be many kinds of lines or strakes sæne, the which like as the *Chiromantici* do say, be signes of good and bad luck or fortune, whereof we will not hære write any further, because that these Southsayers arte is by many learned regarded as lyes, for that they haue no foundation, therefore be they also iustly to be mocked and skorned, like as they be also taken and acknowledged of all vpright Christians to be vngodly, and adiudged to be an illusion of Sathan. Thus may this suffice of the Hands.

## For to keepe the hands cleane. §. 4.

IT becommeth all men very well with honestie, that they haue alwayes cleane hands, and that chiefely when they sit at table, whether it be that they taste any meate, or carue for others: and for to come vnto it, the same are oftentimes to be washed with faire water, and Venice sope. If you will make them smell well, then loke what is written thereof in the first part in the first Chapter, and 2. §. Or prepare in stead of the sope this ensuing: Take one spoonefull of Hony, two yolks of Egs well brayed, and a little Rose water, and Lillie water: temper them, and sæthe them to pap, rub the hands therewith, and afterwards wash it off with faire water.

Item, take the whites of Egs well brayed, stirre therein a little wheaten floure, Rose water,

and

and Orange peeles pouned small as much as you will. The iuice of Citrons is also very good for it: or if one cannot get it, then may the iuice of Limons or of Oranges be taken in stead of it. Let the same seethe alone in a glased pot, and stirre it about continually. It is also especiall good against all itchines of the hands, and all other parts of the bodie.

Or take the water of Louage, and pouned Argall, temper them together with the white of an Egge, as much as you please of each, bray them well together, and vse them as before is specified.

## For to make perfumed hands and gloues. §. 5.

TAke cleane Barrow grease as much as you please, and lay the same eight dayes in water or in lie, putting euery day fresh water or lie vnto it, and wash it well. Afterwards fiue other dayes in fresh milke washt also dayly. Then after that wring it out cleane, and put it into a pot, and put Rose water vnto it, the water of Elderne floures, of Plantaine, and of Lauender, of each a like quantitie. Afterwards put odoriferous spices vnto it, as Cloues, Cinnamom, Nutmegs, and so let them seethe together softly vntill the water be wasted away. At the last you are to put vnto it *Muscus, Ambra*, golden waters, or any other well sauoring things, stir them along time well togither. This salue is also good for all scabbines and scurffe, &c.

## For scabbie Handes. §. 6.

FOr this may the foresaide salue or Pomander be vsed which is described in the first part, the tenth chapter, and first §. For this is also very good the gum and Dragagant dissolued in Rose water, and the hands rubbed with it.

It happeneth also many times that the hands be full of the drie scruffe, like to that kind of itche which the Latinists do call *Impetiginem*: for which this following is to be vsed, and not onely for the hands, but also ouer the whole bodie, whereas is the drie scurffe. Open some egs, put out the whites and yolks, the egshels are to be laid in a cole place where they will not be bedusted, then wil there gather amongst it a little water, which you are to put into a little glasse, and to annoint therewith the place that is scabbie.

Item, seethe Elecampane in the creame of milke which is also very meete for this purpose. Or seethe these rotes with Butter and Milke; and when they be mellow and sodden to pappe, then temper some salte amongst it, this is alwaies found to be very good. You haue a sure salue for this before in the first part the third chapter, and tenth §. beginning thus: Take Turpentine, &c. Some do aduise to take the liuers of Tenches, and to put the same in a glasse stopped tight and set in a warme place, and to annoint it with the water that commeth thereof. Item, the iuice which is wrung out of Orange peeles, should be maruellous good for this purpose.

Another: Take the oyle of Iuniper, and oyle of Argall, annoint the hands with it and all other scabbines.

## Of chops in the Hands. §. 7.

TAke foure ounces of Sallet oyle, or oyle of Roses, Ware one ounce; melt them togither and annoint the hands with it. Item: Take oyle of Roses, white Ware, Mastick, Frankinsence, and Hens grease, of each a like quantitie; powne all that is to be powned, then temper them all togither, and make a soft salue of it.

## For achie or scabbie Hands. §. 8.

TAke three ounces of sweete Butter, Turpentine two ounces washt togither certaine times with Vineger; and then temper with it halfe an ounce of salte, and three drag. of drie Ceruse. Item take a good peece of Rie bread, laying it the space of certaine howers in fresh water vntill it be well mollified, then wring it out through a course cloth, and wash your selfe therewith.

This

This following is also good and sure. Take Turpentine two ounces, fresh butter one ounce, oyle of Roses halfe an ounce, the iuice of Limons or Orenges three quarters of an ounce, and the white of an eg well braied, salt one dragme, then temper them altogither with a milde fire or vpon warme ashes. If so be that you will haue it thicker, then put a little Ware vnto it. Or take the middlemost rindes of the Iuniper tree, and Barrowes grease, of eache a like much: seethe the same togither in Goates milke, and salte it well.

Take the oyle of Roses and liquid Storax, of eache a like quantity, melt them togither: this is especiall good, and hath a good sauor. Item take fresh Elecampane rootes, Mallowes, Docke rootes with the leaues, and Fumitory, of each one handful; Bran one handful; seethe them all togither in three pintes of water vnto the halfe, and therewith wash the hands. Or take Sulfure vife halfe an ounce, small brused litharge of Siluer three dragmes, dried Ceruse one quarter of an ounce, Barrowes grease one ounce, Camfere halfe a dragme, the iuice of Orenges halfe an ounce, temper them togither, and kepe it in a glasse.

With this following be many people holpen whom nothing would helpe. Take the rootes of Dockes and Elecampane, of each one ounce, Cuckopit and Comfrey, of each halfe an ounce, Agrimony, Selfeheale and broad Plantaine, of each one handful, vitriol halfe an ounce, Allom & Sulfure vif, of each one ounce, Saltpeter one quarter of an ounce, Roses one handful, Pomegranate pils halfe a handfull, wine and water, of each one quart, sharpe Vineger twelue ounces; let it be all togither infused, and then afterwards boyle it. In which are the hands to be bathed euery morning & euening the space of fiue dayes. And afterwards be the hands to be moystened with a cloth dipped in this decoction following: Take washt Ceruse one dragme and a halfe, Allome, white Coperas, and Salticke, of each two scruples, Camfere halfe a dragme: this being all beaten small togither, then binde it in a fine cloth, afterwards kepe it in two ounces of Rose water, and foure ounces of Plantaine water, whereof wee haue admonished before and taught in the former 6. §.

Asmuch as now concerneth all itche or scurfe, whereof we will by Gods helpe speake sufficiently in the fifth part.

## Of the Fingers. §. 9.

IN the last 6. §. we haue generally written of the hands: but now will we think vpon the fingers, which be called by the Grecians *Dactyli*, and by the Latinists *Digiti*, by nature haue all men fiue on each hand: Othersome fiue which be therfore called by the Latinists *Sedigiti*. The first of these is the Thumbe which is called the greatest and smallest; but by reason of his shortnes is he verily the smallest, but by reason of his thicknes and strength is he indeed the greatest, and therewithall so forcible that he is a helper to the rest of the fingers, that without the same they be very impotent, because that he lying aboue the fingers in holding fast, shutteth them vp. This haue also the most cruell tirants acknowledged, who commaunded to chop off the Captines Thumbes and not their hands, to the end that they might not handle their weapon, nor doe any other labour. The first finger afterwards is called the forefinger, in Latine *Index*, that we doe therewith shewe and point at all things. The third doe we name by reason of his place, the middlemost, which the Latinists partly cal *Infamem*. The cause of this name wil we conceale at this present. The fourth is the gold finger or *Anularis*, for that commonly the same is wont to be garnished and decked with gold rings. Lastly followeth the small or eare finger. These fiue fingers haue fiftéen bones, each three; albeit some do ascribe to the thumbe but two bones. Through these bones and mouing of the sinewes. These fingers haue two small ioints, amongst which the thumbe hath no more but one: All which bend onely inwards, whereby they be mete for all cunning and subtile actions. But what mischances and diseases these men be subiect to we will now write and discourse thereof.

## Of the numbnes of the fingers in part or in all. §. 10.

THis numbnes bringeth with it a hardening of the sinewes, and is caused through heat, cold, or drithe, This numbnes must be holpen immediately, or the fingers will forthwith lose their

their motion thereby. For this disease must be kept especially a good diet, and first of all are cold windie dwellings to be eschued, and the whole bodie, chiefly the hands and the fæte to be kept very warm, and then to refraine from all grosse binding and coling meats, as old Bæfe, Skins, Paunches, and Sinewes of all beasts. Item, all that is drest with dough, all fish, and especially Eeles, Tenches, and Crabs, must he refraine. He must also forbeare Milke, Chæse, and all old baked bread: from all kind of Beanes, and from cold herbs, as Lettice, Purslaine, Bæts, Pears, and such like, red grosse thicke wine is also not good for him: and if it be possible he is vtterly to refraine wine, whether it be drunken, watered or vnwatered. Also he is not to ouercharge himselfe with meat or drinke at any hand. And he is aboue all to beware of Vineger, and from all sowre things. Also long slæpe is hurtfull for him, and especially slæpe by day; otherwise he may liue according to his old custome.

As much as concerneth the vse of Phisicke, he may take of these pils following fower or fiue euery day two houres alwaies before supper, and to continue this a certaine space: Take Aloe two ounces, stæpe it two daies in the water of blew Flower-deluce, *Agaricus*, and *Turbith*, of each one dragme and a halfe, *Hermodactyli* one quarter of an ounce, Mastick one scruple, Ginger, Annis, Cinnamom, and Mace of each halfe a scruple, *Diagridij* two scruples, then pouned all small temper them togither and fashion fire pæles of each dragme.

Secondly, take oile of Mirtles, and of Mastick, of each one ounce and a halfe, burnt Iuorie, Amber, red Corall, and *Sandaraca*, of each one dragme, Mastick, Frankinsence, of each halfe a dragme, Paperglew three quarters of an ounce, Dragagant and Gum, of each halfe a dragme, dissolue the glew in strong red Vineger with halfe an ounce of Ware. When it is almost colde, then temper the other spices with it, & make a tough salue of it, that it may be spread on leather lay it within vpon the bending of the hand, and round about the thumbe.

Thirdly, take a pæce of a Mill stone, let it be very thorow hot, lay it in a great panne and besprinckle it with good wine and sharpe Vineger tempered togither: and do this so long vntill there be about twelue ounces poured vpon it. Ouer this vapor be the hands to be holden being well couered, to the end that they may sweate well; afterwards drie them. This is to be done once euery morning, and afterwards to binde vp the hands in a pæce of Fur.

Fourthly, Take oyle of *Camelina*, and of swæte Almonds, of each two ounces, Calues marrow, Badgers grease, Ducks grease, of each one ounce, *Bdellium* halfe an ounce, *Galbanum* one ounce and a quarter, Saffron halfe a dragm: dissolue the gum in white Vineger, and then make a soft salue of it with Ware: with this salue are you to annoint all the hands and fingers morning and euening.

Fiftly, take one ounce of the gum of a Cherrie træ, Beuercod, and *Galbanum*, of eache one quarter of an ounce, Sallet oyle fire ounces, Calues marrow, Goose grease, and Hens grease, of each one ounce, white Ware one ounce and a halfe, Saffron two scruples, *Lignum Aloes* halfe a dragme, and *Muscus* two graines: dissolue the Gum in white Vineger and temper the fatte amongst it. Last of all, put all the other things beaten small vnto it. When as then the patient hath vsed all these foresaid fomentations, salues, and plaisters, the space of ten or twelue daies, then are the hands to be annointed with the first described salue.

## When the Fingers be numbed through bruses. §. 11.

This cure or healing is commonly committed to the Chirurgians: but if the sinewes be not vtterly chopt off, then is there still some hope of health. Now for to remedie this, the patient is like as is said already to kæpe himselfe soberly, and to beware of much Wine, of Vineger, and Venerie. From stirring the bruised hand too much, and not to wash them with cold water, but is to vse these fomentations following: Take a pæce of a Mill stone, make it very hot and put vnto it as before said, then couer the hands very warme. This being done, then are they to be annointed with this salue being made very warme: Take oyle of *Behen*, of *Costus*, and the suet or fat of a Lyon. Or in stæd thereof mans grease, the fat of a Beuer, of each one fiue ounces, Saffron two scruples, the Marrow of an ore one ounce, pouned *Hermodactyli*, Piony rootes, *Stechas* floures, and Southernwood, of each halfe a dragme, Ware as much as is needfull for to make a tough salue. This being done, then be the hands to be couered warme with vnkemmed shæpes

woll,

wol, and the bruſed fingers are to be bounden and to be put into warme gloues, to the end they may be kept from al manner of cold. When as this then hath bene obſerued the ſpace of eight daies, then is the fomentation to be omitted, and to vſe this ſalue following: Take oile of *Nardus* one ounce and a halfe, oyle of *Euphorbium* one ounce, oyle of Saffron, and of Pepper, of each halfe an ounce, *Stechas*, Swines bread, white Pepper, *Hermodactyli*, Pyony rotes, and Southernwood, of each one dragm, *Galbanum*, *Serapinum*, and *Ammoniacum*, of each one quarter of an ounce; ſethe the oyle and the gum eaſily togither. When it beginneth to be colde, then temper the pouder in it and make a ſalue of it, wherewith annoint the hands twice a day, and kepe them alwaies warme.

## Of the Fellon or Ancome in the Fingers. §. 12.

THis impoſtumation which ſome do cal *Panaricium*, and we a Fellon or Ancome, is none other but a ſharpe and hot impoſtumation of the Fingers, which bring ſuch a paine with them, that the patient thereby, neither by night nor by day, can reſt or ſleepe, neither can get any eaſe by any meanes vntill that the ſaide impoſtume be opened.

This impoſtumation is firſt to be remedied with coling things that do alſo thereby mollifie and ripen, like as this ſalue following: Take the oyle of Maſticke, and vnripe Sallet oyle, of each one ounce, clenſed *Antimonium* halfe a dragme; prepared *Tutie* three dragms, white Ware halfe an ounce, Roſin halfe an ounce, the ware, Roſin, and oyle are to be molten togither, and the reſt to be tempered amongſt it; afterwards annoint the fingers with it often.

Item, take Sulphure, Garlicke, *Carui*, the ſote of a Chimney, & Salt, of each a like quantitie; poune all to pap and binde it vpon the hand. Yet one more: Take the innermoſt ſkins of Eglhels, lay them vpon the finger, and this former ſalue vpon them, wherewith we will commend, and commit the cure of this accident vnto the Chirurgians.

## Of the Nailes on the Fingers and Toes. §. 13.

THeſe Nailes are the outward parts of the ſinewes, and haue their rote and foundation, and do growe out of the ſuperfluitie of the ſame, which increaſing conſiſteth not at all in the depth or breadth, but onely like to haire in the length. *Ariſtotle* ſaith, that the fingers and the toes are giuen onely for a defence. But *Galen* addeth vnto it, that they be therefore made, for that therewith all ſmall and ſubtile things might be opened. Theſe Nailes haue of themſelues no ſence or feling, therefore do they nede no great remedies; and for that cauſe will we onely admoniſh here and diſcourſe of the impoſtumation of the rotes of the Nailes.

And if ſo be that there be then any impoſtumation in the rotes of the Nailes, or there happen any other harme vnto them, then take *Sarcocolla*, Maſticke, and Frankinſence, of each one quarter of an ounce, Comfrey, burnt Allome, Hartwort, of each one dragme, *Ammoniacum*, *Mirrha*, Verdigreaſe, and white Coperas, of each one ſcruple; poune them all to a ſubtile pouder, and ſtrow vpon it. This pouder drieth, conſumeth, all bad fleſh, and it healeth alſo marueilous well: this may you alſo vſe on the Nailes of the feete.

## *The ſecond Chapter.*

## Of the Legs and the Feete.

IN this ſecond part of the outward members we will onely ad and write this which is, that theſe legs like the armes alſo be diuided into three parts, whereof the vppermoſt part is the whole hippe euen to the knees. The ſecond part is from the knees euen to the feete. The third part is the feete with all that is annexed vnto it. As much as now concerneth the diſeaſes of theſe three parts, they are to be holpen and healed with the ſame remedies which be ordained for the armes. But the legs be ſubiect to other moe eſpecial accidēts, as broken vaines called *Varices*, where-

wherewith commonly the thighes, the kéenes, and the calues, are burthened like as we will admonished thereof in the fift part the first chapter, and fift §. amongst other swellings. And albeit that it first of all behoueth to discourse of the vppermost part of the legs: yet we will neuertheles defer it vntill that we come where we shall write of the Sciatike, or gout of the hips, bicause we will obserue our Method.

## Of the Knees. §. 1.

So much as concerneth the kéenes and other members moe, the which haue no seuerall description; therewith is to be dealt like as is said in the chap. of the Armes; but that only for all diseases of the knées, the oyle of Tiles is highly recommended.

In like sort also this salue following which is very requisite for all diseases of the knées, and of all other members, whether that they be bruised through thrusts, through eluxations, or wrinchings: Take the iuice of Sage, of Betony, of Rosemarie, and of Cammomill, of each one ounce: sæthe these iuices in eight ounces of good wine vntill the wine be almost wasted, then put pouned Mastick vnto it, and Frankinsence, of each three drag. and let them sæthe againe vntill they be mætely thicke; afterwardes then temper therein one scruple of Saffron, oyle of Roses, of Earthwormes, and of Mastick, of each one ounce and a halfe, oyle of Iunipers, pouned Linsæde, and pouned Iuniper berries, of each one quarter of an ounce, then temper all them togither. And if so be that it be too soft, then put a little ware vnto it.

When as any bodie hath any colde defluxion fall into his knées, that he can neither goe to nor stande, then is this following especiall good, and also many times approued: Take the oyle of Tyles, and of Turpentine, of each one dragme, oyle of Argall halfe a dragme, oyle of *Euphorbium* one scruple, oyle of Dill, and of Iuniper, of each one quarter of an ounce; make a salue thereof with a little ware and annoint the knées warme with it.

You shall also finde hereafter diuers sundrie remedies for this in the description of the *Podagra*, and of *Arthritis*, which may be also vsed vnto the knées. As much as doth appertaine vnto the vaines of the knées hath bæne written before in the introduction.

## Of the Shins. §. 2.

It commeth also oftentimes to passe that there riseth vpon the Shins certaine vlcers which are not so sone to be healed, but continue long, and so corrode also hitherwards and thitherwards, and make verie great scabs; for which this following is to be vsed and thus prepared: Take Ware, and Rosin, of each one ounce, sheepes suet two ounces, Pitch, and Sallet oyle, of each three ounces, Mastick, and Frankinsence, of each three dragmes and a halfe, washt Litharge of golde one ounce and a halfe, Cerusse one quarter of an ounce; let the Oyle and the Rosin be sodden togither, and then melt the ware amongst it. When it beginneth to be colde, then temper all the other things pouned small amongst it, and so kéepe it in a pot. At the first wash these vlcers thrice euerie day with warme swæte wine, and then annoint it afterwardes with the said salue.

Item: Take Cerusse, Antimonie, Lytharge of gold, and burnt Lead; all of them washed of each one ounce, molten suet three ounces, Frankinsence, Momie, *Sandaraca*, *Sarcocolla*, burnt Allome, and Dragon blood, of each one ounce and a halfe, oyle of Roses, and of Wineger, of eache three quarters of an ounce, Ware, and Rosin, of each one ounce, make a plaister of it. This said plaister is very good for all depascent vlcers which be caused of a burnt melancholike matter, it expelleth heate, it dryeth, it asswageth the paine, it maturateth all hard biles and pushes, and especially it healeth all vlcers of the Shins.

The

The plaister *Sparadrapum* is also vsed for this, which is thus to be prepared: Take three ounces of Shæpes sewet, oyle of Roses and Ceruse, of each one ounce, Vineger fower ounces, Litharge of golde one ounce and a halfe, Rosin and Turpentine, of each one ounce; let the oyle and the fat seethe well togither, afterwards put the vineger and all other things vnto it: afterwardes adde as much molten Ware vnto it as will suffice for to make a tough plaister of it.

This plaister is also very good; but the patient must aboue all things beware of ouermuch going and wearying the legs.

## Of the Feete. §.3.

THe Feete be as foundations of the whole bodie, which also be in like manner diuided into three partes, viz. the Instepp of the Feete, the Plants or Soles, and the fiue Toes, which be not vnlike to the fingers, but that they be a little shorter: and that the great Toe doth shut vp and close the rest of the Toes, as the thombe doth the fingers. They be very helpfull and commodious vnto men that they may stand the faster, and the better beare the burthen of the bodie.

These Feete and the whole legs do otherwhiles get the crampe, or a contracture of the sinewes, whereof we haue written much before in the first Part, the twelfe Chapter, 14. and 15. §. They do oftentimes stinke very much: and to remedie it there is nothing but oftentimes to change ones sockes, and to bathe the Feete in water wherein Mut leaues, Cypers leaues, Allum, and other well sauouring and odoriferous things be decocted. You haue also before in the second §. of the first Chapter, where is discoursed of the stench of the Armepits, further instructions. For this it is also meete to keepe cleane the place betweene the Toes, and to vse oftentimes warme Foote bathes, and then to strowe burnt Allum betweene the Toes, which driethe the stinking, and also keepeth them cleane.

And because the Feete be much subiect to be frosen, which yeldeth no small hinderance to a bodie in going, therefore we will discourse somewhat thereof.

Hereupon do some lay playing cardes wetted and affirme, that they heale this disease in euery respect whether it be open or not. Some do counsell that a blew woollen cloute should be burnt to powder and strowed vpon it. Item, take the whites of fiue Egs, and burne them in a little Barrowes grease, and annoint the frosen place with it; but I take the yolks to be better. This following is best of all: Take Turpentine, and put meetely much Salt vnto it, stirre it so long vntill it be thicke like vnto dough: after that spread it on a cloth, and lay it thereon the space of eight daies; at the least twise a day: if it be vsed immediately after that the Feete be frosen, then doth it cleanse the same, and healeth it presently.

Cornes on the Toes.

Touching Cornes which come vpon the Feete, so it is that in the middest of the same there groweth a small black or white callositie, like as it were a wart, the which through his hardnes maketh so great a paine that one can hardly tread or go vpon it. Whereto some of these remedies ensuing may be vsed: Take the gall of a Pickerell, and binde it vpon it, or annoynt it therewith. Item, make a plaister of red sealing Ware, and lay it thereon. Others do go somewhat rougher to worke with it, and do take yellow Arsenicke (which is Orpiment) Copperas, and Allum, of each a like quantitie, and temper it vnto a salue with honie, and annoynt it therewith. Or they do take one quarter of an ounce of *Galbanum*, and let it keepe so long in vineger vntill it be as soft as salue, and lay the same so long vpon it vntill the Cornes weare away. But this following is oftentimes found to be good, so that the whole Corne falleth away thereby, and is also very safe: Take of the plaister *Diachilon Magnum*, and Pitch, which is Shomakers Ware, of each a like much, make a plaister of it; spread it on a cloth, and lay it vpon it the space of three or fower daies beneath on the plants of the Feete, and go vpon it; afterwards take fresh againe so long vntill they be thoroughly whole.

You shall finde mo other good things in the first Part, where we do discourse of warts, which be also very commodious for this purpose.

The

## *The third Chapter.*

## Of the paine in the ioints in generall.

NExt to the forementioned diseases and sicknesses which the armes, hands, legs, and fæte be subiect vnto, there be diuers moe and much stronger diseases then the former in the ioints, which be also very nædefull to be described. But we will aboue all discourse generally of them, and deuide this matter into two parts, whereof the first part is called by the learned *Gutta*, wherein shall be shewed all the causes, signes, orders, and other things, which be commonly requisite for all paines of the ioynts. The second parte shall we comprehend vnder a generall Gowte, or *Arthritis*, and are contained vnder all paines of the ioynts: for most famous Phisitions do seuerally write of them, and afterwardes wee will speake of three other sundry Species of the Gowte, which onely light vpon certaine places of the body, as *Chiragra*, *Ischia*, and *Podagra*.

All sortes of Gouts may manifest them selues in whatsoeuer part of the body they will, yet are they so like one another, and so allyed togither, that many learned men haue written of them all vnder one, and haue onely excepted *Ischia* to be another kinde: which error grew on this sorte; for that all the sorts of it doe after one and the same maner paine all the ioynts of the body. Neuertheles, we will as much as is possible, and as much as the cause requireth, make a seuerall declaration of each by it selfe.

### Of the Gowt in generall *Gutta*. §. 1.

LIke as we haue before admonished, so doe the learned comprehend all diseases and defluxions which doe fall into all the ioynts vnder the name of *Gutta*, which is a passion or payn of the ioynts which falleth into them, & the sinewes of mans bodie by some humors or wind from aboue, or from the next adiacent place: or which is caused through bad disposition of the whole body. This grieuous paine may also be caused somtimes through a fracture of a bone, through wrenchings, through great stirrings with a full belly, through fals, blowes, thrusts, through elurations, and through great outward heate or colde; by which meanes all the ioints be weakned. For this also helpeth much, all cold and waterish meates if the same be long vsed; as fruit, great fishes, and especially if they be without scales, swines flesh, water foules, and such like. To be idle, and to liue without any exercise. Also excessiue venery, especially after that one hath eaten and dronken. Obstruction of any accustomed course, as of the Pyles, of any open vlcers, of detention of the termes, and such like: whereby nature was accustomed to clense her selfe. Item, it is also found by experience that some doe inherite this disease from their auncestor.

In fine, there be two principall causes whereby these kindes of diseases bee prouoked, as first of all the shew of these defluxions. Secondly, the increasing of these defluxions from aboue. Thirdly, feeblenes of the members which receiue this superfluity.

The signes of the Gowt are manifest of themselues; to wit, if one feele great paine, and that at sundry times on the places where these defluxions doe fall, otherwhiles with swelling, and sometimes without swelling, and whether this proceede of heate or colde, that may be perceiued by feeling. If it then come through any outward cause, that may be demaunded of the sicke persons themselues, or if that it come through any repletion of the bodie, that appeareth by the signes of the vaines, grossenes of the body, fulnes of the pulse, sloth of all the members, by the diminishing of vnderstanding or memorie, losse of appetite, and by the feeblenes of the sight. If this disease be then caused through blod, then is it commonly in fat and repleated bodies, with paine of the head, with great vnlustines, with vnquiet sleepe, with diminishing of the vnderstanding, with wearines, with rednes of the whole body and of the vrine: there is also heate with it, panting and swelling, and that in the place infected, especially if one haue liued sumptuously. Item, all cold things are welcome vnto him, and all warme things painefull, and if they be vsed to

long

long, also hurtfull: Yet this the rather in yong persons being full of blod by nature, and if he dwell in a hot countrey. If this disease be caused of *Phlegma*, or of colde humors, then is there neither panting nor great paine with it, but remaineth for the most part in one place without remouing hitherwards or thitherwards; neither is there also any great rednes or heate with it, and for the more certaintie that the same is caused through *Phlegma*, if the same be so found in an olde person in winter time, after that he hath eaten much cold and moyst meates and drinks, or hath much and long frequented water. Also all warme things be acceptable vnto him and all cold things noysome.

If so be that then this disease procéede of *Cholera*, then is there a strong heat with it, that one can hardly suffer it in the féeling, also a great pain without swelling, with drought & distention: With this will the patient also perceiue a bitternes of the mouth. And these things will be the rather confirmed if the patient be young and cholericke by nature, or if it be summer time. Also being hot and dry weather &c.

This paine of the ioints procédeth very seldome, or also neuer through melancholy, if it be not mixed with some subtile moysture, then is there very little paine with it, and also little helpe for it whatsoeuer is done vnto it: for the place of this disease will bee hard, remaineth blacke without any rednes. And it hapneth not but in olde folkes about winter &c. If this be caused of winde, then is it swollen, thicke without great paine, which oftentimes remoueth from the one ioint to the other, and the patient hath vsed much meate and drinke before which doe ingender wind. If there be any humors mixed amongst these winds, then must it be considered & passed vpon the forementioned signes, whereby will very sone be perceiued what humor hath mixed it selfe amongst these winds, according to which euery one may know how to dispose and gouerne himselfe.

Like as then hitherto in diuers places certaine common rules haue bén made, so will wee procéed here also: whereof the first is. For asmuch as the Gowte *Arthritis, Podagra*, and such like appeare most of all in haruest by reason of the fruit, eaten the whole summer, therefore must all fruits be eschued, Secondly, for as much as venery is so hurtfull for this disease, and increaseth very much, the same is to be refrained as much as is possible. Thirdly, a quiet idle life, and sleepe by day time doe hinder that the superfluity cannot be consumed. To the contrary, too great stirring and exercise, whereby the members be ouuer heated are also oftentimes the cause of this paine of the members; therefore is the same as much as is possible to be eschued. Fourthly, all Wine, and especially strong wine is very hurtfull for all them that be plagued with the Gowt. Fiftly, all riotting and drunkennes make bad digestion, whereby also the paine of the Gowte is augmented. Sixtly, they that be of hot nature, and addicted to the Gowte, are to refraine from all phlegmaticke meate which is dreft with sundry things, and also from all meate which doe make *Cholera*, and blod, for that when these two humors come togither, then doe they bring grosse and vndigested defluxions in the ioints wherof then the gowt is caused. Seuenthly, there be some through purging and letting of blod that are fréed from this disease, which may most commodiously be done in the spring of the yere. Eightly, the ayre hurteth them much that be troubled with the Gowte. Ninthly, all great grosse fishes, and especially Eeles be hurtfull for the Gowte. Tenthly, sucking Pigs, all water foules and olde Hens are especially hurtfull to the lower members. Eleuenthly, milke and wine eaten togither be very noysome for all members, and very hurtfull for the head. Twelfthly, the drinke which is taken without thirst bringeth much hurt to the body. Thirténthly, like as great surfetting with meat is very hurtful for al the ioynts, euen so doth a moderate diet refresh them. Fourténthly, the going too much, or weary walking, and hanging down of the legs, especially presently after meate, is very hurtfull for the ioints. Fifténthly, to lie vpon the backe is also hurtfull. Sixténthly, anger is enemie to this disease. Seuenténthly, the great sensibility of the ioints, & especially of the fæt, cannot suffer any payn. The foresaid seuenténe rules are only ordayned for this purpose, for to fræ him from the Gowte. But as much as doth concerne the meanes whereby these ioints are to be strengthened and preserued, that the same doe not receiue those defluxions whereon dependeth the principall meanes to fræ one from it: therefore are these rules following to be obserued. Eighténthly, it is very requisite that the fæte be often bathed in Allome water. Ninetéenthly, Sage decocted in béere, & the same dronken often times, is commended, as it were a very secret medicine & receit which hath an ineffable operation in all diseases of the ioynts. Twentiethly, Almond

floure,

floure, Cammomill, Myrrhe, Melilote and Roses be very commodious for the ioints. *Calmus* and ground Iuie haue an especiall vertue for to strengthen all the ioints: the same doth also the Indian Nut kernell. Three and twentithly, Verueine laid fresh vpon the sore and so worne, is very good for the *Podagra*.

These things following do strengthen much the sinewes. The rote Behen and hir oyle doth warme the contracted sinewes: in like manner also *Bdellium* and *Calmus* laid vpon it with oyle of Citron pœles, of Cammomill, of Beuercod, Cypers rotes, Cassie wood and Cypers: also oyle of *Costus*, and such like oyles are maruellously praised and commended for the sinewes, and Centorie in clisters. Item, sote water made of the ashes of a Bay tree. For salue, the mother of Sallet oyle is good, and the dregs of the oyle of Lillies, and of all other oyles which be warme by nature. *Opopanacum* is also much commended: but *Pyretrum* and Pepper aboue all other to warme the sinewes. For this be also drie sweete bathes good, or naturall Sulphur bathes. After purging is Treacle and Mithridate much commended in all colde Goutes, drunken with wine wherein Sage hath beene decocted.

But as much as concerneth the curing of these ioint diseases, it is not needefull to discourse any further of them, bicause that we hereafter will write of this matter at length. Therefore we will proceede in the name of God.

## *The fourth Chapter.*

## Of the Goute in the Ioints, Arthritis.

THe second description which speaketh commonly of the pain in the ioints, whereof we haue briefly admonished before, is that which the Latinists do call *Morbum articularem*, and the Grecians *Arthritim*, which is as much to say, as the paine of the ioints, or an inflammation of the ioints, which proceedeth from within the bodie, and the Tendones be annoyed, hurt and pained. In fine, it is none other than a dispersed *Podagra* ouer the whole bodie: the which at one time commeth behinde in the necke, another time in the shoulder blades; then againe in the backe bone, and in the hands, in the fingers, and in the elbowes: the which also sometimes creepeth into the nethermost ioints, as in the legs, the knees, in the sote and toes. And although in this disease, like as also in other diseases more, there be many sundrie remedies sought by many sundrie carefull Phisitions, according to the qualitie of the cause, and place of the paine; therefore is there but one generall rule to be obserued. First, how one shall be preserued from this disease. Secondly, how that the same is to be cured and taken away altogither. And bicause the time of the yeere importeth not a little therein, therefore is choise to be made of it.

In sommer the matter is thus to be handled. This kinde of patient in the beginning of sommer is to be purged with that which ensueth: Take *Agaricus* one dragme, Sugar one ounce, Hermodactils one dragme and a halfe, water of fielde Cypers three ounces, make the water warme, and steepe the rest fower and twenty howers in it; afterwards wring it hard out, and drinke it warme in the morning, and then fast fiue howers vpon it.

Afterwards is this potion following to be vsed at least eight daies togither early in the morning, and to fast fower houres after it: Take one ounce of the honie of Roses, the water of white water Pints, and the water of field Cypers, of each one ounce and a halfe; temper them togither. Ye may also take to prepare the humour honie of Roses, *Syrupum de Stœchade*, and some of the foresaid waters. The ninth day shall he swallow these pils following: Take *Pillularum de Hermodactilis* and *Fœtidarum*, of each halfe a dragme; make thereof seuen pils with the sirupe of Roses, and take them early in the morning.

And if so be that one would take no pils, then take fiue dragmes of *Hieralogodion* and Turbith beaten small, halfe a scruple, *Diagridion* two graines, Ginger three graines; temper them togither, and take it so, or put some distilled water vnto it.

Some expert Phisitions do aduise much to this Clister: Take Ireas, the rotes of wilde Cucumbers, field Cipers, and Saint Johns wort, of each two handfuls, sethe them all togither in sufficient water; then take of this decoction twelue or fiftéene ounces, and temper therewith

*Hieralogodion* one ounce, oyle of Rue three ounces, honie of Roses one ounce, the yolke of an Eg well braied, Salt one dragme, vse it once a day.

In Haruest is the patient once euery fourténe dayes to take one dragme of these pils following: Take Aloe two ounces, *Agaricus* and *Hermodactyli*, of each one quarter of an ounce, Coloquinte one dragme and a halfe, Ginger, Cinnamom, *Asarabacca*, Cloues and Mace, of each one scrup. Turbith and *Epithymus*, of each one drag. Saffron one scruple, stampe each alone: afterwards temper them togither, and powre sufficient field Cipers water vpon it, and then set it out to drie in the Sun. Lastly, powre more of the same water vpon it, and let it drye againe, to the end you may fashion Pils of it.

Secondly, there is to be considered howe that next after purging, betwéene the spring and haruest, the matter might be deriued towards another place, and so to expell it, which may be best of all done by those meanes which force vrine, whereto these things following are to be vsed. First the patient is to drinke about the space of fourtéene dayes, euery morning fiue ounces of *Asarabacca* sugred: or in the stéede thereof the water of Madder which is better. There is also good for this both these things following: Take Pease meale one scruple, old Treacle halfe a dragme; temper them togither with two ounces of Smallage water, and so drinke it, and fast fiue howers after it. Item, take *Trociscos de Eupatorio* halfe a dragme, Gromill séede, Cinnamom and *Carui*, of each fiue graines, *Benedicta laxatiua* one dragme and a halfe; temper them togither with two ounces of strong white wine, then drinke it and fast fiue howers after it.

All that shall be hereafter mentioned consumeth the defluxions which be still setled in the ioynts: then is the place of this disease to be rubbed softly, and annoynted with this following, according as the patient can suffer it: Take vnripe Sallet oyle two ounces, well parched salt one ounce, annoint the ioints very warme with it, and then wrap them in warme clothes. The ioynts are to be also fomented with light red wine and vineger powred on hot stones, that they may sweat well. They are also to be annointed with this following: take *Sagapenum* one ounce, *Bdellium* and *Ammoniacum*, of each halfe an ounce, *Sandaraca* one quarter of an ounce: the Gum is to be dissolued in a little red Vineger, and with Ware make a salue thereof.

Another: Take oyle of Roses and of Cammomill, of each one ounce, three yolkes of egges, Saffron 3. grains; temper them & vse them togither. After the annoynting you are to strow the powder of earth wormes vpon it, and couer it close with sheepes wooll. Or take oyle of Fores, oyle of earth wormes, and washt Turpentine, of each one quarter of an ounce, Salt three dragms: vse them as before. You are also to annoynt the same places with warme oile of Roses.

This following is also very highly commended: Take Venice Sope three ounces and a halfe, cut it verie thin, and then let it sethe a waume or twaine in fiue ounces of the water of Fumitory: afterwards you are to put vnto it the oyle of *Euphorbium*, and of S. Johns wort, of each halfe an ounce, oyle of Juniper one ounce and a halfe, oyle of Earth wormes, one ounce; let it then sethe vntill that the water be sodden away: afterwards you are to put vnto it Mastick and Frankincense, of each one quarter of an ounce, Sulfure viu, *Euphorbium*, and *Pieretrum*, of each two drag. and a halfe: vse it as is aforesaid.

Oile of earth wormes.

The oyle of Earthwormes is especiall good for all paine of the iointes, and for all frozen sinewes; the which is made thus: Take Earthwormes three ounces; washe the same with Wine, and powre vnto it twelue ounces of Sallet oyle, Wine fiue ounces: sethe them togither by a gentle fire vntill the Wine is sodden awaie, afterwardes straine them thorough a cloth.

For this disease be all warme baths also requisite. And if they cannot be gotten, then are the same to be made by the aduise of a learned Phisition, yet the most commodious time of bathing is from the middest of Aprill to the end of May.

And because that these defluxions be more manifest in the spring and Haruest, than in any other time of the yeere, vnto which times wee haue appropriated all these foresayd remedies: therefore will we now teach what is to be done vnto it in winter. For this is purging to be vsed againe, and that in this maner following, When as September is halfe past, then are these pils to be taken once in the morning: Take *Pillulas de Agarico, & de Hermodactilis*, of each halfe a dragme, Indy salt two graines, make seuen Pils thereof with the Confection of Roses. The day after is this following to be dronken, the which is thus 8. or 10. daies togither to be continued: Take the sirupe of Wormwood, and *Sirupum de Eupatorio*, of each three quarters of an ounce,

water

water of Hops, or field Cipers, of each one ounce and a halfe, temper them togither: afterwards is this following to be dronken: Take the Confection *Benedicta* three dragms, *Inda* two drag. and a halfe, water of blew flowers deluce two ounces; temper them all togither, make it warme and drinke it.

Afterwards are the foresaid Pils which be ordained to be used in Harueſt, beginning, Take Aloe &c. to be used throughout all the winter.

As much as concerneth other things, these remedies are to be used which be ordayned to be used in summer, only that they muſt be used in more quantity; like as it is aduised in summer to take one drag. in winter one drag. and a halfe: and so also with bathing and otherwise.

You shall hereafter haue many sundry things which may be used againſt the Gowt, or ioint diseases; viz. Confected Quinces, Marmalade, and all that may be made of Quinces, except that there be no Species with it, if the disease be with heat. For this be things also good which shall shortly after be ordained for the Gowt *Podagra*, if so be that there be no especiall heate with it, and that wine may be used without any great daunger, then is it his nature that it strengtheneth all outward members, if the same be moderatly dronken. Amongſt herbe wines are these following much commended for it; viz. of Rosemary, of Wormewood, of Sage, and of Clarie: all which not onely dronken, but also the ioynts annointed with it; or the vapor thereof receiued into the diseased ioints, do also strengthen the same.

When one is come to his former health, then muſt one loke to it and also beware and take heede from all those things which are wont to cause those kinds of defluxions in the said ioints, To which end you may loke all the rules in the firſt chapter, which be described in the firſt §. Take good Turpentine the quantity of a Beane, or in stead of that *Opopanacum* or *Sagapenum*, which you will in the like quantity.

There is very meete in like maner, if one take early in the morning halfe a scrup. of *Lignum Aloes*, with an ounce of the water of field Cipers. It is also much aduised to take twice euerie weeke one dragme of good Mithridate, or in steede thereof one Mirobalan *Chebuli* chewed and eaten: or one day Mithridate, and the other day one Mirobalan. All these foresaid things bee not only commodious, but also very safe. Let this suffice now generally spoken of the ioint disease *Arthritide*, and we will now proceede with the *Chiragra*.

## *The fift Chapter.*

## Of the Gowt in the handes, Chiragra.

FOr the second sort of the Gowt will we describe the *Chiragra*, the which wee do properlie call the hand-gowt. But because that betwixt the Gowte of the handes and that of the feete there is none other difference, but that the one commeth in the handes and the other in the feete: therefore will we here referre vs to the Gowte of the feete, where wee will thoroughly discourse of these two kinds of infirmities.

## *The sixt Chapter.*

## Of the Gowte of the Hips Ischia, commonly called Sciatica.

BEfore in the firſt chapter and firſt §. in deuiding the sorts of the Gowt, and in the description of *Gutta*, is this kind *Ischia* taken for the third sort, the which of the Phisitions that doe not well vnderſtand the Greeke speech, is called *Scia* and *Sciatica*. This Gowt of the hips is a long lingring paine, and especially when it commeth into the bones of the hips: notwithſtanding that it doth otherwhiles appeare in the vppermoſt parts, which is caused of a cold moiſture that falleth downe from aboue: And because that her groſſe tongs cannot easily be consumed, but much rather augmented from day to day & made worſe, then falleth it at the laſt of all into the knees, the legs, into the feete, and so out at the toes. The same tough humors doe

cause also oftentimes through their great, grosse and tough slimines, that the hip bones be lurated, although otherwhiles they returne againe to their naturall places, and that when the ligaments of these ioints through this watrish moysture happen to be losed or resolued, and afterwards ware hard againe, and shrink vp as before. But if this foresaid hip bone be long elurated, then doth it come easily to passe, that thereby the whole leg commeth to extenuate; whereof then a mere impotency or lamenes might follow: so that this disease afterwards very hardly, but by actuall cauterization may be holpen, whereby the matter may be drawen out with cautery, when one is minded to vse it, is to be done beneath the knees in the Calues, and that in the leg so diseased.

But before and ere we come to the remedy we will first prescribe a generall rule how to gouerne himself in his order of diet, which not only in this, but also in other sickenesses (according to the importance of the cause and place) may be diminished augmented, and altered. This that followeth here is ordayned for them, in whose bodies all grosse, cold, tough and flegmaticke humors tempered with *Cholera* doe abound.

But these must first eschew all colde ayre, low dwellings, and especially they which doe lie nere the water side. The windowes of his dwellings are also to open against the South and East (if it be faire weather) and the rest remaine shut. And if so be that the time of the yere will permit it, then is his chamber to be alwaies kept warme, with a continuall fire, and to be hang the stone wals with Tapestrie, or to let it be wainscoted, or fensed with bordes. In like maner he is also to kepe his head well from colde, and to beware of great exercise, especially if he fele any paine, and that so long as any paine is instant, and vntill that the ioints be strengthened.

What concerneth further the meate and drinke, one is to kepe himselfe therein moderately, and to vse all such sortes of meats and drinkes which doe yeld small sustenance or nourishment, and be mete rather to make one leane then fat, and especially if there be any debility of the stomacke, or any wambling with it. He is also to chew his meate well, and to eschew the varietie of drinkes: Otherwise he is to vse those meates which be warme and drie, and that are drest and strowed with any drying and warming things; as with Pepper, Salt, Cinnamom, Nutmegs, Fennell, Parsly, Annis, Hyssope, Mints, Thyme, and such like thinges moe. His bread must be a little more then common bread leauened and salted. He is also to eate no other flesh but Hens, Pullets, Pigeons, Fesants, and all kind of fielde foules; yet for the most part rather rosted than sodden. Veale and Mutton is also very healthy for him. Amongst herbes be Colewarts, Fennell, yellow rapes &c. very good for him: but all colde herbes must he eschew, or at least vse them very seldome & little, & that being alwaies tempered with some warme herbs: red Pease, Lentils and Rice, drest with fresh flesh may he eate. Amongst fruits there be none that be more requisite then Figs, Raisons, Hasell nuts, Almonds and such like. The swete odoriferous Grapes be not much forbidden him. He is also to be restrained from butter as much as is possible, because of her slime and moyst nature: but rather in stede thereof to vse the oyle of swete Almonds, Sallet oyle, or oyle of Walnuts. Vineger, Veriuice, Limons, Oranges, or their iuice be not much commended, and if one will euer vse them, then must some other warming things, as salt, Pepper, Cinnamom, be tempered with it in eating of other meats. All filly and doughy meates be very hurtfull vnto him. The best drinke that he can drinke is hony water, which may prepared as followeth: take twelue quartes of water, and one quarte of Honie, let them

How to make Meade

sethe togither vntill eight quartes remaine: if you put Annis vnto it, then will it be the better. Certaine later Phisition doe aduise (and that with good reason) that these patients should drinke the decoction of *Guaiacum:* and how the same is to be prepared, that shall you finde described hereafter in the fift part, in the discourse of the Pore. Out of these forementioned reasons is it easily to be noted and marked, that it were very good vtterly to forbeare wine: but if it cannot be, then to chuse a thin red wine, or the sirupe of Betony, and *Oxymel* of Squils decocted with Annis water.

Further, it is not very good to slepe much, and chiefly in the day time immediately after meate, for that ingendreth much slime and other tough moystures. One hower and a halfe after supper is he to goe to bed, & to lie first vpon the right side, afterwards vpon the left. Through much lying vpon the backe do the defluxions fall to great preiudice behind in the necke, & in the backe bone. His slepe shall also not endure longer then seuen or eight howers, and the rest of the time is to be spent in watching.

Of

## Of the payne in the Hippes or *Sciatica* through heate. §.1.

TO remedy the maner of this paine, is but a little different from all other ioint diseases, because that they alwaies for the most parte procede of colde, and do lie deepe in the iointes of the Hips. For the which in this disease all diureticall medicines be hurtfull, because that thereby the matter will be made so much the grosser and tougher; so that afterwards it can by no means be consumed. Now when this disease is caused through heate, wherein commonly a colde flegmaticke matter is mixed with *Cholera*: yet notwithstanding, *Phlegma* getting the maistrie, the same may easily be perceiued by the high coloured vrine, and other signes moe. Therefore for a beginning is the liuer vaine to be opened in the arme, and that in the same side where the paine is. Afterwards the vaine (which is named of the disease *Scia*) e standeth as is described in the Introduction, vpon the foote, and to let out fower or fiue ounces of blood. But good heede is to be taken therein vnto the strength and power of the patient: for that like as we haue said in other places, the vaines in the lower parts do weaken the body more when they be opened, then those in the vppermost parts.

Other doe counsell, that first the vaine in the foote is to be opened; and if so be that the paine doe not cease in some dayes after it, that then the same vaine should also be once opened in the other foote: and beware of going the space of eight dayes. Likewise is also much commended to set boxing cups vpon the Hips, or aboue the Hips, according to the importance of the disease.

## Of the payne in the Hips or *Sciatica* through colde. §.2.

BVt if so be that this paine of the Hips procede through colde, like as for the most part it is wont to doe, the which the bleakenesse of the face, the lingring payne, the belching of the stomacke, the wambling and the falling downe of all colde humors doth shewe: then is the patient to be respected and knowen to order himselfe accordingly; yet haue you for an example this ensuing.

For a preparatiue of the matter, make this sirupe following, and then take thereof about two onnces at once, according to that one is bounde or lose of the bodie: and to fast fower howers after it.

Take Fennell rootes, Sperage rootes, Parsley rootes, Smallage rootes, and Polypody rootes, of each one ounce, the seede of *Ruscus*, wild Sage, Gromill seedes, Nettle seede, the roots of Saxifrage, and the seedes of stone Parsley, of each one ounce, Harts tongue two ounces, Juniper berries three dragmes. *Hermodactyli* and Turbith, of each halfe an ounce, Hony 18. ounces, Radish water 24. ounces, make a sirupe thereof.

Item, take all the foresaid things, and put vnto it Ginger, wilde Saffron seede, of each one ounce and a halfe, *Agaricus* three dragmes, stone salt two scruples, Mace two scruples and a halfe, *Sirupus de Stœchade* three ounces, Hony as much as before, Rosemary water, of Calmus and of Sage as much as will suffice; afterwards seethe a sirupe thereof. At the last put a little Cinnamom, Mastick, Cloues, Nutmegs, and Mace vnto it: also a little Muske and Amber.

For to purge: Take the Confection of *Inda* three dragmes, or halfe an ounce, *de Succo rosarum*, one dragme and a halfe, water wherein Ginger is decocted three ounces; giue this betimes in the morning, and then sleepe one howre after it: afterwards take a draught of Barley water after it. But if you had rather take Pils, then take *Pillulas fœtidas*, and *Hermodactylorum*, of each a part one dragme, or mixed, of each halfe a dragme.

This also ensuing is to be prepared: take the water of Pyony rootes, and the rootes of *Narcissus*, of each two ounces, drinke this for the space of certain daies, early in the morning.

Thereupon you are three howers after it, to swallow these pils following: take *Pillulas fœtidas*, and *de Sarcocolla*, of each halfe a dragme, Swines bread one dragme: make thereof twelue pils with the iuice of Smallage.

Other do take washt Aloe halfe an ounce, *Agaricus* one dragm. make thereof with the sirupe *de Acetoso composito* 3 5. Pils: then take of it about the third or fourth euening iust before supper, according to the quality of the cause.

Sharpe Clisters with salt, with *Hiera*, with Coloquinte and other appropriate things, be exceeding requisite for this; as also are these ensuing: Take vnwormeaten Hermodactiles one ounce, field Cipers, *Stechados*, Saint Johns wort, *Carui*, and Rue seede, of each one handfull and a halfe; Cammomill, Melilot, and Dill seede, of eache one handfull, Saffron flowers one dragme: sethe them all togither in sufficient water, and take twelue or sixteene ounces of this decoction, Beuercod oyle three ounces, Indie salt one quarter of an ounce, *Hiera Colocynthidis* halfe an ounce, temper them, and set it meetely warme. These Clisters be very meete for to drawe the cold matter from the hips, and to expell winde.

Another. Take Coloquint halfe an ounce, Turbith, wilde Saffron seede, and Polypody rootes, of each halfe an ounce, *Asarabacca*, field Cipers, *Stechados*, Piony, white Pepper, and Rue seede, of each one dragme and a halfe; sethe them all togither, and take of this decoction as before, and put vnto it oyle of Costus, and of Beuercod, of each one ounce and a halfe, Saltpeter fower scrup. But vse it not too hot.

The third. Take the pickle of Herings, or salted Limons twelue ounces, oyle of Beuercod three ounces, minister this Clister, like as the rest. These Clisters be much commended of all later and auncient Phisitions: but they bruse otherwhiles the Arseguts within, which are hardly to be healed afterwards.

The fourth which is not too strong. Take S. Johns wort, Cammomill, Centory, Dill, Mallowes, Bryony rootes, and Fenegreeke, of each one ounce, Annis three dragmes, Coloquint one quarter of an ounce, stone salt halfe a drag. Bran halfe a handfull, oyle of bitter Almonds, and clarified Hony, of each one ounce; mixe them all togither.

For a fomentation you are to take Pyony seede, Piony rootes, and *Hermodactyli*, of each one ounce and a halfe; S. Johns wort, Artichocke leaues, *Stechados*, and the herbe Calmus, of each fower ounces, and eight or ten heads of white Poppie; sethe them all togither in three pintes of water, euen to the halfe, at last put vnto it one ounce and a halfe of Saffron flowers, and afterwards make a great cloth or a sponge wet in this decoction, and foment therewith twice a day the hip and all the buttocke three or fower times togither.

Immediately after fomenting is the Hippe to bee annointed all ouer with this following: Take vnripe Sallet oyle, or oyle of Roses fower ounces, oyle of Costus and of Southernewood, of eache one ounce and a halfe, *Sandaraca* one quarter of an ounce, Frankinsence, *Hypocistis*, Pyonie seede, and *Hermodactyli*, of eache one quarter of an ounce, Saltpeter, and Saffron, of each one dragme, *Serapinum*, *Opopanacum*, and Rosin, of each one dragme and a halfe, red Ware as much as is needfull for to make a salue; temper them all togither by the fier. This salue expelleth the paine. The same is also well to bee vsed without fomenting; to wit, at none.

Another. Take oyle of Foxes three ounces, oyle of *Pieretrum*, of Beuercod, Badgers grease, of each halfe an ounce, Artichocke rotes, *Agaricus* and *Stechados*, of each one dragme, Lettice seede, Purslaine seede, and the seedes of small Endiue, and of water Lillies, of each one quarter of an ounce, Saffron one scruple, white Ware as much as sufficeth for to make a weake salue with it, afterwards sethe it in fower ounces of the iuice of Salomons seale vntill the iuice be well wasted: then annoynt the whole Buttocke with it only at night. For it is somewhat colde of nature: According to which one may know how he should gouerne himselfe.

Item, take Turpentine, and small pouned *Hermodactyli*, of each a like quantitie; make a salue of it, and vse it as the rest. But if you had not this salue, or desired not to vse it, then may you annoint the place of the paine with the oile of Lillies, of *Spica*, of Costus, of Foxes, & Baies, and such like warme oiles, whether it be each apart, or tempered togither.

Of plaisters, these following be good. Take *Apostolicon* one ounce and a halfe, *de Muscilaginibus* halfe an ounce, *Opopanacum* and *Galbanum*, of each one quarter of an ounce, Pyony rotes, *Hermodactyli*, *Calmus*, and white Henbane seed, of each two scrup. Saffron half a drag. then make a plaister therof with ware, & spread it vpon two round peeces of leather a span in bredth, & as now lay one vpon it, & then another, and wear them alwaies vpon it, vntil one wil vse the fomentation

mentation at nights. Item, take *Ammoniacum* sixe ounces, *Sagapenum*, *Bdellium*, and *Opopanacum*, of each one dragme and a halfe, Swines bread, and *Hermodactyli*, of each one ounce and a halfe, Coperas one dragme and a halfe, ware as much as is needefull; make a plaister or salue of it.

When this sicknes beginneth to decrease, and yet neuertheles then doth remaine some wearisomenes or anguish in the ioints, then is this plaister following to be made, and to be laid behinde vpon the rumpe, and the whole buttocks: and if the same doe make an itch, then is the same to be taken off againe, and the place to be rubbed with rough clothes, and then to lay the same plaister againe vpon it, vntill that the ioynt bee well strengthened. Take Pitche sixe ounces, blacke Sope one ounce and a halfe, *Hermodactyli* and Pyonie seede, of each one dragme, Rosin one ounce, Roses, Mastick, and the iuice of Sloes, of each fower scruples, *Euphorbium* one scruple, burnt Coperas one dragme, Ware as much as will suffice for a plaister. In fine, all warming plaisters are very meete for this. The nature of Turpentine is, that it helpeth this *Sciatica*, through a secret operation: But because the same cannot be well layd vpon it, or annointed, therefore is it to be tempered amongst the foresaid oyles first mentioned, or of any of them that one will; as the oyle of Saint Johns wort, which is especially commended for it. Some lay a sheepes skin vpon it, like as it commeth out of warme lie wherein the leather dressers haue it lying. Item seethe Comin in water, and make a sponge or twaine warme in this warme decoction: wring it out, and foment the Hippe therewith. Or, take Betony, Sage, both or one of both, seethe them in Wine or Must, and whilest it is yet hot, temper this powder following in it: as *Chamedrios*, Betony, Centory, Harts wort, Gentian, of each halfe an ounce: vse them with a sponge as is beforesaid.

Another. Take Elecampane rootes as much as you please, seethe them well in wine, stampe them in Swines grease, and lay it vpon the place. This is also good for all Byles of the Pore.

This following is highly commended: Take Elecampane rootes pouned small 8. ounces, of the best Sallet oyle that may be gotten 24. ounces, Malmsey one quarte; seethe them all togither vntill the wine be consumed, and vse it as before.

Take a hot loafe and lay vpon it, or let the warme reeke or vapor goe vpon it vntill the place of the paine begin to sweat, and doe this certaine times togither. After all this foresaid fomenting, annoynting, plaistering, and applications, it is firmely aduised againe to vse these pils not for the purging, but onely to strengthen the parts diseased. Take well boyled Turpentine halfe an ounce, field Cipers one quarter of an ounce, *Hermodactyli* one dragme: make of a dragme sixe or seuen Pils, and take one euery morning and euening. Or, take these following which be almost of the same nature: Take *Chamedrios*, field Cipers, *Hermodactyli*, of each one dragme, boyled Turpentine halfe an ounce, make pils thereof with the sirupe of Betony, and vse them as is beforesaid.

Further, it is also needefull that these parts which cause these defluxions be strengthened, the which may be done as followeth. For strengthening of the stomacke hee is oftentimes to vse Mace, Cloues, Mints, Indy *Spica*, Squinant, Cipers rootes, and *Lignum Aloes* with his meate, and to vse the Confection *Aromaticum Rosarum*, and *Diacalaminthum*, Betony, Balme, and such like, with his accustomed meate. The compounded things are the Confection *Diambra*, *Diamoschu dulcis*, and *de Xyloaloe*, & that especially after supper. The Kidneies will be strengthened with Almonds, Hasell nuts, Pingles, dry and salt Cheese, and with meat which is dressed with sheepes milke: but they are to beware of much lying on the backe, and much venerie, especially presently after meate. Item, of diureticall things, as Parsly seede, Annis and Smallage seedes &c. These be now the three principall parts and causes of the defluxions. The other parts are not so highly to be regarded.

And for to consume these kindes of defluxions be all Phisitions of an opinion that there is no better aduise then to bathe in naturall warme Sulphure bathes, Coperas bathes, Lime bathes, or Alhe bathes. For that these doe pearce through the whole body, drie exceedingly, and do consume also all moysture. And if so bee that one cannot get into such naturall bathes, then are Lies or bathes to be prepared of the foresaid things, but the body must first be well purged. And if the patient cannot bathe, or will not bathe, then are these thinges following to bee vsed, which vehemently consume all moysture: Take *Sandaracca*, *Hypocistis*,

Frankinsence, and the iuice of Sloes, of each one quarter of an ounce, Leigh as much as will suffice for to dissolue these things, and to temper them withall in a mortar, then annoint the ionit therewith twice a day. This following is milder: Take pouned Cipers nuts three ounces, Meale dust one ounce, temper them togither with the iuice of Bayleaues, as aforesaid.

Item, take steled water sire ounces, pouned Roses two ounces, Mastick, and prepared Iron dosse, of each one ounce, parched Salt three dragmes, temper them togither in a mortar with the iuice of Teasell leaues, or with water wherein the same herbe is decocted, it is good and approued. But if the paine continue, then is there no other remedie (as is beforesaide) but to vse cauterisation which is also effected with plaisters which raise blisters: but before this is to be beganne, the same is first to be tried with the foresaid strong clisters, and afterwardes this salue following to be vsed: Take white Mustard seede, and Pigeon dung, of each alike quantitie: then seethe Figs in a little water vntill they be almost drie, then poune them togither for a plaister which is afterwards to be opened, and the water to be let out. If so be that this helpe not at once time, then is it one againe to be vsed: and if the paine cease not then, and the ioint be elurated, then is it to be cauterised which is burned, that will be done of an expert Chirurgian or learned Phisition. For a conclusion, may pouder be vsed which shall be ordained for the gout in the feete, which beginneth thus: take two kinds of *Chamædrios*, &c.

And if one which is cured fall againe into the same passion, like as it is wont to happen, and especially in those who haue taken small aduise and but little purged, then is this order to be followed. In the beginning of the paine, take Cipers nuts three ounces, Barley meale one ounce and a halfe, Roses one ounce, Mastick, Mirtle seede, and *Sarcocolla*, of each two dragmes and a halfe; seethe this all togither in hard white Wine vntill it be meetly tough like a plaister, then lay it warme vpon it. This insuing is yet more forcible: Take *Sandaraca* one ounce, Cammomill, Melilot, and Dill seede, of each halfe an ounce, Meale dust three ounces, Roses one ounce; seethe them all togither in wine, as in the last is beforesaide, then stur amongst it the yolkes of three egs, and vse it as before.

But when the paine is increasing, then put vnto one of these foresaide one ounce of the fat of sheepes woll: but when the paine is at the extremest, then are things to be vsed which do asswage the paine as followeth: Take oyle of Roses, and of Cammomill, of eache three ounces, sire yolkes of Egs, let them seethe very soft, stirring them alwaies about. Last of all, put one dragme and a halfe of Saffron vnto it, and vse it as beforesaid. Or take Cowe milke twelue ounces, Barly meale three ounces, Mastick halfe an ounce, Saffron one dragme. You are to let the meale and the milke seethe thicke, afterwards temper the rest amongst it. This is especiall good if there be any heat with it.

But if the paine begin to diminish, then are drying things to be vsed for it: Take Mirtle seede, Mastick, *Sarcocolla*, Plantaine, Piony seede, *Hermodactyli*, and fielde Cipers, of eache one quarter of an ounce: stampe it all to pouder, and temper it with one of the forementioned which you will, and you shall find a luckie operation.

## *The seuenth Chapter.*

## Of some accidents which this paine of the Hips doth cause.

WE haue in the beginning of this *Sciatica* declared that the Legs happen otherwhiles to extenuate, and especially when the member is elurated or out of ointe, and hath so continued a long time, whereof there followeth further a numbnes and lameneste: for which by good reason we ought to admonish somewhat thereof before we begin to discourse of the seete.

### Of the eluxation of the ioints. §. 1.

THis Eluration of the ioynts do the Grecians call *Exarthrema*. The Latinists *Eluxationem*, and is thus described. *Exarthrema* is a writhing aside of a ioynt out of his naturall place into another, whereby the free motion is hindered. This disease cannot be cured but by manuall operation, and by the knowledge of all the parts of mans

mans bodie, whereby each member which is elurated by thrusting, fals, or by losenes of the ligaments in the *Sciatica*, and strengthenings of the diseased member: and although it chiefely concerne the Chirurgians, neuertheles we will heere discourse somewhat of the elu*r*ation of the hips of the *Sciatica*.

This plaister following doth maruellous much withstand all defluxions which fall downe into any ioynt, and do weaken the same. But first of all are the places of this disease to be rubbed with this water following, which is to be destilled out of a Calues gather in seething water or *Balneum*, the which is so much the better, if so be that there be Sage, Brionie, Juniper berries, and such like (according to the qualitie of the cause) added vnto it. Afterwards boyled Tansie layd warme vpon it is very requisite, the plaister whereof as we haue spoken before, is thus prepared: Take Colofonia and Pitch, of each one ounce, the muscilage of Hollyhocks three quarters of an ounce, *Galbanum*, *Mirrha*, *Ammoniacum*, and Frankinsence, of each three dragm. Polipodie rotes, Wilcleden and Hartwort, of each one quarter of an ounce, Ware one ounce, Turpentine three quarters of an ounce, the gums are to be dissolued in vineger, and then to put the Ware, Pitch, and Turpentine vnto it, and then let it melt by a soft fire, and to seethe so long vntill that all the muscilage and vineger be wasted away, afterwards temper the rest being beaten small amongst it, this being now all done then spread this plaister vpon a cloth or leather, and lay it vpon the place of the disease.

Another: Take Hollyhock rotes three ounces, small Akorne buds three quarters of an ounce, fresh Selfeheale floures one ounce and a halfe, cut all very small, and stamp it to pap: then take vnripe Sallet oyle, and oyle of Mirtles, of each three quarters of an ounce, thick red wine 24. ounces, Selfeheale water twelue ounces; seethe all together so long vntill the wine and the water be consumed. Then wring it out with a presse, and put then Frankincense and Mirrh vnto it of each one dragme, Bucks sewet one scruple and a halfe, Turpentine halfe an ounce; then let them seethe againe vntill all the moysture be consumed. Lastly, put vnto it small bruised siluer skomme which is sifted through linnen, and sealed earth, of each halfe a dragme, *Mini* two dragmes and a halfe, Ware as much as will suffice for a plaister, this plaister is not onely good for all Elurations, but also for all fractures of bones, for it swageth all paine, and strengtheneth the sinewes.

Item, take a yong oken pole, and shaue off the outwardmost rindes, afterwardes the white: these white rinds are to be sodden in beere, and then a woollen cloth made wet therein, and so layd warme vpon it. If you haue no beere, then take wine or water.

## Of the extenuated or withered limmes. §. 2.

WE haue before declared in the description of the paine of the hips or *Sciatica*, that after elu*r*ation of the ioynts, if the same continue long, the legs come quickly to extenuate, and afterwards to be lame.

Now for to remedie these accidents will we heere discouer certaine things, which it cannot otherwise well be but that both these diseases extenuation and leanenes, must depend one vpon the other, for that because the vaines be bereft of their due nourishment, the sinewes and the tendons be stiffned, then must necessarily ensue thereof such infirmities.

Therefore will we discourse of each apart as much as neede requireth: as much as concerneth the lamenes, it is a disease if there be any contracture of the hands, armes, legs, ioynts, or any other part, or be so lamed and nummed that he cannot vse his ioynts, the which may also grow of many kind of causes, of *Apoplexia*, of the Pocks, of the Cramp, and such like, of all which hath beene spoken before, and shall be written of hereafter: but we will only discourse how that these diseases are to be preuented proceeding of other causes.

Take Mallowes, Cammomill, Sage, Horehound, and Verueine, of each one handfull, Juniper braunches with the greene berries two handfuls, powre fiue or sixe quarts of water vnto it, and seethe them so long as Calues flesh: this may be vsed the space of three dayes, afterwards may a fresh be made.

First, take Fore grease two ounces, Capons grease one ounce, melt them together, stirring them alwayes about. When it is now molten, then put halfe an ounce of Balsam oyle vnto it

and

and let it be cold. When as then both these things be readie, then be the lamed limmes to be fomented in some vessell fit for that purpose. If so be that the lamed part cannot lye whole therein, then is he to be caused to sweate aboue the warme vapor, being couered all ouer, powring the hot decoction now and then vnto it. This bathing or fomenting is to be done euery day two times, & although the first, second or third fomenting do not sufficiently ease, yet is the same then not to be neglected, for that the alteration and ease commeth not before the fourth or fifth day. When as then one hath sufficiently bathed, then is the sweate to be stroken off with the flat of the hand, and to let the part dry of it selfe. When as then this fomenting is thus effected, and whilst that the place is still warme and dry, take of the foresaid salue of the bignes of a pease, and rub it behind in the neck vpon the backbone from one shoulder to the other; but warme the hands oftentimes and so rub the salue well into it. Thirdly, rub also both the elbowes from the hands, and likewise also both the knées cleane ouer beneath and aboue, at last also the toes beneath & aboue as with much alwaies of the foresaid salue as the quantitie of a pease, rubbing it therein. When as this is now so done, then is the patient to rest the space of halfe an howre after it. He may also once in ten or fourtéene dayes goe into a sweat bath, but not to tarrie aboue one howre in it, and he is the same day to omit the fomentation; but like as is said, one is to procéede with the anoynting and resting. This order is also to be pursued foure, fiue or sixe wéekes vntill he can goe againe or vse the rest of his ioynts, by this meanes haue many men found great ease.

Héere do follow many moe other bathes and salues, to wit, that men are to bathe the space of ten dayes in decocted *Ebulus* leaues, and that so long as nature may abide it. Afterwards vse this salue following: Take the grease of the iuice of Alpes Goats sewet, and Badgers grease, of each alike quantitie, make a salue of it with ware, and therewith annoynt the nummed limmes morning and euening. Or take Sage, Marierom, S. Johns wort, Hollyhock leaues and the rote, of each two handfuls, Elecampane rotes one handfull, séethe them all together as is sayd.

For to make a pretious salue you must haue readie a god fat Goose, and rost the same as if one will eate it, then take good héede that there come no water vnto it, with the neck and the intrailes do therewith what you please. You must haue also readie with it a yong sound and fat Cat which is thrée moneths old, being a male Cat, kill him and flea him (the head and intrailes being cast away) chop it small, stamp it afterwards in a mortar, and adde vnto it thrée ounces of Barrowes larde, cut it very small, Rosen, Frankincense, & Ware, of each one ounce and a halfe, stop these all together into the Goose, and stop it tight that it fall not out againe, and then let it rost by a mild fire: set a dripping pan vnderneath it for to receiue the fat that droppeth off; reserue this fat being cold, and annoynt therewith euery day (in a warme place) the lame and withered members, in like manner also the swollen, and all that haue any payne, the extenuated and withered ioynt will increase and grow againe, and all paine shall be allwaged thereby. The Goose is to be well kept, to the end neither man nor beasts happen to eate it. Another salue: Take the marrow of a haill gelding which died through any mischance or in the warres, as much as you please, Harts sewet halfe so much, melt them together by a mild fire, and then powre *Aqua vitæ* vpon it, wring it out afterwards very warme thorow a cloth, and then annoynt therewith the diseased place morning and euening, both these be maruellous good, and also very méete.

Item, take the grease of a Beuer, of a Vulture, and of a Badger, of each halfe an ounce, Sage, Pennyroyall, and Hollyhock rotes with the leaues, of each one handfull: séethe well the herbs, and then stamp them to grout, then temper the molten grease amongst it, and annoynt the lame place with it.

Take oyle of Tyles and oyle of Almonds, each alone, or tempered together, and annoynt therewith the members. The Mithridate and both the Treacles do bring the lamed members to right againe and to their former force, being as well applyed outwardly as taken inwardly: but especially these oyles following be good for it, viz. oyle of Juniper, of Nutmegs, of Pepper, and blew Floure deluces. Item, take a yong Fore, make him cleane, and chop his flesh very small, afterwards distill out the water, and then put therein one dragme of small brused Camfer: then put it into a glasse stopt well, and so leaue it fiue dayes in the earth where as Ants haue their abode. Last of all, annoynt you therewith in a warme bath, afterwards vse this salue

following:

following: Take a yong Fore made very cleane and burnt to ashes, take thereof the halfe, and temper therewith one quarter of an ounce of bruised Camfer, oyle of Balsam halfe an ounce, Dogs grease two ounces and a halfe, Snakes grease one dragme and a halfe: melt these salues all togither and annoynt you therewith after bathing. Both of these foresaid salues are to be vsed against lamenes through heate and cold, for that they be of a temperate nature, and of the same nature is this also ensuing.

Take Rice as much as you will, steepe it a day and a night in a sufficient quantitie of Goats milke, afterwards distill it like as all other waters. This being done, distill it ouer againe, and make oftentimes the lame members moyst in it.

## Of the extenuated or withered members especially. §. 3.

FOr as much as then we be entred into this matter, therefore will we not discourse of the same seuerally. Albeit that this extenuation of the members can be also called of their occasions then of the *Sciatica* alone, notwithstanding we will not heere discourse of the consumption *Hectica*, *Apoplexia*, or of the Pocks, but only of the extenuation of some parts, whether it be of the *Sciatica*, or of any other cause whatsoeuer, for which these salues following be good: Take wild Cats grease, Harts sewet, Beares grease, Swines grease, the marrow of Neats feete, Hony, Dogs grease, and Badgers grease, of each a like quantitie; seethe all together with wine vntill that the same be thorowly wasted, afterwards powre it thorow a cloth, and annoynt the withered limmes with it. Item, take Beuercod one ounce, long Pepper one quarter of an ounce, oyle of Ware, of Cammomill, and of Beuercod, of each halfe an ounce, Ware one ounce, make a salue thereof: Or take Sage, Mallowes, Nettles with the rootes, Cammomill, and sprigs of Iuniper, of each one handfull, fresh Butter, and Dogs grease, of each three ounces: chop the herbs and seethe them to grout that one may wring them thorow a course cloth, then put the greases vnto it, and let it seethe againe together vnto a salue. When as now you will vse the same, then are you first to go vnto a sweat bath, and afterwards your self to be annoynted before a warme fornace or fire vpon the place of the disease twice a day: but you are to vse the sweate bath but thrice a weeke, and do this the space of fourteene dayes. This foresaid salue is good for all scabbines. The salue *Dialthea* is fit for this same disease, whereof there be foure kinds described in the third part the fourteenth Chapter and 4. §.

This ensuing is also very requisite: Take liuing Crabs and Earth wormes, of each a like quantitie, dry them in an ouen and then stamp them to powder, afterwards temper them with as much Swines grease, and make a salue thereof. For this, are also good two pretious Balsam oyles, whereof the one is described in the second part the first Chapter and 4. §. and the other in the eight part, beginning, Take *Mirrha* elected.

Item, there is yet more good for this, oyle of Tyles, and oyle of sweete Almonds. This ensuing is also accompted for sure, and is many times proued.

Take Earth wormes, put them in an earthen pot stopt with a couer on the top that the Ants may runne in and out, then set it so in the earth where the Ants abide the space of three or foure dayes, and there will ingender a water of it, with this water annoynt the withered limmes very warme, this should be certaine and approued.

In case also that the withered members be oftentimes rubbed with distilled Calues gather water which is described before, then shall one finde amendement.

But if this lamenes and extenuation be caused through heate which hapneth seldome, then haue you a Bathe for it which shall be prescribed against the *Podagra*. Item, the salue also of Earth wormes, of Cally, and other things moe which be meete for this intent, therefore it is needeles to write here any further of it, but this hot water following is especially ordained for it.

Take Feuerfew, *Stechados*, and Cowslips, of each one handfull and a halfe, the rootes of *Eringus* and Mallowes, of each two handfuls, Mather, Hartwort, of each one handfull and a half, *Peucedanum* halfe a handfull, cut them all grosse and let them seethe together, afterwards wash the feete and the lame hands with it. You may also vse a sweate bath, for that strengtheneth the lame ioynts very much.

Of

### Of hardnes of the ioints. §.4.

THere commeth sometimes also a hard swelling in the ioints, whereby they lose their motion and bowing: for which these plaisters insuing made harde or soft are to be vsed: Take the grounds of the oyle of Violets which lieth beneath in the pot two ounces, two ounces of the oyle of Lillies, oyle of white *Camelina*, and oyle of swéete Almonds, of each one ounce and a halfe, Saffron one scruple, Badgers grease one ounce, white Waxe one quarter of an ounce, Rosin as much as will suffice.

Item: Take the plaister of *Oxycroceum*, *Sagapenum*, *Opopanacum*, and *Ammoniacum*, of eache halfe a dragme, Rosin three quarters of an ounce, white Waxe three dragms, the gums are to be dissolued in sharpe Vineger, then put the plaister, Waxe, and Rosin vnto it.

If there be any hard biles with it, then take *Ammoniacum* one ounce and a halfe, *Pieretrum* and *Euphorbium*, of each one dragme, Saltpeter halfe a dragme, make a plaister thereof with Waxe and Rosin.

Herewith will we now conclude the third sort of the goute, and come now to the fourth sort which is the chiefest.

*The eight Chapter.*

## Of the gout in the Feete or Podagra.

THe fourth sort of the gout as we haue admonished at the first is the well knowen gout of the féete *Podagra*; in which we also containe the gout of the hands *Chiragra*: for that vnder these two sorts of gouts there is no small difference, but that the one doth manifest it selfe in the hands, the other in the féete: and this kind of gout is thus described.

*Podagra* is a defluxion which verie painefully assaileth the sinewes with heat and cold, wherewith also the parts adiacent, the ioints and the legs be plagued with swelling and paine.

As much as conterneth the name of this disease, which the Latinists haue taken from the Grecians; this name *Podagra* is naught els, but a snare wherewith birds be catched by their féete, and therefore is this disease of the gout likened vnto this instrument; for that it doth catch men by the féete, and holdeth them caught therewith.

The Poets do also call this disease *Scrupeum Humorem*, which is a stony humour: for that the same will in the hands and féete alter into a stone, so that the same may at last be taken out without any paine: and like as we haue admonished before, that this disease commeth not onely in the féete, but also in the hands which is called by the Grecians *Chiragra*, which is a paine of the hands.

The causes of this gout are manifold: to wit, inward, and also outward: the outward may be caused through great heat, which causeth the matter to melt. Item, through great idlenes, or through great labor presently after meate: Also through venerie with a full stomacke, and that the same especially doth cause the *Podagra*. Also the learned do certainely affirme, that no man can be plagued with the *Podagra* so long as he hath not yet vsed the veneriall act. *Galen* doth also confirme the same saying, that he neuer knewe any man which was infected with the gout, either of the hands, or féete, before that he hath had to do with women. Daintie eating and drinking is also a great cause of the *Podagra*.

And that all this is so, we will shew an example. *Plinie* writeth that these diseases were very straunge and new in Italie in his time: for which cause it is named with that outlandish name *Podagra*. But what made them straunge at that time and newe, but that at the same time the Romaines liued very moderately in eating & drinking. *Hippocrates* writeth that no Eunuche, nor any woman as long as she hath her tearmes can get the *Podagra*, neither yet can be balde: Touching which *Galen* his interpretor saith, that the same in the time of *Hippocrates* was true; for that the people in those daies did meetely much labor, and did eate and drinke soberly. But now he saith, that people do lead another life by going idle and rioting: for that one doth finde now

now a daies Enuches which be subiect to the gout without lying with any woman at all, which they do get only through their rioting and quaffing. And so is it with women which do also spoile themselues through a disordred life, that they get their tearmes verie little or not at all.

And to the contrarie by measurable labor, by moderate eating and drinking, yea by hunger and abstinence from wine, the *Podagra* tarrieth away & is left behind; the which I haue seene by a citizen in my time of Landsborough called *Lucas Kesselin*, who liuing againe according to the pleasure of the world got the *Podagra* againe. And when he was best in health, then he did ride otherwhiles a horsebacke with two seruants, who must lift him vp vpon the horse: but when he came in pouertie and dranke no wine, and liued hardly, then did the *Podagra* seeke another lodging. So that he being past fiftie yeares olde, was faine to trot vp and downe the countrey with a Pedlars packe on his backe ouer high mountaines for to get his liuing.

This hath then his originall cause: for if there be no superfluous humours fallen downe into those places, then would there be no paine nor griefe; neither would these defluxions settle themselues in the ioints if the bodie were not ouercharged with some superfluitie. Now the meane to keepe the bodie free from all superfluous humours, is that the bodie is to be kept with moderate exercise, to the end the meate may be well digested.

Hereby appeareth now sufficiently, that the gout is not caused soner of any thing in the world, then of idlenes and excessiue riot.

When as now the *Podagra* is caused of any inward occasion, then doth it happen thereby that one hauing weake legs and feete, the matter whether it be blood, *Cholera*, *Phlegma*, or *Melancholia*, each alone or mixed might lightly fal into them, wherby it may well be vnderstood that the *Podagra* can be short, long continuing, hot or cold.

It is also sometimes an inheritaunce of the children from the parents, and hath his vertue in both the seedes, and is imparted vnto the children, so that the goutie fatheres and mothers may also ingender goutie children.

Now may we also write somewhat of the signes which do not onely signifie the gout of the feete or *Podagra*; but also all paine of the ioints.

If this disease be caused through blood, then doth it appeare with rednes, and with great continuall paine and smart; the vrine is thicke and red; the pulse strong and full, and the paine is more in the morning then in the euening. And if the patient be by nature full of blood and sanguine, then doth the same paine encrease daily. The same happeneth also when the partie is yong, hath liued easily, and if it be in the spring time.

The signes if the gout proceed of *Cholera*, then is the paine sharpe; the place of the paine is yellowish; the vrine verie red and thin; the ordure is also yellow and thin; the pulse is swift; the heate is great, and chiefly on the place of the paine, as one may perceiue the same in feeling of it: al which doth yeld more assurance if the patient be yong and cholericke of nature, and if he haue done great labour before, or if the weather be hot, and he hath taken much hot meat and drinke.

If this disease come of *Phlegma*, then is the paine not verie great: also the parte of the paine is not altered of colour; the vrine is whitish and thicke; the going to stole is slimie; and the bodie in feeling is alwaies cold. And this manner of gout is commonly alwaies in bodies which be colde of nature, and that in winter time, and after a disordered life in eating and drinking.

In Melancholicke bodies the gout commeth very seldome, wherewith is also no great paine; the patient will be leane; the vrine thin and crude. And this happeneth commonly in those bodies which be of a melancholike nature in the beginning of winter. Sometimes this disease proceedeth through winde, whereby is a great and exceeding paine, the which by windie meats is increased and augmented.

## How that the *Podagra* is to be preuented. §. 1.

When any one doth perceiue and is assured that this his sickenes or disease commeth through heate, and that the time be at hand wherein he was wont to be assailed with it, then must he before whilest that he is well or in good estate (if he otherwise will by any kinde of meanes be freed) be purged with those medicines which expell *Choleram*, and must refraine wine, euen as all Phisitions do aduise, and instede of these

these vse some thin meade or drinke, the decoction of Cinnamom: for that Meade is not onely good for the *Podagra*; but also requisite for all infirmities of the ioints. But if this gout be caused through hot *Cholera*, then is Barly water rather commended, or water wherein Prunes be decocted. Item, temper fresh well water also with the iuice of Pomegranats. This also ensuing may be prepared: Take two ounces of Sugar, one handful of Barly, Reisons one handful, sæthe them together in three pintes of water vnto the halfe: and if one will drinke wine, then is there one halfe of this foresaid water to be tempered amongst it, or to drink some middle sort of cleere Bære. Further, he must forbeare all Hony meates, and from all flesh. Also, he is to eate and drinke very little; but he is to sustaine himselfe with Barly pap, Oaten pap, bread and butter, and such like light meates.

But what greater damages be found in this disease through surfetting is sufficiently shewed before.

The members also which are accustomably plagued with this paine, are to be restrayned from ouermuch motion, or from wearying himselfe too much, and that especially if the patient be grosse and full of bloud, and hath not a long time bæne let bloud nor purged.

## Of diuers meanes whereby to free one from the *Podagra*. §. 2.

THese Pils following are very highly commended, as that through the vse of them manie gowtie people be not only freed, but also healed all together: Take *Mirrha, Aloe, Lignum Aloes*, Cinnamom, Mastick and Rubarb, of each one quarter of an ounce, *Muscus* fiue greynes: make 36. or 40. pils with *Oxymel*, or as many as you please, whereof you are to take two or three euery other day, and to continue this thus the space of thirtie dayes; afterwards, take euery weeke once as much more. But if so be that the *Podagra* do come in the meane while, then are the pils to be vsed after the first manner.

First, take *Aloe*, Rubarb, *Species Hiera Galeni, Pillulæ sine quibus*, of each one dragme and a halfe, field Cypers foure scruples steeped in wine: make pils thereof with Lauender water, and vse them as all the rest: they be stronger then the former.

These Pils following hath the Emperour *Carolus* vsed against the *Podagra*: Take yellow *Mirobalanes, Chebuli*, and *Indi*, of each one dragme, oyle of sweete Almonds one quarter of an ounce, the iuice of Roses, of Borage, and of Fumitorie, of each two ounces; temper them together, and let them stand in steepe 24. howres, afterwards make it hot, and wring it well out. This being all well done, then steepe therein againe halfe an ounce of Rubarb, *Indi Spica* halfe a scruple, Malmesey a spoonefull, Wormewood water one ounce: let it then stand thus together asteepe the space of ten howres, and afterwards wring it out hard.

Thirdly, take *Agaricus* one ounce, stone salt foure scruples, Ginger one scruple, Hony of Roses three scruples, *Oxymel* of Squils one quarter of an ounce; steepe all together 24. howers in white wine and wring it well out.

Fourthly, take *Aloe* which is washed with Endiue water, and *Manna*, of each one ounce, fresh Cassie two ounces, *Bdellium* two scruples, temper them all together in the foresayd boyled and steeped Colatures. Lastly, all being well tempered, then set them all together in the Sunne, stirring it often about, and when it is well dryed, then forme pils thereof.

Of these pils shall you take once euery morning: they haue a maruellous efficacie in preuenting the *Podagra*: so that it is sayd, if one do not ryot, that one shall be holpen thereof in fiftæne dayes. In the first part of this booke in the twelfth Chapter in the description of the Balsam you haue a very costly salue, beginning thus: Take Bayberies &c. which freeth one maruellous much of the *Podagra*. Item, if one set his feete in warme Smithes water, or foment them ouer the vapor of the same water: it is also very good to chewe euery morning a little Mastick.

How

## How the *Podagra* is to be purged. §. 3.

IF so be that the *Podagra* be caused only through *Cholera* and heate, then is this Sirupe following to be prepared: Take Endiue three handfuls, Roses one ounce and a half; red, white, and yellow Saunders, all together one ounce, sethe it well, and wring it out: then put vnto this decoction twelue ounces of Sugar, and sethe it to sirupe like as all other sirupes be decocted: giue thereof one ounce and a halfe with Endiue water foure or fiue times together, and then take these purgations ensuing after it: Take of the Electuarie of the iuice of Roses fiue dragmes with the foresaid water, which is especiall good for the ioynts.

Or take fresh Figs halfe an ounce, Cozans fiue dragmes, the rinds of yellow Mirobalanes one ounce, let them steepe a whole night, and sethe them alittle: then take of this decoction three ounces, and temper therein of the foresaid confection of Roses, and giue it very warme earely in the morning. Or if you had rather haue pils, then take *Aloe* one dragme, *Diagridij* fiue greines, Roses three greines, *Hermodactyli* halfe a dragme: make pils of it with the iuice of Roses, they be much commended.

If there happen great paine with this kind of hot gowt, then may two kinds of plaisters be prepared for it, whereof one is to be layd vpon the place of the paine, therewith to stop the defluxion, and the other on the top of it for to allwage the paine. The first is thus made: Take Myrtle seede, the seede of *Ruscus* and *Bolus*, of each halfe an ounce, red and white Saunders, the iuice of Sloes, Pomegranat blossomes and pæles, Gals, of each one dragme, Rose water and Plantaine water, of each three dragmes, oyle of Roses one ounce and a halfe, Barly meale as much as will suffice for to make a plaister or pap. The other: Take red and white Saunders, Starch, and washt Ceruse, of each one quarter of an ounce, Poppie seede halfe an ounce, Camfer one scruple, oyle of Roses three ounces, vnsalted Butter one ounce and a halfe, the seede of Fleawort one dragme and a halfe, and two yolks of egs, temper them all together, and lay them vpon it as is before said. An easier. Take the oyle of Roses three ounces, Vineger halfe an ounce, temper them all together, and annoynt the place of the paine with it; it allwageth the paine, and hindereth the defluxion.

Now when as these defluxions do first of all begin, then be Salues, Oyles, and other things moe vsed and applyed vnto it, for which you may take one of these ensuing which you please: Take small pouned *Bolus* two ounces, Rose water, and the water of Nightshade, of each one ounce, two or three drops of Vineger; temper them well together, and strike it thereon with a feather, or dip a cloth in it and lay it ouer the swelling: when it is dry, then take a fresh, but alwayes warme. Item, take oyle of Roses, sethe Earth wormes in it, Nettick is also especiall good. This following should be a speciall secret: sethe Earth wormes and Frogs in oyle of Roses vntill they be almost all consumed, then wring them out hard through a cloth, and annoynt it very warme on the place of the paine. This ensuing is not vnlike to the former: Take of the oldest Sallet oyle that you can get, twelue ounces, and twelue water Frogs, chop them very small and sethe them well: when they be almost sodden ynough, then temper therewith the iuice of Houseleeke, and the iuice of Stonecrop, of each two ounces; then let it sethe so long, vntill that the moisture be wasted away; afterwards wring it out, and vse it as before. Some doe commend aboue all things the muscilage of Frogs to be layde warme vnto it, which is thus made: Take in the Spring greene Frogs before they begin to cast their sperme, take out the bowels, and hang them on a thred to dry in the Sunne vntill they begin to be somewhat dry, then powre Sallet oyle vnto them, and let them sethe meetely well together, then wring them out, it is especiall good for the sinewes. Item, take Badgers grease, and Turpentine, of each one ounce, Frankincense halfe an ounce, Ware as much as will suffice for to make a salue of it. Or take Poplar salue two ounces, small pouned *Bolus*, and oyle of Roses, of each halfe an ounce, temper them together vnto a salue. This ensuing is also good for it: Take foure yolks of egs, Saffron one dragme, oyle of Roses two ounces, temper them well together, and vse them as before. A principall good one: Take Tyne Snailes as many as you will, put them into a pot, and lay a tin lid vpon it; afterwards wheime the same pot ouer another pot, and then set it ouer the fire to the end that they may rost by little and little. This being done, the oyle will drop into

into the nethermoſt pot, and with this oyle annoynt the hot gowts thorowly. Item, ſæthe ten egs very hard, cut them ouerthwart, fill the whites with pouned Mirrh; afterwards bind them togither again, & lay them the ſpace of 15. daies in a ſeller or longer, then will a water drop out of it, which you may annoint vpon the gowt as a ſalue. In like manner freſh Caſſie is alſo much commended, with the muſcilage of Fleawort, for all paine of the ioynts through heate.

This enſuing aſſwageth the paine marueilouſly: Take the ſæde of Fleawort two ounces, ſæthe it in ſufficient water vntill it be very ſlimie, afterwards wring it out very hard through a cloth: In this muſcilage or ſlime melt one ounce and a halfe of Ware, Sallet oyle three ounces, let it then ſæthe a good while, ſtirring it alwayes equally about vntill it be cold.

Another of like force: Take oyle of Walflours two ounces, oyle of ſweete Almonds, and oyle of *Camelina*, of each one ounce and a halfe, Butter one ounce, Saffron one dragme and a halfe, white ware one ounce and a halfe, Dill ſæde, Cammomill, and Ducks greaſe, of each halfe an ounce, three yolks of Egs, then temper them one amongſt another, and make a ſalue thereof.

Item, take wheate bran two handfuls, Wine cuict as much as will ſuffice for to make a poulteſſe of it, Salt one quarter of an ounce: let it ſæthe alittle together, and then lay it warme vpon it, you ſhall hardly finde any thing elſe that doth more aſſwage the paine. Item, take Barly meale or Peaſe meale, and pouned Roſes, of each three ounces, white wine as much as will ſuffice for to make pap thereof, then let it ſæthe a good while: if you will, you may alſo put a dragme of Maſtick vnto it.

Some do ſæthe Bran in three parts of water and one part of vineger, and ſo lay it vpon it, and let it lye fiue or ſixe howres vpon it.

This alſo enſuing is thought to aſſwage all paine whatſoeuer: Take three ounces of vnripe Sallet oyle, Saffron one dragme, foure yolks of egs, oyle of Roſes foure ounces: let the oyle ſæthe a good while, and when it beginneth to be cold, then temper the yolks amongſt it, ſtirring it alwayes well about: afterwards Starch and Barly meale of each one ounce and a halfe, and at the laſt Saffron: if you will haue it more forcible, then put Butter vnto it and *Bdellium*, of each one dragme: then ſtæpe them all together vntill the ſame be thorowly conſumed, and afterwards temper the reſt with it. Item, take the crums of white bread, ſtæpe them a good while in ſweete milke, and then ſæthe them together to pap: now when it beginneth to cole, then temper a yolke or two of egs amongſt it, and a little oyle of Roſes, and ſo lay it vpon the ſwelling and paine. Some do temper Butter, Ducks or Goſe greaſe, and Sugar alſo amongſt it.

Another. Take Plantaine ſæde, and Linſæde, of each two handfuls, ſæthe them very ſoft vntill all the water be almoſt gone, then temper amongſt it crums of white bread as much as you pleaſe: afterwards ſtamp them well together, and temper it with the oyle of Roſes: and when the paine is very great, then is the iuice of coling herbs to be tempered amongſt it, yea very well three or foure greynes of *Opium*, and one dragme of Saffron, like as the ſame may be very well done in the foreſaid crums of white bread.

This alſo following is very good: Take Cammomill, and Melilot, of each one ounce, Mallowes, and Hollyhock rotes, of each halfe a handfull, Fenegræke meale, and Linſæde meale, and Barly meale, of each one ounce: cut the herbs ſmall, and ſæthe them mellow: afterwards wring them out, and ſtamp them well: laſt of all, mingle with the ſaid meales oile of Roſes, and oyle of Cammomill, of eache fiue ounces, or more, then make pap therewith, and lay it ouer the paine, and renew the ſame oftentimes. Item, ſæthe wheate meale in red wine to pap in freſh ſweete milke: for this, is alſo good Beane meale decocted to pap in freſh ſweete milke. Theſe foure oyles following be alſo commonly vſed for the gowt: to wit, oyle of Lillies, of Cammomill, of ſweete Almonds, and of Walflours, with which we do commonly temper Caſſie extracted with vineger, like as before there is alſo mention made of the oyle of Poplar buds.

Or take pouned Henbane ſæde, put it into a bag, and let it warme well, and ſo lay it vpon the paine. Item, in great outward paine take Cowmilke fiue ounces, *Opium* halfe a ſcruple, crums of Rye bread, and theſe being well powdred as much as you pleaſe, make a ſoft plaiſter of it. In like manner you may alſo vſe the iuice of Nightſhade and of Plantaine being tempered all together, or each apart.

By all theſe foreſaid remedies may eaſily be marked, that all theſe ſimple things following be eſpecial good for the hot *Podagra*: as namely, Nightſhade, Houſleeke, Lettice, Endiue, *Myrtus*, Muſcilage

Muscilage of Fleawort, Vineger, Rose water, Bolus, &c. in the 16. Chapter, and 4. §. of the hot kidneies.

## Of the cold gout or *Podagra*, and of his paine. §. 4.

IF there be found with the paine of the ioints, neither rednes nor heate, and the patient be of a cold nature, and that one be cold in the feeling, then may it easily be perceiued, that the cause proceedeth of cold. For this the patient is to prepare himselfe to purge with these potions following: Take Sage, Cowslips, and field Cipers, of each one handfull: seethe them all togither in sufficient water vntill the third part be wasted. Vnto this decoction put twelue ounces of Sugar, and then make a clarified sirupe of it. If the matter be fluxible of it selfe, then is this following to be prepared: Take Calmus, and Gentian, of each two ounces, Hartwort one ounce, Saint Johns wort, Sage, field Cipers, Cowslips, Bayberries, and *Chamædrios*, of each one handfull, Annis, Fennell, and Piony seede, of each one ounce, Basill seede, Cinnamom, of each halfe an ounce, seethe them all togither in sufficient water euen to the halfe: afterwardes wring it out, and make it with fiue ounces of Honie, and nine ounces of Sugar vnto a clarified sirupe; giue then one ounce and a halfe with some distilled water in the morning fasting. For a purgation is this following to be vsed: Take *Turbith* halfe an ounce, *Hermodactyli* one quarter of an ounce, *Diagridij* one dragme, Mastick halfe a scruple, Sugar one ounce: then make a pouder of it, and giue thereof the fourth part at once, but no more, for that it is verie strong. If you will, you may make pils thereof without the Sugar: but the pils of *Hermodactyli* exceede all other pils, viz. in purging all phlegmaticke humours. They haue also an astringent vertue, whereby they obstruct the conduits where the defluxions take their course. Treacle and Mithridate are to be taken of goutie men one dragme, or one dragme and a halfe with great auaile twice a weeke.

Item: Take field Cipers pouned small halfe a dragme, Turpentine three dragmes: temper them togither, and take it with a wafer, or with fresh broth: it is also good for all lamenes. These patients are also to be bathed and fomented with this insuing: Take Sage, Rosemarie, Penniroyall, Rue, Mints, Horehound, Marierom gentle, Marierom, Lauander, and Pomgranate peeles, of each one handfull, seethe them all togither in good wine: afterwardes straine the broth thorow a cloth, and put three ounces of butter vnto it, and then put the feete therein; whether it be with paine or without paine, and lay the decocted herbs very warme vpon it.

Item, when the place of the paine is fomented with boiled Fenegreeke, then will the paine be thereby asswaged. Or take stinging Nettles, seethe them in water and foment with the dampe of the same, and so lay the herbes warme vpon it. The oyle of Fores is also maruellous good for the *Podagra*, and for all paine of the ioints, like as is also the oyle of Tiles, and oyle of Sulphure, which be both hot and pearcing.

Hereafter do moe plaisters and other things insue to be laide vpon it: and that after the place of the disease hath beene fomented or annointed with any salue, and the asture of humours is somewhat ceased: Take boiled Alehose and laie it therein and hold still the feete. Further, it is much aduised that for the cold *Podagra*, there shall be two kinds of Plaisters prepared. First, take Cipers nuts, Mastick, Myrrhe, and Frankinsence, of each one quarter of an ounce, Gum, Dragagant, of each three dragmes, Sage water fiue ounces, Vineger halfe an ounce: poune all small that are to be pouned, and then make a meetely soft pap of it, or a plaister with Barley meale, and then laie it vpon the place of the paine.

Another: Take the muscilage of Fenegreeke, and of Linseede, of each one ounce, salt Butter, oyle of white *Camelina*, or oyle of Roses, and burnt ashes of Colewort stalkes, of each two ounces, Ware as much as will suffice for to make a plaister or salue of it: laie it or spread it vpon the paine of the disease, it asswageth paine. The paister *Diachilon* is also to be vsed for it.

Item, take soft Storax, Beuercod, *Euphorbium*, *Myrrha*, *Aloe*, and the iuice of Sloes, of each a like quantitie, Wine as much as you please: let it seethe well togither, and then wet a cloth therein and laie ouer it. Or dip a clothe in the warme decoction of *Ebulus*. Before certaine plaisters are described, of the crums of white bread; temper with one of the same one dragme and a halfe, or two dragmes of the pouder of *Hermodactyli*, and so laie vpon it. Item, seethe Onions in water, and make a clothe wet in it and lay it thereon. Or rost certaine Onions, stampe them very small, spread it on a clothe and lay it thereon.

The common people doe vse Cowding, and lay it thereon instede of a plaister. Also the di-

stilled Cowdong may be layd vpon it. Item, take the decoction of Rape, and lay it thereon. You are also to poune Turneps, and to temper them with oyle of Roses, and to lay the same vpon it. In like maner temper sodden, stamped and welsalted Turneps, with about so much Bran as Turneps and with sufficient oyle of Violets, make a plaister of it. Item, take a bag filled with Linsæde: sæthe it well, and lay it ouer the paine. These be now simple things which warme the ioints; to wit, S. Johns wort, *Hermodactyli*, *Ammoniacum*, *Euphorbium*, *Mirrha*, Squils, *Asarabacca*, Beuercod, liquid Storax, Cresses, Cow dung, Marierom, Mints, white Mustard sæd, Pineapples, Capers rots fielde Cypers, Cammomill, Elecampane rotes, *Gallia*, Radish, Rue, *Sagapenum*, and vineger of Squils &c.

Some doe aduise, that for the *Podagra* there be made an issue, which is a running hole into the leg, which is alwaies to be kept open, wherby the matter may haue issue. How this is to be done, shall be taught in the sixt part, in the discourse of the plague.

Others do raise blisters the breadth of fower fingers vnder the knées on the outside of the leg, opening the same, and letting the water to run out: wherof we haue in other places moe of this books made declaration.

## An especiall and well approued remedie for the Gout. §.5.

FIrst is this powder to be prepared: Take two kindes of *Chamedrios*, which is field Cypers and *Chamedrios*, Gentian, Centory flowers, *Rapontica*, the right *Aristologia rotunda* (whereof is sufficient store brought out of Switzerland) of each a like much; stamp each apart: afterwards temper them togither, and vse it thus. After the necessary purgation whereof we haue sufficiently spoken before, take the space of forty dayes togither, one dragme, euery morning of this said powder in the Summer time with small bæres, and in winter with Wine or Meade: Afterwardes vse no more but halfe a dragme, and so prosecute this course the space of a whole yære.

If so be that the body bee bound in the meane while, then is the patient to vse twice euery moneth these pils following: take Mastick, Mirrhe, Cinnamom, Aloe, and Rubarb, of each one scruple; being all powned small, then make ten pils thereof with hony of Roses, and take two or thræ at once. They bee very weake, so that one may vse the more thereof if he please. In the meane while the patient must order himselfe very moderately in eating and drinking. Through this be many goutie persons thoroughly healed of the *Podagra*.

## The direction for the Gout sent to Charles the Emperor. §.6.

THis aduise or remedie was sent to the Emperor *Charles* his Maiestie of famous memory, from *Francisco Toralto*, a Lord in the kingdome of Naples, who had lien most miserably the space of fourtæne yæres of the Gowt: Take cleane milke of a blacke Goate, and turne it with Fig milke, or if you haue it not, wherewith you will: straine out the whay, and let the rest sæthe in an earthen pot; scum it well, and let of thræ parts twaine sæthe away, and then straine it once againe, to the end there remaine no curds in it at all: afterwards, take the vppermost of Burrage a good part, and according to that there is much whay, with some other thinges moe which be mæte for the *Podagra*, and according to that the *Podagra* doth procæde through heate or colde, let it stæpe well therein: afterwardes straine it thorough a cloth, and drinke of it once or twice a day. But if so be that the paine be intollerable great, then stæpe in the foresaid whay wherein the Burrage and other things be stæped, one drag. or one drag. and a halfe of *Agaricus*: Take of this whay ten or twelue ounces according to the quality of the sicknes, and according as he can easily goe to stole, and temper amongst it *Oxymel* of hony of Roses, or (which is better) *Oxymel* of Squils two ounces: you are to drink of it in the morning as warme as you can, and to fast fower howers after it at least. Further, he is in the meane time to exercise himselfe with walking and going: afterwards he is during the space of fiue or sixe daies to drinke of this whay without *Agaricus*, and that is to be done once euery moneth.

And he is especially to endeuour himselfe to drinke this in winter, for that it is sufficient if he

doe

doe this twice a yeere. And this is especially to be done, when one perceiueth that the *Podagra* is instant, thereby to be free: And although it appeared already, yet are you to proceed forward with it. What remedies are then to be vsed for it, may be seene and chosen out of the forementioned things: The letting of blood must be principally in the beginning of the spring, and before the paine ariseth; like as one may see and reade more at large in the 2. §.

But aboue all things is a good diet commended; for if that the same be not kept, then may all other things helpe but little. This is now the principallest and the totall of all that *Toraltus* communicated to the Emperours Maiestie.

The order of diet which is to be obserued in this disease, may you perceiue by all that which hath been said before, whereof also you shall finde all things more amply described in the beginning of the first Chapter, where we haue discoursed of the paine of the hips, that aboue all other things, Wine is chiefly forbidden vnto all gouty people, as hath been before expressed. The decoction of Cinnamom, Meade &c. are they to drinke, as is there admonished.

## When any one doth goe but ill after the Gowte of the feete. §.7.

THis debility of the feete doth sufficiently shew, that there is still some flegmatike matter present which ought to be expelled, whereto these pils ensuing are to bee prepared: Take prepared Aloe halfe an ounce, Coloquinte one dragme, *Diagridion* halfe a dragme, *Hermodactyli* halfe an ounce: temper them altogither, and make seuen pils of one dragme thereof: Afterwards, take euery fourteene daies fire thereof, and fast fire howers vpon it. In the meane time is he alwaies the first day to take one of them before supper.

Secondly, he is to vse this Confection following: Take *Species de Xyloaloe*, *Species Diatrionpipereon*, of each one drag. white Saunders, Violet, and Sorrell seede, of each one scruple, Sugar fire ounces decocted in water of *Asarabacca*, or water of Parsley: make Sugar plates thereof, and then take daily before none and after none; or at leastwise once a day of it, three dragmes at the least, and so continue this the space of one whole moneth.

Thirdly, take one pint and a halfe of Smiths water, and seethe therein fifteen or fifteene Cipers nuts, forty or fifty Gals, *Hermodactyli*, and Pyony rootes, of each one ounce, vntill the third part be wasted away. He is afterwards to rub the sicke person from the knees vnto the soles of the feete, letting it be made moist, to wit, once a day alwaies before meate.

Fourthly, take viripe Sallet oyle one ounce, *Sandaraca*, Mastick, and burnt Iuorie, of each one dragme: temper this togither, and therewith annoint, after the former rubbing, all the parts very warme which be weakened thorow the Gowt, and continue it thus with rubbing vntill they be thorowly strengthened againe, and growe to be well.

Fiftly, when the sicke person hath vsed certaine dayes to wash and annoint, and findeth neuertheles no perfect amendement; then is this salue following to be vsed, like as the other precedent: Take Dragon blood, fine Bolus, *Sandaraca*, the iuice of Sloes, Mastick, Frankinsence, and Myrrhe, of each one quarter of an ounce, sealed earth and Starch, of each one ounce, the iuice of Plantaine, and of Roses of each one ounce and a halfe: then temper them a long time togither in a morter vnto a salue.

These be now the very best and necessariest remedies, which of all ancient and later Phisitions be prescribed for all the ioints of the body, God almighty the chiefe and best Phisition giue his blessing vnto it.

## What things they be which conuey other medicines towards the ioints. §.8.

AMongst all other things which be written of the ioints, we haue yet to speake of this: which be the things that conuey the medicines towards the ioints: amongst which, the chiefest that are to be esteemed, be rotted Squils, Ginger, Calmus, which is the right *Acorus*, Pennyroyall, *Opopanax*, both of these kinde of Germander, the seede *Amomum*, and other moe.

## *The ninth Chapter.*

## Of the outward accidents of the ioynts and members.

FRom the third Chapter hitherto we haue discourſed of many kinds of diſeaſes of the outward members, which are moſt of all cauſed through outward cauſes and deſluxions: heere will we now in this laſt Chapter adde certaine outward accidents; as, when the outward members or ioynts be beaten or ſtrayned.

Secondly, we wil alſo admonith ſomewhat of the fracture of the bones. And becauſe that for this there falleth otherwhiles ſome putrifaction of the bones, therefore will we heere alſo diſcourſe ſomewhat of it: and becauſe that all this cannot be effected without great paine, then we will ſhew withall, how that the ſame paine is to be aſſwaged. Laſtly, how that the numbnes and the vnſenſiblenesof the members may be preuented and cured.

### Of ſtrayned members. §. 1.

IF any one haue ſtrayned any one member through falling or beating, and the ſame hapned to ſwell without great heate, then take the ſalue *Dialthea* one ounce, oyle of Cammomill and of Dill, of each halfe an ounce, Ware a little, and annoynt the place therewith.

Another. Take ſalue of Agrippa, of *Althea*, and of the white ſalue which followeth hereafter, of each halfe an ounce; temper them together, and annoynt the place affected with it: for which, the Alablaſter ſalue is alſo good.

Item, take Barly meale, Fenegreeke, and Linſeede, of each one ounce, Mallowes one handfull, Wormewood halfe a handfull, Cammomill and Melilot, of each one handfull and a halfe: the herbs and floures are you to ſeethe well, and then to ſeethe the meale amongſt it: then are you with oyle of Roſes to make a ſoft plaiſter or pap of it. Item, take Beane meale three ounces, Cammomill, Roſes, Wormewood, and Bran, of each one handfull: the herbs and floures are you to ſeethe to pap in good red wine. At laſt, let the Bran alſo ſeethe with it, and then with oyle of Roſes make a pap or plaiſter of it. For this diſeaſe, it is alſo good to open the liuer vaine, and to let out fiue or ſixe ounces of bloud according to the abilitie of the patient. You may alſo lay freſh Cow dung vpon this diſeaſe, and annoynt the place about it with *Bolus* which is tempered with vineger. The expert Phiſitions do aduiſe, that Cow dung ſhould be tempered amongſt oyle of Roſes.

Item, take the whites of egs brayed well, and temper amongſt it the powder of Wormewood as much as you pleaſe, and ſo lay them vpon the bruſed place.

The golden waters are alſo commended for this, but they be hote: But if ſo be that there be great heate with it, then neede not one ſtay to open the vaine like as we haue ſaid before. But theſe diſeaſes would be alwayes ſuppreſſed with cooling things, for which you haue fiue kinds of white ſalues: Take ſallet oyle three quarters of an ounce, white ware, and Ceruſe, of each two ounces, the white of an egge: the ware and oyle are to be melted by a ſoft fire, and afterwards to be well tempered with the Ceruſe and the white of the egge. This is not onely good for bruſed members, but taketh away all the blew ſpots which be come of fals, blowes, and ſuch like occaſions. This is the common white ſalue which is alwayes readie at the Apothecaries, and is called *vnguentum Album*. The other ſalue. If ſo be that you deſire to haue this forementioned ſalue more cooling, then temper halfe a dragme of Camfer well amongſt it, and this is then called at the Apothecaries *vnguentum Camphoratum*. The third white ſalue with Camfer. Take ſixe ounces of the oyle of Roſes, the whites of three egs brayed well, white ware one ounce and a halfe, Ceruſe ſixe ounces, Camfer broken in Roſe water one dragme: melt the oyle and the ware together, and then afterwards temper the Camfer and the whites of egs amongſt it: afterwards put the Ceruſe vnto it bruſed very ſmall, bruſed Lytharge of gold waſht in Roſe water one dragme and a halfe, waſht Ceruſe halfe an ounce and halfe a dragme, oyle of

Roſes

Roses three ounces and a halfe, white waxe about three quarters of an ounce: then melt the oyle and the waxe together, and temper the Ceruse and Lytharge amongst it vntillit be thorowly cold. All these foresaid vnguents do cole all hot swellings, of whatsoeuer causes the same may proceede: they do repell all rawe places, and they do also cole all the heate of scalding or burning. The fift is *vnguentum de Ceruſa*, whereof we haue admonished so often in this booke. The same is thus described by *Mesua*: Take Ceruse, and lytharge of gold, of each three quarters of an ounce, burnt lead, Lytharge of siluer, of each halfe an ounce, Mastick, Frankincense, of each two dragmes and a halfe, oyle of Roses and vineger, as much as sufficeth for a salue: first powre the dry things into the morter, and rub it very small; afterwards powre then some vineger, then some oyle vnto it, stirring it well alwayes about vntill it be thick ynough. This salue is also good for all salt *Phlegma*, and for dry itch.

## Of the fractures of bones. §. 2.

THese fractures of bones do the Grecians call *Catagma*. And although the setting, splinting, and binding of this fracture, and what else belongeth vnto it, concerneth more the Chirurgians then Phisitions; notwithstanding doth our common order and method aske a meanes whereby this disease might be holpen. Of which there is not alittle spoken before, where we haue discoursed of the lamed, extenuated, bruised, and strayned members, which all together with the fractures of bones haue a great communion, because they be also caused through such like occasions. First of all it happeth oftentimes in this fracture, that the marow in the bones (whereby they be sustained and nourished) is consumed and dryed away: for which, you haue a salue in the second part and the fourth Chapter of the marrow of a yong Fole, which is marueilous good for it. In like manner there is also described before in the seuenth Chapter and 2. §. yet one more of the marrow of a Stone horse, and other moe which be there recited for the extenuation of the members, and all that is necessarie for such like accidents. You haue likewise foure kinds of *Dialthea* salues in the third part, the thirteenth Chapter and 4. §. which be altogether mete for this. Neither is the croke back or croked breast ought else but an eluration or fracture of the back bone and ribs, as in the second part may appeare at large, which may there be seene. The plaister of a Ram is maruellously commended for this, which is described in the third part, the third Chapter, and 1. §.

And for to augment ther emedies which may serue for these fractures, we will ad plaisters, salues, sparadraps, applications, and all kinde of things that are requisite for the fracture of the bones, which the Chirurgians may vse.

Take Waxe fiue ounces and a halfe, *Ammoniacum*, and *Galbanum* of each two ounces; dissolue the gum in Vineger, straine them thorow a cloth, let it sethe vntill the Vineger be wasted away, and melt the waxe amongst it.

Then take Cammomill, Baulme with the rootes, and Mallowes, of each one handfull: chop them and stampe them well, afterwardes sethe them in two pound of May butter, and a pound and a halfe of Dogs grease, as long as one may sethe an eg hard: this being done, wring it out hard and stir the molten waxe with the gums amongst it. When it is almost colde, then take one ounce and a halfe of Beuercod, oyle of Cammomill two ounces and a halfe, of Baies sixteene ounces, temper all togither and keepe it in a pot: this salue do the Chirurgians esteeme to be an especiall secret. And if you wil vse it, then take not to much at one time; make it warme and rub well the place with it; afterwards lay this seare-cloth following vpon it.

Take Waxe three ounces, Rosin one ounce and a halfe, Mastick one ounce, *Galbanum*, and Frankinsence, of each three quarters of an ounce: dissolue the *Galbanum* in a little Vineger; stampe all that is to be stamped; melt the Waxe and Rosin in an ounce of oyle; straine it afterwards thorowe a cloth, and haue a cloth readie as big as the seare cloth must be. Lastly, soke it therein, and after the annointing apply it vpon the place affected.

Others: take foure ounces of Sallet oyle, melt therein halfe an ounce of Waxe: when it is almost colde, then stir halfe an ounce of pounded Mastick amongst it, and vse it as before.

Item: Take white Waxe, and Frankinsence, of each halfe an ounce, of oyle of Linseede foure ounces; melt them all togither and drawe a clothe thorowe it. Item: Take Waxe and fresh

butter, of each a like quantitie, melt them togither: these two be especiall good against all swellings.

Another: Take Fenegréeke meale as much as you please: séethe it in water and put pounded Comfrey vnto it, vntill it be as it were grout, then apply it to the fracture.

Item: Take Litharge of gold, fine Bolus, and Comfrey, of each thrée ounces, Beane meale one ounce and a halfe: poune them all togither, and poure good Vineger vnto it, and let it stand so one night: afterwardes put molten Ware and Rosin vnto it, of each thrée ounces, Sallet oyle twelue ounces, then temper them all togither on the fire, and let it séethe well vntill that the Vineger be consumed: When it is almost cold, then stir two ounces of pouned Dragagant steeped in Wine or Vineger amongst it, that it be like vnto Gellie. Or take Rosin fiue ounces, Saffron, *Euphorbium*, and long pepper, of each one dragme, *Aqua vitæ* one ounce and a halfe, stampe all that is to be stamped: dissolue the Rosin in *Aqua vitæ*, and then let it séethe all togither vntill that the *Aqua vitæ* be boiled away, then take Ware as much as is needfull for a plaister: this plaister is also verie good for all other ruptures.

Item: Take Turpentine, and Ware of each 4. ounces, *Galbanum* thrée quarters of an ounce, *Ammoniacum* half an ounce: dissolue the gums in wine, and then temper them altogither: when it is almost cold, then put one quarter of an ounce of Mirrhe, and as much Turpentine vnto it, and then make a plaister of it. In like maner you haue in the third part, and the third chap. one more beginning thus: Take Dragon blood, &c. And yet one other in the second part, the third chapter, and fift §. beginning thus: Take Pitche, &c. Item, one more in the first part, the fift chap. and 1. §. which be all togither very good for the fractures of bones.

## For the putrifaction of the Bones. §. 3.

TAke burnt Lead two ounces, Mirrhe halfe an ounce, Aloe, *Opopanacum*, Iron drosse, burnt Squinant, and the rindes of the Fir trée, of each one dragme, then make a pouder of it, and strow it vpon the putrified bone; for it separateth the same, and healeth maruellously.

Take Canterburie bels, poune them small, and strow this pouder also vpon it. The same operation hath the water also wherein *Sal Armoniacke* is decocted.

## Here follow some especiall things for the paine of the ioints. §. 4.

IT happeneth also other whiles that in the vttermost parts of the members, as in the hands and féete, there commeth great paine, whether it be of the forelaide causes, or of something els that hath fallen, or béene laide vpon them, which may well be caused both of heat and cold.

But if so be that heate cause this paine, then doth it appéere with rednesse, with hardnes, and with swelling, which is also a signe of some impostume to come. But if it be caused through cold, then is the paine without any rednes or heate; but with deafenes, pensiuenes, palenes, and sometime with a drie itching scurffe.

When as these signes be present, they giue commonly to vnderstand that there might follow of it a palsey or *Paralysis*, and an extinguishment of all naturall heat.

If this disease come through some outward causes, then loke of the same parts, whether they be redder then any other. Then is it to be annointed with coling oyles, as with oyle of Roses, of Violets, of water Lillies, and such like.

The letting of blood is very good for this: as if the paine be in the féete, then open the vaine in the arme on the same side, and so forth.

If it be caused through drithe, and that neither rednes nor whitenes can be perceiued, and neuertheles the member fémeth to be paler from day to day: then let warme water fall from the height vpon it, and afterwards let it be annointed with the salue which is molten togither of oyle and white Ware.

But if you will haue this salue stronger, then vse that *Anodinon* which is described in the second part, the fift chapter, and 18. §. or any other which be specified in the paine of the *Podagra*. But if the place be somewhat greater or swollen vp, and that in féeling it be found somewhat coldish,

dith, then is it to be rubbed oftentimes with warme clothes that the pores or vents might open; and afterwards this fomenting following be made ready: Take Cammomill, Marierom, and *Stechados*, of each one handfull; sethe them, and holde the member ouer the vapor. Or take a sponge being made wet therein, and so lay it warme vpon it: you must also let warme water drop vpon it from on high: Afterwards annoint the member with oyle of Walflowers, of Costus, of Lillies, or any such like, which be warme by nature. In eating and drinking hee is to keepe himselfe sober, and to exercise himselfe much, and to bathe. And if so be that this will not helpe sufficiently, then is hee to bee purged of all flegmaticke humors, as with the pils *de Hermodactilis, Fœtidis*, and *Medicamine Turbith*. Lastly, and in neede he is to vse those things which be described in the first part the twelfth chapter, and 13. §. of *Paralysis*.

## Of the vnsensiblenes, shaking, and numbnes of the Limmes. §. 5.

OF all these diseases we haue in the first part very largely and amply written: likewise also euery where in the fourth part; which meanes may also be vsed in all these accidents: but especially there be very good for this two sure golden waters, which shall be hereafter described in the last part amongst other vitall waters, whether it be that they be vsed outwardly, or drunke inwardly: for they be good for all diseases of the outward members and ioints; like as this also following: Take drie Willow wood, and burne it in two pots one aboue the other, like as the oyle of Juniper wood is wont to be made, and with the oyle that runneth out into the neathermost pot, annoint therewith the place affected the space of nine daies.

Another. Take Quinces which rot vpon the tree, Beuerrod, Bayberries, Sage, and Juniper berries, of each a like quantity; stampe them, and cut them meetely grosse: afterwards sethe it all togither in good wine, and then rub the iointes with it. These two thinges aforesaid be very highly commended of the common people.

If so be that there be any thing discouered, not onely that concerning the fractures of the bones, but also of this whole fourth part of the ioints and outward members, wherein may be any want; thereof must aduise be had with expert Phisitions and Chirurgians, and so we will conclude therewith this fourth part.

# The fift Part of this booke, comprehendeth all the *Accidents and Diseases, which do spread themselues abroade ouer the whole body.*

IN the foresaid fower parts we haue most of all described all outward and inward parts of mans body, with all their accidentall diseases: this fift part shall discourse of those things which spread themselues abroad ouer the whole body: amongst which, outwardly is the skin, which couereth the whole bodie: inwardly are the vaines, the blood, flesh, sinewes and bones. Item, other accidentall things moe, as heate, colde, *Phlegma, Melancholia*, fatnes, leannes, sleepe, sweate, and such like.

To the Skinne will wee ascribe many kindes of diseases; to wit, what may hurt the same inwardly and outwardly; as all Impostumes, Vlcers, or Byles, Warts, spots, blisters, clefts, itchings, scurfe, swellings, *Varices*, Carbuncles, and such like. Item many other corroding vlcers, as Fistulaes, Canker, Gangrene, Pore, Leprosie, and many other incurable vlcers, *Cacoethes*. Afterwards wee will discourse of such thinges as hurt the skin on the outside, as burning or scalding by fier, by water, or gunpowder, by splints, by thornes, all kind of wounds,

and whatsoeuer may appertain vnto them. Lastly, of *Cicatrices*, which be left behinde after the cure of the forementioned accidents.

## *The first Chapter.*

## Of the Skin.

THe Skin is by nature giuen to all liuing creatures that haue blod in them, not only for an ornament and defence, but also as a garment of the whole body, which in one place is found thicker, thinner, and softer than in another.

The outwardmost skin is of it selfe insensible, and more fine and thin in mankind, than in any other beaste. The skin within the hand, on the forehead, and for the most part ouer the whole face, and on the hæles, can hardly be fleyed off, by reason that they bee throughout knit and wouen with sinewes and muscles. In like maner, if there be no flesh with it, and yet were wounded, it would not be possible to heale the same togither againe; like as may be sæne in the eyelids, in the foreskin, and other places moe of the body.

What diseases or accidents this skin is subiect to, we haue discouered it before, and will also write somewhat more of it hereafter.

### Of the inward causes which harme the Skin. §.1.

FOrasmuch as this fift part of our practise of Phisicke doth not discourse of any other matter but of vlcers, anguishes, impostumations, & such like accidents, which harme the skin: therfore we will discourse and write somewhat of it in generall at the first, notwithstanding the difference which is betwæne the vlcers and impostumes; like as in the third part, the 11. chapt. and 29. §. is declared.

Thus will we vnder the name of impostumations contain all that procædeth and followeth after, which the Phisitions doe thus describe.

An Impostume is a disease or malady, which altereth one member or part of the body from his naturall kinde, into an vnnaturall constitution. Or an Impostume is an vnnatural Tumor or swelling of a member, through winde, blod, or water, which hath drawen one of these matters vnto it.

This impostume may be caused of all the fower humors, and also each of a seuerall humor, or of a mixed humor, and that in this maner: When any part is badly qualified, be it of whatsoeuer cause that it will, or that any bad humors, windes, waters, or other superfluities haue accesse from any other part which is stronger then that whither they be sent, which is not able enough to expell the affluent humors from him: therefore doe they remaine there, and putrifie, and at the last impostumate.

When as such kinds of impostumes be caused onely of blod, then do the Grecians call it *Phlegmonem*. which is an hot swelling, with great paine and beating.

For if any swelling be caused through *Phlegma*, or any other waterish moisture, then be they called *Oedema*, and it is a soft tumor without paine, and it is sometimes sæne in dead bodies, in hydropicall persons, and in those parts which are extenuated.

If any swilling be caused through pure *Cholera*, then is the same called *Erisipelas*, which is the Rose. Of *Melancholia* commeth a hard swelling, called *Schirrhus*, the Canker and such like: Which maladies do mixe themselues oftentimes with diuers other swellings, and vlcers, and such like, as we shall especially write hereafter, and discourse of diuers and sundry of them. But (as is said) we will begin with the first.

Of

## Of the Warts. §. 2.

HOw ill fauoured this excrescence of the skin is to the sight, is sufficiently knowne vnto all men, whereof there be also many kinds, some altogether drye, hard, black, and cleft or chopt: others be moyst, running, itchie, and where the paine is to be felt in handling them. Their principall cause is a very burnt melancholick bloud. Therefore ought such things first to be vsed as withstand the ingendring of melancholick bloud, as we haue elsewhere shewed, and shall hereafter declare more at large.

But amongst the things which may outwardly be vsed be these following: Take Willow rinds, and burne them to ashes; afterwards mixe it with sharp vineger, and annoynt the warts with it, especially if they stand in a secret place, or rub them with Asses milke, afterwards lay the foresaid on them being spread vpon a cloth, then will they fall off without paine.

Item: Take the iuice of Celandine, and the iuice of Purslaine, of each one ounce, oyle of Sulphure one dragme and a halfe; then temper them togither, and annoint them therewith. The same doth also oyle of Sulphure alone: Take the iuice of Marigolds, and temper it with salue vnto a plaister. Some do take Cranes eies, and temper them with the iuice of Onions and salt vnto a plaister, and so binde vpon it. It is also saide that red sealing Waxe is very good for it: Take a garden Snaile, strow it with salt, put it into a glasse, then commeth there an oyle of it in the space of two dayes, then annoynt the warts therewith and they will fall off.

You may also annoynt them with the oyle of *Camelina*. If they be so great that they may be tyed with a horse haire or any strong silken thred, then tye the thred from day to day fast about them, vntill they dry away and fall off.

With this are you also to note, that when there be many warts together, like as commonly happeth, you begin first at the greatest, for that they haue such a sympathie one with another, that when the greatest (being as the mother) hath her nourishment taken away, that thereby the rest may easily be killed.

Item, burne them with a Rye strawe, and take afterwards pouned Saffron, sethe it in Sallet oyle, and then put salt vnto it and Swines grease, to the end it may be as a salue, and then lay it vpon it.

For this is also meete all that which is discouered in the fourth part the second Chapter and 3. §. for the Cornes. The warts require also a moderate dyet, and that he forbeare all that might ingender melancholick bloud.

## Of the Measels, red Gum, and of the small Pocks in generall. §. 3.

CHildren are for the most part subiect vnto these diseases, and also auncient folks otherwhiles. And like as the same be perilous in yong children, so be they more perilous in auncient people. They come also through many kind of meanes, sometimes like red spots: also with waterish blisters which outwardly appeare cleane ouer ones bodie vpon the skinne, as big as Millet seede, which at last dry away and fall off. These be also (to tell the troth) not without great danger, especially if they happen not to breake out through cold: or if they haue appeared alreadie vpon the skinne on the out side, and be stroken in againe; for thereby do they make a narrownes of the breast, a short breath, hoarsenes, disease of the throate, or of the mouth, and anguish of the whole bodie, with great Agues.

The learned haue sought out the causes of this breaking out of the small pocks, Measels, and such like: therefore be they of opinion, that one bringeth the cause of this sicknes with him out of his mothers womb when he is borne. For that because as the fruit is nourished of the finest bloud of his mothers Termes: so doth the vncleannes of that bloud remaine in the pores of the children, and in other places moe, which nature afterwards driueth out in due time.

And because that all humaine creatures be through such meanes and nourishment sustained and fed in their mothers womb, therefore doth it seldome happen that any kind of people can be old, without getting these Pocks or Measels, whereof this common false opinion is spread and growne

growne amongſt many people, that all childꝛen muſt once haue theſe Pocks oꝛ Meaſels, whereby many mothers which haue many childꝛen, and if any of them get the Pocks oꝛ Meaſels, and be let runne one amongſt another, whereby one child is infected of another, and ſo do catch the Pocks oꝛ Meaſels: ſaying beſides, the truth is, that it is better that they get them in their childhood, then when they be growne in yéeres. But this is none other (like as I haue ſayd) but a falſe opinion, foꝛ one may be freed of this ſicknes thꝛough a good dyet.

There be alſo other cauſes moe concerning theſe maladies, viz. ſtinking ayꝛe, which doth heate the bloud and other humoꝛs of the bodie, and troubleth them. Like as to be long conuerſant in the warme ſunne: alſo to ouercharge him with ſuch meate which quickly coꝛrupteth in the ſtomack, as fiſh and milke eaten together, thꝛough much bad bloud, thꝛough omitting an accuſtomed letting of bloud, and ſuch like cauſes moe.

The ſignes of theſe ſickneſſes be paine of the back, itch of the eares and of the noſe, which come of the vapoꝛs of the coꝛrupt matter, and are partly peſtilentiall: theꝛefoꝛe they haue a frightfull ſléepe, and the pꝛicking may be felt ouer the whole bodie. With this they haue alſo a ſlothfulnes in all parts, rednes of the face and of the eyes, and ſomewhat ſwelling; and they be ſo long pinched with ſléepines, vntill the Pocks do bꝛeake out vpon them euery where.

And although (like as we haue admoniſhed) the Meaſels and the Pocks haue one kinde of cauſe, yet we will diſcourſe of each apart, as much as is poſſible.

## Of the Meaſels. §. 4.

THis is (as we haue ſaid) a common infirmitie of childꝛen, and it alſo aſſayleth auncient and full growen people, ſo that they ouer the whole bodie (ſome leſſe, other ſome moꝛe) are beſpꝛinkled with red ſpots. There is alſo great heate oftentimes with it, and a purſiuenes on the bꝛeaſt. In this ſickneſs muſt one beware eſpecially of cold, yea of open ayꝛe, and of hot meate and dꝛinke. And auncient perſons are to oꝛder themſelues, as we ſhall ſhew in diſcourſe of the ſmall Pocks. Common people do eſpecially commend the conſerue of Elderne floures, and the ſame rubbed vpon the heated parts. But what is further conuenient foꝛ this purpoſe, you may make choiſe thereof accoꝛding to the impoꝛtance of the cauſe, out of the deſcription enſuing of the ſmall Pocks, that ſhall like you beſt.

## Of the ſmall Pocks. §. 5.

WHen as Childꝛen be aſſayled with theſe foꝛeſayde Meaſels oꝛ Pocks, and they will not bꝛeake out, then take oyle of Cammomill and good Wine, of each one ounce and a halfe, Salt peter one dꝛagme, ſœthe it together vntill all the Wine be waſted, and annoynt the whole bodie with it when it is very well warmed. This potion following is very good foꝛ all aged people, and alſo foꝛ all yong childꝛen. Take Citron péeles one quarter of an ounce, ſower Dates one quarter of an ounce, Cicoꝛie roots halfe an ounce, the flowers of Bugloſſe and of Burrage, of each halfe a handfull; ſœthe them togither in a pinte of water vntill about the third part be conſumed: afterwardes ſtraine it, and temper amongſt it *Sir. Acetoſitatis Citri* two ounces, *de Corticibus Citri, de Succo Acetoſo*, of each one ounce; giue oftentimes a little of it, foꝛ it is very mœte and pleaſant.

Item, take Oliue leaues two handfuls, Agrimony one handfull; ſœthe it all togither in good wine, and dꝛinke thereof euery moꝛning thꝛée oꝛ fower ſpoonefuls: it dꝛyeth vp all affluent humoꝛs. But when theſe Pockes begin to fall away, then are theſe means following to be vſed, accoꝛding to the impoꝛtance of the cauſe: Take Ceruſe halfe an ounce, oyle of Roſes one ounce and a halfe, Camfere the quantity of a Peaſe, Saltpeter halfe a dꝛag. and two oꝛ thꝛée péeled Almonds, wherewith you are to chafe the Camfer. Afterwards temper one amongſt the other, and therewith annoint the place of the Pockes: Oꝛ take Sallet oyle, and Ceruſe as befoꝛe; then temper them togither with a little vineger and Roſe water, and vſe it as befoꝛe. Some doe alſo aduiſe to take ſtrong leigh, which is hereafter deſcribed againſt the burning of gunpowder.

Another.

## Another sorte of small Pockes, which be called Swine pockes. §.6.

LIke as we haue said before, these kinde of Pockes be much like to the other before mentioned, and procœdeth also of the same cause, sauing onely that these whereof we now write, be bigger, broader, and also with greater anguish of the brest and of the breath: therefore may all be vsed for this, that is expressed for the troubled breast in the second part, the fift chapter, and 9. §. aswell in old as in yong people. But especially is this salue following to be ordained for it: Take fresh Butter, oyle of sweete Almonds, and Gose grease, of each halfe an ounce, Ware as much as is needefull. Some doe put vnto it halfe an ounce of Turpentine, and one ounce of liquid Storax: this is especiall good, and also approued oftentimes.

Aged people be much aduised to eate none other thing but Barley pap, or Oaten paps, and to drinke Barley water. Take fowertéen or fiftéene Figs, Pistacies one quarter of an ounce, Fennell séede, the séedes of Smallage and *Lacca*, of each three dragmes, Lentils one ounce and a halfe, Dragagant halfe a dragme, Roses, Saunders, burnt Iuory, and Quince kernels, of each halfe an ounce; sæthe them all togither in three quarts of water vntill a third part be wasted, and then drinke a good draught thereof in the morning and euening. He is also to vse oftentimes *Oxysacchara*, conserue of Roses, conserue of Raspes, the sirupe of Sorrell, of Veriuice, and of Quinces, to make the blood thicke with it, and to cole it. There is especially commended for this, the water of Lentils when it is boyled in the third liquor, to wit, the two first being powred out. If now it be feared that the pockes should hurt the eyes, then is this following to be vsed for it: Take *Lycium*, the iuice of Sloes, and Saffron, of each one dragme, Camfere one scruple; temper this all togither in Rose water, and drop it oftentimes into the eyes. If so bee that now any Pore or any rednes be perceiued on the apple of the eye, then vse *Siefalbum*, and that according to the quality of the cause: for which you may looke into the Register, where you shall finde also the manner to make it. But if there doe come any exulceration in the throate or mouth, then cleanse the same with Barley water, wherein sirupe of Mulberies, wine of Pomegranates, and such like be decocted, and drinke the same also softly. The iuice of Mints is also to be drawen vp thorough the nose, tempered with Saunders, Veriuice and Vineger: the same also fumed is good for it. Now when as the Pockes do anguish the Lights, then vse *Diapapauer*. If there be any hoarsenes or roughnes of the throat, then looke what is good for it in the place where we discourse of it. For which is also a gargarisation to be made with Licorice, Iuiubes, Sebestes, and Figs decocted in water, and a little Dragagant dissolued in it, and then to cleanse the mouth with it, and sometime to swallow downe some of it. When as there is no ague with it, then is it very good that one drinke warme Goates milke. Now for to frée the intrailes from the Pockes, rosted Quinces are to be taken with Sugar, or the sirupe of the same. If a scowring happen with it, looke what is described in the third part, the eleuenth chapter, and 13. §. Lastly, all renowmed and fauous Phisitions doe aduise (against the opinion of the common people) that one should about the seuenth day open the Pockes, if they be ripe, with a golden needle, for to let out the matter, and to the end that through their sharpenes they should not eate inward, and leaue great Cicatrises behinde them. Make also a powder with Salt, Lentils meale, Beane meale, Pease meale, litharge of golde, and Ceruse: strow the parts with it, to the end that thereby the matter may drie. All which cannot be hurtfull.

If so be that after healing of the Pore there do remaine great dents, pits or scars, then may these things ensuing be vsed.

Take *Sarcocolla*, Melon séede, washed Rice, whites of Egs, Chalke, Bolus, or white Sugar; temper them with the oyle of Roses, or the oyle of Lillies, and therewith annoynt the Cicatrises. Or in stéede of the oyle, take Hens grease.

Item take the Caule of a yong Goate or Kid, powre Goats milke vpon it, then set it so in the Sun, and powre fresh milke euery day vpon it the space of one wéeke: afterwards lay it the space of fower daies in Rose water, and then hang it vp to drie. This being done shread it small, and put it into a siluer beaker, and set it in boiling water: when it is molten, then straine it thorough a cloth, and annoint therewith the markes and small pockes.

Of

## Of clefts in the Skin. §. 7.

YOu haue in the first part the ninth Chapter and 1. §. of the clifts in the lips. Item, in the third part, the fift Chapter and 2. §. in the description of the places in women. And in the tenth Chapter and 11. §. of the clifts in the Arsegut. Also in the fourth part the first Chapter and 7. §. of the clifts in the hands: all which remedies there described may be vsed for this our intent, and also all these that follow.

Take the grœne rinde of the Elder, stœpe it in a sufficient quantitie of Sallet oyle, boyle them together, wring them out hard, and with ware make a salue of them. This salue is also very good to be vsed against the burning fire.

Item, take oyle of Roses, white ware, Frankincense, Mastick, and Hens grease, of each halfe an ounce, Ginger halfe a dragme; melt the ware, the oyle, and the grease together, and temper the rest amongst it.

## Of the Itch in the skin. §. 8.

BEfore we begin to write of the Scabs, we will first intreate of the dry itch of the skinne. This is called in Latine *Pruritus*, which is a desire to rub and scratch, either the whole bodie or some part of it, by reason of the great itch, which is caused of some sharp humors, which doth yet lye vnder the skinne.

Also, if the humors (which are stirred vp either by heate or by labour) be so tuch, that they cannot transpirate through the skinne and the pores of the same, then do they cause an itch. Also Lice, Fleas, Ants, and Woodlice, do cause an itch. Item, if one do but seldome change his apparell.

The inward causes may be an ouergreat heate of the lyuer, which doth ingender sharp and adust humors: also, debilitie of the vertue expulsiue, as doth appeare in aged folks. The signes of this itch are manifest, as that a bodie cannot stœpe for it, and is hindered from doing his busnesse aright.

Now to come to the remedies of the itch, the patient shall haue a vaine opened, be purged, and almost obserue the same order which hereafter is prescribed against scabbednes. A sweating bath and water baths are especially commended for this purpose, which being once vsed, and not turning away the itch, shew that the humors in quantitie do abound, which cause the same. This bathing is to be reiterated, and the body to be rubbed where it itcheth most with this receipt following: Take white Roses two ounces, beate them thorowly with vineger, and adde one ounce of Bran vnto them. The next day following bathe againe, and rub your bodie with pouned Smallage, with grœne nut shales, or with Fenegrœke. These itchy patients are to forbeare all manner of salt and hot things, and especially all that might inflame or burne the bloud.

If this itch be about the yard or member of a man, then take a quarter of an ounce of Ceruse, Sulphur viue one dragme and a halfe, *Opium* halfe a dragme; make a salue of it with vineger: some do adde two scruples of beaten Licebane vnto it. If this itch be in the Arsegut, or in the womb, then take burnt Allome one quarter of an ounce, Argall one ounce, temper them with vineger, spread it on a cloth, and so apply it.

## Of Scabbednes. §. 9.

SCabbednes is of diuers kinds, some with scales, some with blisters, some with matter, and some without matter, some dry and red; but all of them with an intollerable itch, according to the nature of the humors which cause the same, and are mixed with the bloud.

The causes of this infirmitie, are the vses of all kind of hot, sharp, salt, and bitter meates, as spices, strong wine, oyle, hony, want of change in apparell, to lye or deale with them that be scabbed, with many other inward causes, that procœde of an inflamed and corrupted bloud.

The

The signes of all manner of scabbednes are apparant: but of what kinde of humor the same is caused, shall appeare by these reasons following. If it be caused of bloud, that may be knowne by the repletion of the bodie, rednes of the parts, and if the bloud or matter do issue forth in the scratching: The patient hath also commonly a swæte taste in the mouth. But if this scabbednes be caused of a salt phlegme, then is the skinne yellowish, scaly, and reasonably full of matter: the patient cannot be quiet for the itch, and after scratching findeth great paine and smarting. If it procæde of *Cholera*, then perceiueth he not only a great drought in the ioynts, but also in the scabs themselues, with pricking, burning, and small store of moysture: or if it be caused of Melancholy, then is the skinne blackish, dry, with many scales, and without matter.

Now, for to cure this common and well knowne griefe, are these rules following to be obserued diligently. First, because the common cause of this disease is grosse and foule bloud, ought first of all a vaine to be opened. Secondly, after the letting of bloud, is the bodie to be purged, and especially with the Mirobalanes, and Fumitory. Thirdly, because the itch and scabbednes are ingendred of salt, sharp, swæte, and spiced meates, are the same wholy to be forborne. Fourthly, venery is to be shunned, because thereby the humor is drawne to the out side of the bodie, where it doth rayse hot and stinking vapors, that disperse themselues vnder the skinne. Fiftly, bathing, inunction, and whatsoeuer else may be vsed outwardly doth small ease, vnlesse the bodie be first throughlie purged. Sixtly, in eating and drinking refraine all salt, sharp, swæte, and hot things. Seuenthly, sowre and moyst meates that do not sodainely putrifie in the stomack, are good for him. Eightly, because Peaches and some other herbs, also fish, milke, and such like do corrupt the bloud, are they to be shunned. Ninthly, the patient must forbeare scratching as much as is possible, for thereby little pushes are turned into great scabs. Tenthly, the moyster that the scabbednes is, the stronger remedies doth it require.

As concerning the cure of this infirmitie, the opening of the Median or Lyuer vaine is not to be omitted, and that as long as the patient can indure it. Then is the humor to be prepared with *Oxysacchara*, sirupe of Fumitory, and Pease broth: afterwards to purge with Cassy, with sowre Dates, with Mirobalanes, with Dodder, or with Rubarb infused or sodden in whay of milke, but aboue all other things is Fumitory commended, whether it be the iuice, the sirupe, the conserue, or decoctiue potions, or whatsoeuer else may be made of it.

Sene leaues do the same, whereof thou mayst vse these two kinds of potions in this scabbednes, which are described in the third part and 20. §.

Item, take pouned Sene leaues one dragg. strowe them vpon stewed Corans, and so eate them dayly: vse them so long, till thou be lose in bodie, and as thy stomacke will suffer thee. Some do commend the golden water which is described in the last part, if a little of it be taken either inwardly, or annoynted on the scabbednes outwardly. After that the bodie hath bæne thorowly purged, it is a common order to bathe, otherwhiles in faire water, otherwhiles also naturall dry bathes, each as you like it best. But those that cannot intend to trauaile to the dry bathes, may take Salt, Allome, Brimstone, Argall, and such like, according as the scabbednes doth require, and so with water make a bath of them.

There are also many kinds of salues and oyles ordayned for it, whereof diuers shall be specified at this present: Take litharge of Siluer finely powdered two ounces, Vineger foure ounces, boyle them together vntill one third part be wasted, then adde two ounces of oyle of Oliues vnto it, one ounce of Cerusse, then boyle them together vntill they be thick stirring them continually.

Another. Take Cerusse two ounces, litharge of Siluer one ounce, Mastick, and Frankincense, of each two dragmes; beate them all together to fine powder, and mixe them with three ounces of the oyle of Oliues, and in the tempering of them powre now and then foure or fiue drops of Rose water and Vineger vnto them.

In like manner you haue also in the fourth part the ninth Chapter and 1. §. fiue kinds of white salues, which one may also vse with all securitie for scabbednes.

Item, in the first part the third Chapter and 10. §. there is a good salue beginning thus: Take Turpentine, &c.

Item, take Bayberies, Vineger, and oyle of Oliues as much as you please, and temper them all together to a salue, it is very good and safe. Take the rootes of *Bistorta* one dragme, prepared *Sarcocolla* two dragmes and a halfe, *Sandaraca* foure scruples, prepared *Tutia* one scruple, Turpentine

pentine washt with water of Fumitory foure ounces, Camfer halfe a scruple; temper amongst it fiue ounces of the next following salue of Elecampane rotes.

Take the iuice of Elecampane rotes, and of Dock rotes, of each three ounces, Salt peter, *Sarcocolla*, the lytharge of Siluer and Mastick, of each fifteene greynes, Coperas and Allome, (called *Iame mum*) of each two scruples, mortified Quicksiluer one dragme, Butter two drag. and a halfe, Turpentine one ounce and a halfe, Pitch one ounce: the Butter, Pitch, and Turpentine must you melt together, and afterwards temper the other ingredients amongst it, and let it sethe with a soft fire vntill all the iuices be consumed: you are then to annoynt the patient therewith by a good fire, and that especially on the places where the most scabbednes is; this salue draweth the corruption outward.

Another. Take washt Turpentine two ounces, washt Butter one ounce, Salt halfe an ounce, the iuice of three Limons, two yolks of egs brayed, oyle of Roses halfe an ounce, or as much as is needefull for to make a thin salue: then temper it all together, it is a safe salue.

In the fourth part the seuenth Chapter and 3. §. you haue also a good salue, beginning thus: Take Sage, Mallowes, &c. which one may vse very safely for all manner of scabs. Or take Dock rotes, poune them very small, temper vineger amongst it, and salt it well: with this are you to rub your selfe well in the bath when you will goe out of it, without wetting your selfe after it.

Item, take Dock rotes, and Hollyhock rotes, of each two ounces and a half, Hellebor rotes one ounce, Smallage halfe a handfull; sethe them all together in fresh well water vntill the third part be wasted: strayne it, and put into this decoction one ounce and a halfe of salt, Saltpeter one quarter of an ounce, fresh Butter, and oyle of Roses, of each two ounces; let it sethe the second time vntill all the moysture be consumed, afterwards temper amongst it washt Turpentine one ounce, Treacle three dragmes, the iuice of Limons or of Oranges two ounces, lastly, temper them all together.

Item, take the iuice of Mints, liquid Storax, of each one ounce and a halfe, Salt three ounces, oyle of Roses two ounces and a halfe, and make a salue thereof.

The plaister *Diachilon* may also be well melted in oyle of Roses, for the same vse: Sulfur viu tempered with Turpentine, is also much commended for this. Or make it thus: Take Sulphur viu halfe an ounce, Salt as much also (stampt small together) Sallet oyle two ounces, then make it to a salue with Waxe, as thick as you desire. Take Ashes, Salt, and Sulphur, of each one ounce, binde them all together in a fine cloth, and then sethe it in foure ounces of Sallet oyle, and rub the scabbednes therewith.

Another. Take Turpentine, which is washt well with Rose water, two ounces, oyle of Roses, oyle of Costus, and fresh Butter, of each halfe an ounce, Sulfure viu three dragmes, Saltpeter one quarter of an ounce, and two yolkes of Egs; then temper it vpon warme ashes. Item, take washt Turpentine fiue ounces, quicke Lime two ounces, Soote of the chimney one quarter of an ounce, and temper them all togither.

This salue following is much stronger then the forementioned: take of the salue of Elecampane rotes, not long since described, nine ounces, Myrrhe, Swines bread, Hart wort, pouned all togither very small, of each one quarter of an ounce, Bean meale two ounces, Sene powder one quarter of an ounce, *Sal gemme* two scrup. temper them altogither vnto a salue.

Some doe take fresh Butter ane Swines bread, of each fower ounces, Cerusse three dagms, Quicksiluer one dragme, stir them so long togither that you see the Quicksiluer no more, and therewith annoint the place infected once a day.

Other do make it thus: They do take powned Bayberries, and fresh May butter, of each fower ounces, and melt it by the fire: when it is a little colde, then mixe one dragme of Quicksiluer amongst it, and afterwards the Bayberries, iuice of Nightshade, and iuice of Mallowes, of each three quarters of an ounce: if one cannot get the iuices, then take the powned herbes, and if so be that the salue be not tough enough, then put a little Turpentine vnto it.

Item, take mans grease, Rose water and Quicksiluer, each according to his waight, like as is sayd before in this last salue, and annoynt therewith the scabbed place once a day.

Another. Take a small Cruise full of rayne water, and put therein one dragme of *Mercuri sublimati*, so let it sethe together in a glasse with a narrow neck by a soft fire: and when it is cold, then temper therewith the iuice of Limons, and Rose water, of each halfe an ounce, and

vse

vse it as before. Some do take *Aquavitæ*, and therein do they sæthe a little Quicksiluer, and therewith annoynt the scabs.

Item, take Swines grease two ounces and a halfe, oyle of Bayberies one ounce, mortified Quicksiluer, Frankincense and Mastick, of each one dragme, Salt two ounces, the iuice of Plantaine and of Fumitory, of each one ounce and a halfe: lastly, temper one scruple of Orpiment with it. Or take Barrowes grease twelue ounces, Quicksiluer mortified with vineger halfe an ounce, oyle of Roses one ounce, Frankincense, Mastick, Mirrh, *Sarcocolla*, and lytharge of Siluer, of each halfe a dragme, Turpentine three ounces which is washed well in the iuice of Fumitory, Ware halfe an ounce, the two last are to be molten together, and temper the Barrowes grease amongst it, and at last the other powders: then stirre all well together vntill it be cold. With this salue is the patient to annoynt himselfe twice a day the space of fiue dayes, and the other sixe or eight dayes afterwards, then is he to wash him with this water following.

Take Docke rootes and Elecampane rootes both cut, of each sixe ounces, Bran sixe handfuls, Mallowes, Violet leaues, and Fumitory, of each twelue ounces, sæthe all togither in sufficient water, that one may bathe therein, sit in it mætly warme, and comming out of the bath, lay your selfe about the space of an howre a bed.

But here is to be noted, that the salues, which be tempered with Quicksiluer, are more mæt for the Pockes than for scabs, as hereafter shall be shewen in more ample maner.

If any body be plagued with a troublesome scabbednes, which procædeth of a salt melancholicke matter: then take the iuice of Elecampane roots, and of Docke roots, of each halfe an ounce, liquid Storax, blacke Helleborr, and prepared Tuttie, of each two scruples; temper these all togither in a leaden mortar, sower or fiue howers together vnto a salue.

It hapneth also otherwhiles, that by some disease of the stomacke or of the liuer, this disease doth growe, that doth so spread it selfe ouer the whole body, that one supposeth certainly that it is a right leprosie. For this do all expert Phisitions knowe good aduise, with letting of blood and purging at the first. And for this kind of scabs is this remedy following found, wherein I my selfe haue found maruellous operations: Take oyle of bitter Almonds sixtæn ounces, fifty common Creuets, poune them, and let them sæthe in the oyle: Afterwards wring them hard through a cloth, and temper amongst it eight ounces of the oyle of Egs, and annoint you therwith twice a day. For this is also good Sallet oyle, wherein Frogs be decocted. Item, take a water Snake, cut off the head and the taile, and cast it away, afterwards cut the rest in small pæces, and sæthe them in oyle, and straine it.

In like maner you haue also in the fourth part, the first chapter, and 8. §. against the scabbed hands a salue, beginning thus, Take Docke rootes &c. which is very mæte for this kind of scab, and excædeth also all others. The oyle of Eldern flowers doth cleanse, and mollifieth and taketh all scabbednes away from the handes. The oyle of Egges is very commodious of it selfe for all sharp scabs. Likewise also, the oile of Tiles, Juniper oile, whether it be drawen out of the wood, or out of the sæde, it doth expell all infection of the skin, although it were a Canker, or any olde vlcer. Also, oyle distilled out of Wheate is much commended for the same.

We haue also in the fourth part, the first chapter, and sixt §. other remedies moe against the scabbednes and the soreneße, which may be vsed for this, and ouer the whole body. Also, the mayden milke is very good for this, which is described in the first part, the fift chapter, and 1. §.

## Of Tumors. §. 10.

BEcause we haue sufficiently before discoursed of scabbednes, therefore we will now speake and discourse of certaine swellings, which assaile the skin and the flesh vnder it. And because there can be no impostumes without swelling or ranckling, as also al swelling may be caused of blowes, fals, wounds, fractures of bones, and such like: therfore it is needles to spend any longer time therein, euery one may himselfe sæke in the Register, for the member, wherein euery such swelling doth manifest it selfe, where may bee found perfect direction for all: Wherefore wee will onely here declare certaine common rules.

First is a Nutmeg very good for to cleanse all corruption of the blood, and that especially for the swelling of the milt: Conserue of Eldern berries doth also cure all inward swelling. In like manner

manner doth Conserue of the same flowers expell all scourings of the belly. Fower or fiue Figs eaten twice a day are also very méete in all swellings. Amongst oyles which may bee annoynted on the out side, are these following: to wit, oyle of Mints, of Dill, of Lilies, of Tiles. And amongst all salues, the salue *Althæa*.

There is a kind of swelling, which is softe, without paine, and which spreadeth it selfe farre abroad, which the Grecians doe call *Oedema*, which engendreth of winde and cold humors: with this maner of swelling are cõmonly hydropical patients troubled, & those that haue the consumption, or any other long lingering disease. This swelling is also in the foresaid sickne no cause of the same, but only an accident; so that the same hath no nède of any speciall remedy, but onely to apply vnto it *Oxyrrhodinum*, tempered with salt, or salted Sallet oyle.

## Of all Botches, Byles, and other hard swellings. §. 11.

NOw if there appeare any hard swellings, Botches, Byles, or Wennes, in any place of the body, and that at last there befall with it heat, or rednes, with paine, without inclining neuertheles to impostumation; then doe the Grecians call the same *Phlegmonas*: But this name comprehendeth many kindes of swellings, for that by the name *Phlegmone* be vnderstood also the swellings of the groines, the *Bubones*, and such like moe, because that the same be caused of one kind of cause, viz. of blood and *Cholera*. These swellings may also bee caused of fals, of blowes, or of thrustes, through which the humors be drawen towards the bruised place, and there being gathered togither, do make such tumors, impostumations, and other swellings. Besides that it happeneth so much the soner, if a body be plethoricke and full of blood.

The signes of these foresaid swellings, are heat, rednes, pain, and beating, which is felt déepe in the flesh, the whole member where this impostume is, thereby appeareth distempered, with heate and inflammation, with great swellings, and desire of cooling things.

And when as the member is more sinewy wherein this impostume commeth, so much greater is the paine: and how much more fleshy it is, so much is the paine & the pricking the lesse, and commeth easier to a perfect impostumation. Now for to remedy these kindes of swellings, must we note certaine rules.

First, if the patient be plethoricke, then is one of his vaines to be opened, and that alwaies in the side where the swelling is not, and according to the situation of the place, where the swelling appeareth. Secondly, if the matter be hot, then must one giue the patient those medicines, which allay the heat. Thirdly, when the matter is well purged, then are repulsiue remedies to be vsed vpon the swelling, if it be not that the swelling stand in such a place, whereby nature is wont to expell all superfluity from her. Fourthly, amongst the things which hinder repulsion be grosse and tough humors, cold and abundance of the matter. Fiftly, if so be that a swelling being great, and it seem to be inclined to impostumation, then are no repulsiue things to be vsed, but only maturatiues. Sirtly, when it is certain that the impostume is ripe, and be full of corruption, then is the same to be immediately opened, and especially if it stand nére some noble part; for that if one delayed the opening too long, then might the matter eate inward, and doe more hurte. Seuenthly, the healing of this hot impostume, consisteth onely in staying of the affluent humors, and in discussing matter present.

Now for to heale this impostume, one must imitate the first rule, and in the beginning open the vaine on the contrary side. But if so be that the Tumor haue already continued three or four daies, and the same were very big, then is the vaine to bee opened on the same side where the swelling is. The patient is also to be purged with fower Dates, with Cassie, with Syrupe of Roses, with the Confection of the iuice of Roses, or such like, and lay vpon it repulsiue medicaments for to lessen the power of the swelling, as cold herbes, Purslaine, Gourds, Endiue, and Nightshade pouned, and their iuices.

When as now the cause is come to the state, and to the highest, then are maturatiues to be vsed, whereof here be diuers discouered.

Some Pocke Phisitions do aduise, that do not knowe better, or they that gladly holde the matter long in their hands, that the swelling is the space of thirty dayes togither to be fomented with *Marchasita*, but that is very nédeles.

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This Confection following is of the same quality, and therfore to be also omitted: Take *Scrophularia*, Polypody rotes, Betony and swines bread, of each one dragme, poune them small togither, and being tempered with three ounces of Sugar, make a confection thereof. For to apply vnto it might this aforesaid be borne withal in some sort, for that it mollifieth al hard swellings, like as many other plaisters doe.

Take the muscilage of Hollihocke rotes, of Fenegreeke, and of Linseede, of each one ounce and a halfe, Barley meale two ounces, oyle of Lillies and Hens grease, of each one ounce, Butter halfe an ounce, Saffron halfe a scruple, and one yolke of an eg: seethe the muscilage with the meale by a milde fier, and at last stir the yolke of an eg amongst it. This plaister mollifieth all swellings which bee mixed with cold and heat: it swageth also the paine in all the sinewy parts, and such like things moe. Will you now vse it for all cold swellings? then temper amongst it *Ammoniacum*, *Bdellium*, and liquid Storax, of each halfe an ounce, wherewith it is very commodious to mollifie and ripen all hard swellings.

Another. Take Cammomill one handfull, seethe it in good wine euen to the halfe, then temper amongst it Sallet oyle and Butter, of each one ounce and a halfe, and as much Barly meale, vntill it be a pap; then lay it vpon the tumour, it ripeneth and mollifieth all hardnes.

Item, take Cammomill, Melilot, Roses, Dill seede, Fenegreeke, Hollyhock seede, and Linseede, of each one handfull, oyle of Lillies, and vnsalted butter, of each two ounces, Saffron one scruple, temper them together by a soft fire vnto a plaister, it mollifieth all hardnes, and easeth the paine.

Another. Take Cammomill, Melilot, Mallowes, and Hollyhock floures, of each one handfull, Barly meale one ounce, oyle of Lillies and of Cammomill, of each one ounce and a halfe: seethe the floures in sufficient water vnto the halfe, wring it out well, and poune it: put then the oyle and meale vnto it; this plaister hath the same operation with the other. Yet one moe, which is very good:

Take Hens grease, Goose grease, and marrow of Netes feete, of each one ounce, Muscilage of Hollyhock rotes, of Fenegreeke, and of Linseede, of each one ounce, *Bdellium*, *Galbanum*, and *Ammoniacum*, of each one ounce and a halfe: dissolue the gums in two ounces of oyle of Lillies, and then melt them with the grease and slime. Then poune 24. or 25. of fat Figs amongst it, and then stirre them all together, and lay thereof vpon the swelling. For to annoynt, is this following to be prepared: Take Beane meale, Allome, Polipody rotes, Swines bred, wild Cucumbers, Hartworts, *Scrophularia*, of each alike quantitie beaten, Sallet oyle as much as is needefull for to make a salue thereof. This is a very strong salue.

Take well decocted Rosemary rotes, and temper them with Hony: Item, take oyle of Roses one ounce and a halfe, washed Turpentine two ounces, *Mirrha* halfe an ounce, the yolks of two egs, Barly meale as much as is needefull for to make a soft plaister with it. This plaister causeth all swellings to ripen: Take Violets & water Lillies, of each one ounce, oyle of Quinces halfe an ounce, Starch two ounces, Camfer one scruple, fine *Bolus* one dragme: make a salue thereof for to vse for all hot swellings. Item, take Pitch, Turpentine, and Rosen, of each one ounce and a halfe, Ware one ounce, Sallet oyle three quarters of an ounce, let them melt together by a milde fire. The plaister *Diachilon* doth also much mollifie all hard swellings.

In the second part the second Chapter and 7. §. you haue many excellent things which also may be vsed for this purpose.

But if so be that these hard kind of swellings and impostumes be ripe, which is thereby easily to be knowne, when the heate, the ague, and other accidents do diminish; also, when the hardnes is mollified, then must the swelling be opened, and so kept with taints, and to cleanse it well, so that for certaine dayes together all the matter and corruption may runne out: lay also clouts on euery time with red or any other amper wine, wherein Roses and Cammomill haue bene decocted.

If so be that now after the healing like as it hapneth sometimes in these kinds of hot swellings, there remaine some paine which keepeth the patient disquiet, then lay beaten yolks of egs vpon it, tempered with oyle of Roses.

Or take crums of white bread, and powre seething water vpon it, then wring it out againe and temper them with oyle of Roses vnto a pap.

Item, seethe Mallowes in common water, stamp them, and temper them with Bran and

oyle of Violets: to all these forementioned things are you to temper alwayes some Saffron, because that it hath an especiall power in alaying of all paynes.

## Of the Rose, a certaine impediment, called *Erysipelas*. §.12.

Amongst the hot swellings whereof commonly the foresaid impostumes are caused, is also the Rose or *Erysipelas*, which is none other thing but an inflammation of the skin, which in this countrie we call the Rose.

The Latinists do call it *Ignem sacrum*, which is the holy fire, for that when the Rose appeareth in any place of the bodie, then doth it come with a burning heate, with an ague, and with a dry rednes. And to know this impediment from all other inflammations, lay your finger vpon the chiefest place of the rednes, wring it so easily, if so be that then the place whence you lift vp your finger that you had so wrung do seeme white, and in the twinkling of an eye seeme red againe, then is it a sure signe of the Rose. This swelling commonly assayleth one with a quiuering, with heate, and cold, it infecteth also only the skin without piercing (as other swellings) into the flesh, or very seldome, and when this inflammation of the Rose goeth inward into the bodie, then is it a very bad signe.

Now for to heale this infection of the Rose, must heede be taken to these orders following. First, can not one do better, then to purge this hot cholerick matter (whence this swelling hath his foundation) with necessarie medicines: secondly, these cholerick humors (which be as it were a skumme of the bloud) be not only a cause of this Rose, by their abundance, but also by their heate and inflammation: wherefore it is not hurtfull for to open a vaine, thereby to cole the bloud. Thirdly, the coling of this inflammation may not be vsed in all places by laying on of some repulsiue things, to the end that the hot matter be not repelled and driuen to any noble part, as to the braynes, the hart, &c. whereby some great mischance might ensue.

Fourthly, no cold things are to be vsed for this swelling, if the bodie before be not well purged. Fiftly, it is not needefull for to ripen these swellings, but only to cole them. Sixtly, if this Rose be without any mixture of other swellings, then doth it not hurt, although one drinke cold water, but it is rather a medicine in this disease. Seuenthly, when the swelling is caused of a red *Cholera*, then is it so much the hotter, therefore strong coling things are to be vsed. Eightly, if so be that this swelling be tempered with another sort of swelling, then is the same so long to be coled, vntill one perceiue that the member hath gotten againe his naturall colour. Ninthly, if the place of the swelling begin to seeme black and broune, then vse no coling things moe, to the end that thereby it come not to impostumate and ranckle.

And to preuent these things, this is to be done: first of all purge the patient, for to expell the *Cholera* with Cassy, *Electuario Lenitiuo, Diaphœnicone, De succo Rosarum, De Sebesten*, as is shewed at large in the third part, the twelfth Chapter, and 6. §. But it were not amisse alwayes to adde some Rubarb vnto either of these medicines.

But aboue all, he must beware of the vse of Scammony, or *Diagridion*. But take 24. or 25. Prunes, sowre Dates one ounce and a quarter, seethe them well in sufficient well water, then take of this decoction three ounces, and steepe therein one dragme of Rubarb throughout the whole night, afterwards wring it out in the morning, and mingle one ounce of the sirupe of Violets with it, or as much as you thinke good, and so drinke it warme. If this purgation be too weake, then take some of the forenamed, and especially *De succo Rosarum*, and temper therewith one quarter of an ounce. It happeneth also oftentimes, that through the taking of any medicine, paine and maruellous accidents are perceiued, then is the patient presently to take warme water, or this ensuing.

Take Annis, and Fennell, of each halfe a dragme, Roses, Violets, floures of Borrage and of Bugloss, of each halfe a handfull, Saffron three greynes, seethe it together with water, and drinke a good draught thereof, or lay it vpon the stomack.

Afterwards set a boxing cup (vnpickt) vpon the hart, and two behinde vpon the back, and if so be that the age, and the repletion of the bodie may suffer it, then is the lyuer vaine to be opened: otherwise may it be omitted, for that in this disease letting of bloud is not alwayes necessarie.

His whole order of dyet must be coling things, wherefore wine is much forbidden, and

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in the stæde thereof, is there nothing more requisite than Barly water. There may also be vsed sometimes the sirupe of Endiue, of Vineger, of Sorrell, and of Poppy heads, or the sirupe and Julep of Roses, and of Violets is also much commended, and if so be that the long vse of Barly water went against him, then may he drinke Well water; as herebefore you haue seene further direction in a hot stomacke and liuer.

For to vse outwardly: Take Lettice, which is somewhat grosly beaten, and lay it vpon the heate of the swelling: or in the stæde thereof, take Lettice water. In like manner may you also vse this following, whether it be tempered, or eache alone, being made wet with a spunge, and so laid vpon it, viz. Water of Endiue, of Corne roses, of water Lillies, of Violets, or the decoction of Roses.

Item, lay Creame of milke vpon it, tempered with Bran, or Crummes of white bread, steped in milke; and in like manner also *Oxyrrhodinum*. Or take the iuice of Plantaine, and iuice of Houslæke, of each a like quantitie, and temper some Vineger with it. Some doe vse for it the right writing inke. Take Plantaine one handfull, Nightshade and Violets, of each halfe a handfull, Linesæde and Fenegræke meale, of each halfe an ounce; let it sæthe togither to growte: Afterwardes temper the yolke of an Egge amongst it, and vse it as the other.

Another: Take Barley meale two ounces, Linsæde meale and Roses of each one ounce and a halfe, red and white Saunders of each one quarter of an ounce, fine Bolus, and Camfere, of each one dragm, the iuice of Nightshade and of Houslæke, of each two ounces, and a little Vineger; temper them all togither with the oyle of Roses vnto a softe plaister.

This oyle following is also very good for to asswage heate, viz. oyle of Roses, of water Lillies, of Violets, and of Poppy heads. Neuertheles, there is here to be noted, that al oylie and fat things be not very mete for this; so that they are not to be vsed for this disease, but onely for to mixe them with other things.

For to annoint withall, take small powned litharge of golde, temper it vnto dough with oile of Roses, afterwards put a little sharpe vineger vnto it, and stir it so long togither vntill that the Vineger be well tempered amongst it: this is chiefly to be annointed vpon the Rose there, where there be any blisters apparant, three times a day. The salue of Roses, and the coling salue *Galeni*, bee very good for this, especially if there bee a little Camfere tempered with both these.

Also this salue following may sometimes bee annoynted vpon it: Take the oyle of Roses, of Cammomill, of Egges, and iuice of Plantaine, of each a like quantity, temper them all togither.

Or take this following: Take the iuice of Plantaine fower ounces, Rose water, and oyle of Roses, of each one ounce and a halfe. If you desire to make a salue thereof, then let it sæthe vntill all the iuice be wasted, & then put some ware vnto it: Otherwise may you dip a cloth therein and lay it thereon, and as then, the last described pap ouer it, beginning, Take Plantaine a handfull, &c.

Item, take Barly meale, Hony, and the iuice of Apples, of each a like quantity, let them sæthe togither vnto grout, and vse them as the other. You may also vse fomenting, where Roses, Cammomill, and Houslæke be decocted.

## Of the swellings of the Groynes, Armepits, and Eares. §. 13.

WE haue here before in the common description of the Impostume and swelling admonished, That there is also comprehended by the same name, the swelling of the groines *Bubones*, as also the Carbuncles or plague sores. But because these swellings doe commonly appeare in man and woman in the armeholes, or in the groynes: therefore haue we in the third part, the second chapter, and first §. written thereof at large. And it is also so with all other anguishes, Byles, *Furunculis*, but that they be somewhat more tolerable.

## Of the Carbuncle or plague sore, a perillous swelling. §.14.

THis Impostume doe the Grækes call *Anthracem*, which is a Cole; the Latinists call it *Carbonem* and *Carbunculum*, which name we haue retained in our spæch, howbeit that some make a difference betwæne *Anthax* and *Carbunculus*. This impostume is described as followeth.

*Anthrax* is an hot impostume, by which the place where it appeareth is inflamed, burneth the grosse blood, and causeth a blacke cole or core with an intolerable paine. And there is also in trueth no worse impostume amongst all the rest then this *Anthrax*, as all well learned Phisitions doe write thereof, and as daylie experience bringeth with it.

The signes whereby these two impostumes be knowen, is first a rednes of the member, with a small blackish, darke blew, or pale push, whereon a scale groweth, vnder the which there is some matter or corruption gathered. But by reason these hot Carbuncles, or plague sores, for the most part, and most perilously make shewe in the time of plague (where shall be written at large of this matter) therefore will we not deuide the matter: but all those that are taken with them at other times, we doe remit to the first part of this booke, prouiding there to teach at length whatsoeuer shall seeme needefull for it; therefore we will be the briefer at this present.

First must they which be infected with this disease, cause a paine to be opened, and that on the contrary side, if so be that he be full of blood, and of humors: afterwards vpon the same side: and if that could not be compassed, at least wise there to set boring cups; afterwardes the patient is to be purged with the whay of milke, with *Epithymo*, with *Agaricus*, or with sower Dates.

For to comfort him withall may he vse Citrons, Limons, and Orenges. In eating and drinking is he to keepe himself, as one that is full of the ague, and according as the heat is great. Outwardly is he not to vse cold things, as in the Rose, for that the matter is somewhat thicker; But one may make a plaister of Gals, Plantaine, Lentils, of crusts of bread, or Bran, tempered with Vineger, Allome molten in Vineger, and then laid with clothes vpon it: for this are also good Pomegranates cut in peeces, and decocted mellow in Vineger, and layd vpon it as a plaister: for thereby will the heate and the payne be swaged. Nowe for to cause this paine to ripen, make a plaister of Figs, of Currans, of Nuts, of Barley meale, decocted with Wine and oyle.

Round about the Carbuncle the salue of fine Bolus, made of Vineger and Rose water, for to defend the parts adiacent from heate.

When as now this anguish is broken vp, then is it to be healed and cleansed with the mundificatiue, which is described in the second part, the second chapter, and 9. §. and to vse drying things so long, vntill that they be thorowly healed, which may be effected with the salue *Basilicon*, which is thus made: take Ceruse fiue dragmes, Litharge of gold one quarter of an ounce, the Litharge of siluer one dragme and a halfe, Dragagant one dragme; make a powder thereof, and temper it with an ounce of white Ware, and three ounces of oyle of Roses, vnto a salue.

Salue Basilicum.

## Of all manner of old Vlcers and old Sores. §.15.

THese vlcers or old cores, whether they be caused of Impostumes, winds, or any other occasions, be alwaies called by the Latinists *Solutionem Continuitatis*, which is a separation of continuity, which alwaies hapneth in al vlcers and sores, where the skin and the flesh parteth a sunder: whereof there be found many kinds, as we also haue described many of them before, and shall doe hereafter againe. But this present §. shall tell only of all old vlcers in generall: for which some of these rules following are to be obserued.

First, if one see that an vlcer or wound doe yelde much thin matter, then is it a signe that one is to vse drying things. Secondly, if so be that the matter be tough and thicke, then are *Abstersiua*, which are mundifikying things, to be vsed. Thirdly when these kindes of vlcers be dressed, then is heede to be taken that the vlcer bee not blowen vpon with the South winde,

winde, that there come also no cold, nor moysture into it, and that especially when the vlcer is moyste and hote. Fourthly, for all wounds drie thinges be good, and that the rather if the same be deepe. Fiftly, because there can be no good flesh engendred, vnlesse that the wound be first well dryed and clensed, therefore such things must bee vsed for it at times, otherwise should the matter be augmented in the woundes, and be vnpossible for to engender flesh. Sixtly, there will be no flesh at all engendred, if it be not that the salue bee like to the nature of the vlcer: therfore in all dry parts of the body dry things are to be vsed, & in moist parts moist remedies to be applyed. Seuenthly, it must be loked to, that there be vsed no oiles in any vlcer, for that they bring a putrifaction in all deepe wounds & vlcers, and especially in warme time of yeare whether it be in dry or moist complexions. Eightly, it is needefull, that in all qualities of the members, which be hurte with any wound, or vlcer, where flesh must be engendred, the blod must be well cleansed, because that the substance is out of which the flesh must grow: and this not only in the same member, but also ouer the whole body. Ninthly, the drying medicines shall be no higher than drie in the first degree, for that when the same drie to fast, then will the yong flesh be consumed and dryed away. Tenthly, all drying medicines be very meete for all dry complexions: like as to the contrary, all moist medicines, be most necessary for all moist natures: whence it then followeth, that drie bodies or dry parties will be cured with drie medicines, and moist with moist. Eleuenthly, if the wounds or sores be moist by nature, then be drie remedies to be vsed for it. Twelfthly, if there be two kindes of vlcers, which be like one another in the matter, & the one were in a dry body, and the other were in a moyst body, then in the vlcer in the dry body, are such things to be vsed which be more drie, and in a moist body apply remedies which do drie lesse, for to heale the same: therfore is Frankincense, and such like to be vsed in moist bodies, because that it dryeth not forcibly. And on the contrary, Hartwort, Ireos, and such like things, which do drie forcibly, are to be vsed in dry bodies. Thirtenthly, the vlcers which yeld a thick matter and be swollen, are to be cured with such drying things which do not bite, as Pomegranat peeles, decocted Plantaine and such like.

Now concerning the cure, there shall be by each description especially declared, how that the purging, letting of blod, & such like shall be vsed: Here will we only discourse, as much as concerneth al old vlcers, what plaisters, salues, and other applications are to be vsed for them.

Take old Barrowes grease, Butter, Bucks suet, Pony, Ware, & Rosin, of each a like quantity, & a little wine: melt the same by the fire: afterwards take sallet oile as much as is needfull for a soft plaister: this being done, then wring it through a cloth, and let it be cold. This salue and al other salues which here insue, may be freely vsed in all vlcers, obseruing alwaies the difference betwéen heat and cold. Take sallet oyle and vineger, of each 2. ounces, Ware half an ounce, brused litharge of gold one ounce and a half, Verdigrease one drag. let the Vineger be hot, & temper the other things amongst it, then sethe it togither vntill that it be red.

This ensuing is very like vnto it: Take oile and vineger, of each two ounces, Ware halfe an ounce, the litharge of gold one ounce & a halfe, Hatticke and Verdigrease, of each one drag. sethe the oile and vineger so long till the vineger be all wasted, and vntill the salue ware red.

Item, take oile of Roses 3. drag. oile of Cammomil one drag. Cerusse one quarter of an ounce, Dragon blod & fine Bolus, of each half an ounce, Camfer one drag. litharge of gold halfe a drag. prepared Tuty one quarter of an ounce, Cozall one drag. Ware as much as is needfull for to make a plaister; then spread it vpon a leather, and lay it vpon it.

But before that there be this or that laid vpon it, the vlcer is to be oftentimes washed with this ensuing: Take white wine fower ounces, Rose water 2. ounces, the white of a hard sodden eg brused smal, burnt Allom one quarter of an ounce, Verdigrease one drag. sethe them all togither by a mild fier, and let it afterwards settle; then straine it, and keepe it well stopt: and if it be too strong, then take more wine and Rose water vnto it.

This plaister following is called at the Apothecaries *Basilicum*, and of the Chirurgians, the water plaister. The same is especial good for all dry sores, which be without matter or moisture, and especially for the sinewes, for that it dryeth, clenseth, and causeth the flesh to grow, and is thus prepared. Salue Basilicum otherwise.

Take Ware, Rosin, Ore suet, Pitch, Turpentine, Frankincense, Myrrhe, & *Colophonium*, of each a like quantitie: but first you are to melt the Ware, & then the Pitch amongst it: afterwards put the Turpentine into it, & then mixe the Myrrh & the Frankinsence pouned small amongst it.

Now when it is cold, so that it may be handled with the hands, then must it be wrought thorowly with wet hands. Out of this will also a salue be made with oyle, like as before in the 14. §. you haue scene another.

Item, in the second part the third Chapter and 9. §. is there one more, which beginneth thus: Take clarified Hony &c. which may be vsed for all hot and cold vlcers.

The Chirurgians do vse this following vnder the name of the græne plaister: Take Dogs grease, Ware, Rosen, and Barrow grease, of each one ounce, Nightshade and Wallowes, of each one handfull: sœthe the herbs to pap in Goats milke, vntill it be all together thick, afterwards poune it all together, and temper it one with another.

Where soeuer there be any Blisters which will impostumate or rankle, which the Chirurgions do call *Cossos exulceratos*, thereto are these salues ensuing to be vsed: Take lytharge of gold as much as you will, sœpe the same the space of two dayes in vineger, and powre of the vineger thrée times, and powre fresh vpon it againe; stirre it oftentimes about, and then let it stand in the hot Sunne: afterwards stirre it and bruse it the space of two or thræ howres in a leaden mortar, putting vnto it in stirring it now and then a little Vineger, Violets, and oyle of Violets, vntill it be thick: then at the last put two ounces of Ceruse vnto it, the iuice of Plantaine and of Houslœke, of each halfe an ounce, Camfer halfe a dragme, and two whites of egs, so make thereof a soft salue, and annoynt therewith all Blisters which be caused of heate, and all other exulcerations of the skin. The nert day after is this disease to be washed with this water following: Take Dock rotes, Wallowes, and Violet leaues, of each one handfull; sœthe all together in faire well water, and strayne it thorow a cloth, afterwards temper it with Rose water as much as you please, and vse it oftentimes.

## Of a stinking and running vlcer. §. 16.

THese vlcers or stincking sores do come of grosse and tough humors. When one will heale them, then is the patient to eate none other but light meates, and to drinke thin drinke, and to purge the watery and melancholy humors, to the end that thereby all affluent humors may be taken away. In like maner is the patient to be let bloud, if there be none other thing that letteth it: and to cut out all soule stinking flesh, or to bite or eate it out by some cautery that there may grow new and good flesh in it, for the which these things following are very commodious.

First, for to clense the vlcers, therefore is speciall good the salue *Mundificatiuum Apij*, which is described in the second part. Item, the salue of the Apostles, which may be found in the Register, and is maruellous good for all kinds of vlcers.

This following is also much commended: Take Plantaine water, wine of Pomegranates, and Hony, of each two ounces, Verdigrease and Allome, of each one ounce and a quarter: boyle them together vntill it become thick, then apply it to the vlcers. Item, take vnripe Sallet oyle one ounce and a half, burnt lead thrée drag. prepared Tutye thrée quarters of an ounce, Mastick, Frankincense, and *Sarcocolla*, of each one drag. and a half, sœthe all together in 6. ounces of water of Plantaine vntill the water be wasted away: if you will then make a plaister of it, then put as much ware vnto it as is nedefull. This salue is to be layd with plegents in the vlcer. This ensuing doth clense and consume all bad matter of the vlcer: Take quick lyme foure ounces, oyle 16. ounces, Dœre sewet 3. ounces, Ware as much as sufficeth for a plaister or salue: melt them together, and stirre it so long vntill it be cold. Another. Take small sifted Otemeale eight ounces, the iuice of Marierom and of Nightshade, of each foure ounces, fresh Barrowes grease 6. ounces, temper them all together, and then lay it so thereon, the same doth ripen, cole, & mundifie. There is also well prepared a very costly plaister, which is called *Gratia Dei*, which is especial good for al stinking vlcers, fresh wounds, & for all bad flesh; iron, glasse, wood, poison, bones, and all that doth hurt in the wounds, doth it draw out and healeth it, which is made thus:

The plaister Gratia Dei. Take Turpentine one ounce, Rosen 6. ounces, white ware 2. ounces, Mastick half an ounce, Verueine, Betony, & the great Pimpernell, of each half a M. stamp all the herbs & sœthe them in strong wine, vntill the third part be wasted: afterwards straine it & wring it out. Then are you to sœthe in this decoction the ware, Rosen, & Mastick, stirring it alwayes well about, vntill it be well mired together, then set it from the fire, and then put the Turpentine and the rest into it,

then

then stirre it very strong, so long vntill it be thorow cold. The Chirurgians haue also a plaister, which they do call the blacke plaister, which is verie good for all wounds, vlcers, and Fistulaes, and is thus prepared: Take Amber, Verdigrease, Sulphure, Lytharge of gold, Lime, and Bayberries, of each a like quantitie, pouned verie small, clarified Honie, as much as is needefull for to make a plaister or a salue. The blacke Plaister.

The salue of Egypt called *Vnguentum Ægyptiacum* doth also cleanse exceedingly al Fistulaes, stinking vlcers, and cleanseth them of the bad flesh, and is thus prepared: Take Verdigrease fiue drag. cleer Hony one ounce and three quarters, strong Vineger 7. drag. then seethe them togither vntil it be thick enough. It is an especial good salue for al stinking sores, to cause the same to dry. Salue of Egypt.

Item: take Verdigrease half an ounce, saltpeter one ounce, bruse them togither vpon a stone & set it on fire with a paper, then will the saltpeter be burnt: all that remaineth on the stone, that are you to lay with the stone and all in a moyst celler, and the stone lying awry, then in time wil there be an oile run out of it; then temper this oyle with Rose water, or with the white of an egg it is too strong alone, but it healeth passing well.

Item, these oyles insuing be also very good for such like vlcers, viz. oyle of egs, of Dill, of Lillies, of blew Flower deluce, of Walflowres, and oyle of Tiles.

Amongst the waters & such like be also good the two foresaid golden waters, which we shall describe hereafter in the last part, and M. Tristrams water, one of these which one will drinke, or applied to the vlcer.

For this may also be vsed a certaine leigh tempered with Sallet oile, which herafter shall be described against the burning with gun pouder.

Or make this following: take small cut Hartwort one quarter of an ounce, *Assa fœtida* one drag. Centorie one dragme and a half, quicklime halfe a dragm; lay them altogither to steep in a pinte of Leigh, afterwards seethe it vntil a third part be wasted, wherwith the vlcer is to be washed luke warme. Item, poune Hony suckle to pouder, and let it boile wel in wine, afterwards lay this wine vpon the vlcer. The chirurgians haue also sundry pouders in vse; amongst which there is one very common, which they do call the red pouder, and is prepared thus: Take *Colophonium* one ounce, Comfrey, Bloodstone, or Argall, Dragon blood, and Momy, of each halfe an ounce, make a pouder of all these: the same doth heale all vlcers, wounds, and Fistulaes, when they be cleansed from all foule flesh. You may also vse it in all wounds. Item, take Beane meale halfe an ounce, mill dust 5. drag. Hasticke halfe a drag. Dragagagant, Gum, Momy, fine Bolus, & Dragon blood of each one scrup. temper them all togither, & strow it in the moist vlcers. Of this pouder may one make also a plaister putting Ware and Turpentine vnto it, which most mightily doth dry all vlcers. It is also much commended that all they which be troubled with an olde vlcer, ought to take in one drag. of Mithridate or Treacle, more or lesse according to the ability of the person, and that with the water of Fumitory: the like may he also vse the stomachicall pouder which is expressed in the first part, the second chap. and 1. §. beginning thus: take Sene leaues, &c. which pouder if so be that the patient doth vse it diligently, he neede not feare at all of any bad vlcer. The Rosemary wine is also much esteemed, for that it consumeth all excessiue moisture of the body, and keepeth the body in good health. Item, if one wash the vlcer therewith, then will it both cleanse and heale it. The red Pouder.

## Of the broken vaines called *Varices*. §. 17.

IF these *Varices* or broken vaines, is verie much admonished in the fourth part in the beginning of the second Chapter. And although this broken vaine do appeare most in the hips, & in the legs: neuertheles the same do also happen in deede in other parts of the bodie, where they be seene knobbed, greene, and blacke. These said vaines of the breast, do sticke full of Melancholie blood, and are verie ill to be healed.

They which labour much with the legs, trauell much by land, do beare heauie burthens, and do eat many melancholike meates, are for the most part troubled with these broken vaines.

Concerning the meanes whereby these broken vaines are to be healed, is that at first the *Basilica* be opened, and that the patient be purged with such medicines as expell melancholike humours, wherof there be sundrie expressed heere and there in this Booke, and that is also oftentimes to be done, and he is to beware of all grosse meates.

When as this hath bëene continued a long time, then are the broken vaines to be opened, and the blood to be let runne cleane out of it. Some doe also vse the actuall cauterie: yet must the vppermost vaine be opened where it first beginneth, and afterwards to lay vpon it this salue or plaister: Take Cerusse, Antimonie, Lytharge of siluer, and burnt Lead, of each one ounce, shæpes suet fower ounces, Frankinsence, Womy, *Sandaraca*, *Sarcocolla*, burnt Allome, and dragon blood, of each three dragmes, oyle of Roses, and Vineger of Roses, of each three dragmes, white Waxe and Rosin, of each halfe an ounce: temper them togither, and then make a salue or a plaister thereof: this is also good for all old vlcers, for it dryeth and swageth the paine. Item, Take Frankinsence, Mastick, Myrrhe, and Womy, of each one dragme and a halfe, the iuice of blewe Flower-deluce two dragmes and a halfe, Hartwort, Southernwood, and prepared earth wormes dried to pouder, of each one dragm, bruised small, Lytharge of gold halfe an ounce, burnt Coperas, burnt Lead, Gals, Cipers nuts, the rootes *Curcuma*, white and red Corrall, and Roses, of each two ounces, Dære suet, and oyle of blew Flower-deluce, of each one ounce: poune all that is to be pouned, but the Rosin, the Turpentine, and the oyle are to be molten by the fire, and so tempered with the rest to a salue. Some do take Lupine meale, and make a plaister with water, wherein *Tamariscus* is decocted, or with Goats dung and Wine. Also the vppermost members from whence this heauy blood falleth downe, are to be strengthened and their disease cured.

## *The second Chapter.*

### Of depascent Vlcers in generall. §.1.

FOr as much as we be now come to write of those vlcers which doe not continue in a place, but corrode hitherwardes and thitherwards corrupting the skinne, the flesh, yea sometimes the bones: therefore is it first to be knowen that these vlcers be called *Phagedænas*: but for the more difference, such like vlcers haue their seuerall names: amongst which *Herpes*, *Phagedæna*, and *Cancer*, be the chiefest: the first whereof, to wit, *Herpes*, doth yelde much thinne and subtile moysture; the *Cancer*, grosse, and tough matter; and *Phagedæna*, middle betweene thin and thicke matter; but *Herpes* is not alwaies an open vlcer, but creepeth in time hitherwards and thitherwards like a Snake, whereof this disease also beareth her name; the one place healing, and the other excoriating a new: *Phagedæna* is a great vlcer, and corrodeth very deepe into the place and on euerie side of it: *Cancer* (which is the canker) shall hereafter haue his proper description. And albeit, these sores (as is said) do somewhat differ: yet are they for the most part comprehended all vnder the name of a Fistel, and it is thought that the *Fistula* is alwaies a cause of the other: therefore we will also first of all write of that.

### Of the *Fistula*. §.2.

THis name of *Fistula* (or Fistell in English) haue the Latinists first of all giuen vnto this vlcer, which doth signifie a Pipe: for as a Pipe is long and hollow; so is the nature of this vlcer also, being deepe and hauing in the beginning but a small issue: for which cause it is described, as hereafter followeth. A Fistell is an vlcer, the which round about it hath a callous skin, deepe, and long, penetrating into the bodie, and verie crooked, which be hard to close vp or to heale: and the which sometimes also in stæde of good matter, do yeld a subtile moysture.

It is found also that these Fistels which do appeare verie little aboue in the skinne, and neuertheless do lie with their rootes deepe and hidden in the flesh, wherefore they be also the more dangerous to be healed, like as you may see in the seuenth chapter, and eleuenth §. of the Fistell in the corner of the eies. Item, where we discourse of the Impostumes of the eares, and also of the Fistell of the gums which are all togither described in the first part, & in the second part, the third chapter, and nine §. In like manner also in the third part, the tenth chapter, and twelfte §. of the *Fistula* of the Arsegut. The causes of these Fistels may be precedent impostumes badlie

cured;

cured; or for that one hath stayed too long from opening of them, whereby the matter hath eaten inwards, and so is turned into a Fistell. In like manner may also a Fistell growe of a wound which is not well mundified, also of fractures of bones, or any other bad humor of the bodie which lye hidden vnder the skin, and vnder the flesh, which do there corrupt the same, and be changed into a Fistell. The signes be these, viz. when one wringeth them, then be they without paine, if it be not that they stand somewhere about a sinew, or had some corruption in them. If so be that this Fistell be only in the flesh, then will the matter be white in a short space. Or if the Fistell be old, then doth it yeld a long space thick and troubled matter: or if the Fistell be in a sinew, then is the matter thin and black, and if one wring it, then doth there runne out bloudie matter. If so be the same be in the bone, then doth there runne out thin and yellow matter. And if so be that it pearse into the hollownes of the bone, then issueth a fat oyly matter, whereby may easily be gessed that the marrow is spoyled, with other moe such like signes, which be discouered in the same places.

Now for to heale these Fistels, must certaine articles be noted: First, because all Fistels proceede most of a waterish moysture, therefore are all drying things to be vsed vnto it, and the patient is to eate those things that make good bloud. Secondly, by reason that the materiall cause is rooted in the bodie, then it is necessarie to haue the same prepared and expelled. Thirdly, in old and very deepe Fistulaes, is it surest of all (if one will heale the same) that they either by incision or by an actuall cautery be taken away euen to the bottome, as to the contrary: The potentiall cautery because of the sinewes is dangerous and hurtfull. Fourthly, all Fistels that goe into the bone will neuer more be healed, if the bone be not first scaled. Fiftly, they that do go into the flesh, must of necessitie be dilated and opened, to the end that they may be the better mundified and dryed.

The cure of this Fistell is of great importance, so that the patient is to order himselfe in eating and drinking, according as the first rule giueth notice, and to vse all drying things for it: also he is to leade his life in a dry dwelling, and there to settle himselfe. Fish and such like things be noysome for him, good flesh rather rosted then sod is commodious for him: his drinke shall be good wine: but because of the sharp matter, the same is to be somewhat watered. And for to prepare the matter of the Fistell, take *Oxymel* of Squils, or *Diureticum* and such like, which may also be vsed in the Fistell it selfe.

These be then the things which may be vsed outwardly: Take Frankincense and Aloe, of each one ounce, skummed Hony fiue ounces, seethe the Hony vntill it be thick. When it beginneth to be cold, then temper the powders amongst it: at the last put one ounce and a halfe of molten *Assa fœtida* vnto it, and then rub it a good while in a mortar. This is a passing remedie to heale the Fistell, and also to cure all old vlcers, for that it clenseth the same, it consumeth all corrupted flesh, it separateth all scurfe and corrupted bones.

Item, take Turpentine which is oftentimes washed with Sorrell water, foure ounces, the yolke of an egge, temper them together, and put fiue ounces of the iuice of Smallage vnto it, let it seethe together till the iuice be consumed; then adde halfe a dragme of Saffron vnto it: this clenseth and consumeth all that doth any hurt in vlcers or wounds, and it maketh also flesh to growe.

Next vnto this plaister and salue may you vse the water which not long since in the first Chapter and 16. §. is described, beginning thus: Take small beaten Hartwort, &c.

The Chirurgions haue also a kind of plaister which is not only good for all Fistels, but also for all wounds, and is thus made.

Take Veruayne, Betony, *Herba vulneraria*, Bugloss, Agrimony, *Consolida Saracenica*, Yarrow, Pimpernell, the great and small Plantaine, of each one handfull, poune them all together, and wring out the iuice: afterwards seeth it in three pints of good wine, and wring it thorough a cloth, then put it into a kettle, and put a pound of Turpentine vnto it, Ware foure ounces, *Colophonium* eight ounces. This being all done, then seethe it sufficiently, and when it beginneth to be cold, then stirre two ounces of pouned Mastix amongst it.

For this is also very good the plaister of *Gratia Dei*, the foresaid water of Hartworts, the salue of the Apostles.

Item, take the vrine of a man child, and rub it a long time in a leaden mortar vntill it be thick, afterwards let it dry vnto a powder, and then strowe this powder on the Fistell. The

powder

powder of Ireos strowed also thereon, causeth flesh to growe: the powder of Honysuckles is also very good for this vse. Rosemary wine, and such like moe that be discouered in the 16. §. be very good. Celendine pouned small, and so layd vpon the Fistell: or the iuice of the same dropt therein, doth heale the Fistels. For this may also be vsed the oyle of old linnen, as hath bene sayd in the first part. Item, make an oyle of water cresses, and spread it or lay it vpon the disease, wherewith it is mundified. Thus much be now written of the Fistula, now will we proceede to speake and discourse of the running vlcers.

## Of the corroding vlcers, called *Herpes*. §. 3.

The name of this vlcer is as much to say as a Snake, like as we haue admonished alreadie, for that it creepeth forwards like as Snakes do, and remaineth not in one place, but windeth it selfe hither and thither, infecting most of all the skin only, without eating deeper inwards. The cause of this vlcer or sore, is the same with that of the other, to wit, superfluitie of *Cholera*, if she meerely remaine and abide in her proper nature, that is, if the *Cholera* be not mixed with any other humor: for that when this *Cholera* doth spread it selfe ouer the whole bodie, then doth it cause the yellow Iaunders, which by nature is of two sorts. When as now this *Cholera* is thick and grosse, then will the whole skin euen to the flesh be thereby damnified, and this vlcer will be then called *Herpes exedens*, which is the corroding *Herpes*. The other sort of *Cholera* is subtiller, which remaineth (as is sayd) in the vppermost part of the skin, which doth singe the out side as if it were set a fire, the which without any addition is called *Herpes*, or *Herpes miliaris*, as hauing the name of the Milet seede, for that this exulceration is like vnto it.

The signes of these vlcers be these: the member loseth his naturall colour, and wareth black, soft, and stinking; also if the pulse and the paine diminish, and in the meane while the vlcer doth so corrode, that if it be not loked to in time, the member must be cut off, or the partie must looke for death thereby.

The remedies of these vlcers (sayth *Galenus*) be these which are wont to be vsed for the corroding *Erisypelas*, wherefore we may write so much the lesse thereof. But if it be perceiued that it begin to putrifie, then temper sealed earth and fine *Bolus* with Vineger together, and spread it round about the vlcer, and also in it. But if this will not help, then be the corners round about the vlcers to be scarificed, or lanced, and also to set boxing cups and horse leaches theron, which may suck out the bad bloud; and this plaister following is also to be layd vpon it: Take Peasemeale, or Beane meale and salt, temper all together with the strupe of Vineger, and lay it as a pap vpon it: the scarificed place must also be washed twice a day with Vineger, and then to annoynt this salue following ouer it: Take *Assa fœtida*, Nettle seede, and Hartwort rotes, of each halfe an ounce, Verdigrease one quarter of an ounce, temper it with vineger to the thicknes of Hony, and annoynt therewith the whole disease, and the places about it. And to the end that these vlcers may not corrode any further, then take Verdigrease, Allome, & Hony, of each alike quantitie, and vse it as is before said. The selfesame taketh away all bad flesh, and sustaineth the new flesh. But in case that through these foresaid things the rotting ceassed not, but dayly did corrode more and more, and the stench increased, then shall you strowe thereon this powder ensuing, to wit, pouned Hartwort and Gals, of each alike quantitie. Or take Dragagant and Coperas, tempered together with vineger, and if so be that this foresaid do not profit, then are the egs yea the whole accident to be cauteriled with corrosiues or hot yrons: then take the rotes of Celendine, vnsleckt lyme, Coperas, Mirrh, Hartwort, and Verdigrease, of each alike quantitie, tempered with the iuice of Plantaine, or pouned Orpiment alone tempered with the foresaid iuice. When as then the corosiues haue done their worke, and the crustes or stakes be yet hard, then must they be annoynted with fresh butter vntill they do fall away of themselues, and afterwards those things to be vsed which are wont to ingender skin and flesh.

The other sort of these vlcers is *Herpes miliaris*, whereof we haue admonished before. Some do call it *Formica*, that is, the Ant. This vlcer is also of sundry natures, and that according to the nature of the humor, whereof it is caused. It is also comprehended in three sorts or species: the one, which runneth hither and thither, which is caused of a subtile moysture, and is also quickly consumed: the second, that creepeth forward hither and thither, which is very hurtfull:

the

the third is of a grosse and hot *Cholera*, which entreth somewhat deeper into the flesh, and is mixed with some *Phlegma*, and thence commeth the *Formica miliaris*, which is hotter and harder to be cured. Out of all these foresaid reasons be the signes apparant, and before sufficiently rehearsed and discouered.

Now for to remedy this accident, is this the briefest way; that first of all be prescribed to the patient a good order of diet, like as is done in the Agues: For purging is he to vse sower Dates, Cassy, *Epithymum* with Rubarbe, steeped in Endiue water, or whay of milke. If it be *Herpes miliaris*, then take *Diaturbith*. Further, you are to take Gals, Pomegranate pils, & fine Bolus, of each a like quantity: afterwards temper it with Rose water and a little Vineger, and then annoint it thereon with a feather.

Item, take the heads of salted fish, rost them in an earthen pot vpon the fire, vntill they be almost burnt, and then mixe them with strong wine, spread it vpon the disease: or take sheepes woll, and frie it vntill it bee blacke, then poune it, and temper as much Rose water amongst it, vntill it be thick, and then annoint therwith the foresaid accident clean ouer, twice or thrice a day, and then lay a white or blew cloth vpon it. There be yet diuers other sorts of impostumes and vlcers, which be of the same nature, differing with names, and causes: but because we do comprehend them amongst the forementioned, therefore will we omit them, and especially because all they may be cured and holpen with these foresaid remedies.

## Of the hard Tumor *Schirrhus*. §.4.

Before we come to the third corroding vlcer, namely, the Canker; we must first of all admonish of this tumor, which the learned doe call *Schirrhus*, of some *Sclirosis*, wherof we haue also made mention before in the third part, the twelfth chapter and the fift §. and that by reason that this *Schirrhus* hath great alliance with the *Scirrhus* of the Liuer. This *Scirrhus* is of two sortes, and both those are of the vnnaturall tumors of the body, whereof one is so harde, that it yeeldeth not at any hande; yea it is without paine and feeling, which is also accompted for incurable. This swelling is of colour like lead or ashes, and is caused onely thorough Melancholy, the which is (as it were) dregs of all humors. The second hath but a little sence, and also some paine: for it proceedeth out of *Melancholia* and *Phlegma*, which be tempered together, and is of colour like to the other. The same may also be cured, but not easily, as before we haue sufficiently written in the first chapter, and 11. §. This foresaid hardnes may be well caused of some former impostume, which is not well clensed or healed: whereas the corruption remaining doth clod and harden. The difference betweene this *Scirrhus* and the Canker is, that in the compasse of the Canker there is heate, beating, and opening of the vaines; whereof there is none with this *Scirrhus*: for that *Scirrhus* is without heate, without paine, and without any sence or feeling, and also incurable. But forasmuch as this *Scirrhus*, doth appeare as well in other places of the body, to wit, in the liuer, milt, and stomacke &c. and that we haue written sufficiently in sundry places therof, therfore it is not needefull for to discourse here any further of it, but to proceede with the Canker.

## Of the Canker. §.5.

This corroding vlcer, which is taken to be a kind of Fistell, hath her name of the sea Crab, which men call in Latine *Cancer*, which the Italians call *Grantzo*, and the Grecians *Carcinoma*, not onely for that it creepeth hither and thither, but also like as *Galenus* witnesseth, for that many times this Canker hath been seene, and especially in womens brests, in all sorts like vnto the sea Crab, for the vaines doe reach into the Canker (being filled with blacke blood) no otherwise, but as they were the feete of the sea Crab. This Canker is in the beginning very easie to be healed: but if he grow old, and hath roted in too long, then hath it neuer been seene that the same could be healed without incision. The cause of this Canker is a superfluity of melancholicke humors. Other do suppose that it is caused of melancholicke humors which be burnt by *Cholera*, or bee partly tempered therewith: whereof the Phisitions doe make two kinds of tumors; the one being a melancholick and hard swelling, without any vlcer, and with little paine; as before (in the discourse of *Scirrhus*) we

haue

haue shewed. The other sort is a corroding vlcer, as we haue before declared. The signes of a beginning Canker be these; the same beginneth first as a small beane, round, and darke of colour, being tempered with greene and blacke colours, and appearing with some heate and paine: it remaineth also immoueable in the same place where it beginneth: but herein hath the Canker a difference with the *Scirrho*, viz. that the Canker is caused of burnt Melancholy, being tempered with burnt *Cholera:* and the right *Scirrhus* of a thicke melancholicke humor tempered with *Phlegma*. Secondly, the Canker causeth also great paine and beating, whereof *Scirrhus* is free. Thirdly, the Canker hath blacke and not red vaines about it, as the *Scirrhus* or the *Phlegmone* hath. Fourthly, the Canker beginneth first to growe of it selfe: To the contrary, *Scirrhus* doth alwaies come after some impostume. Fiftly, the Canker is very sensible, and the *Scirrhus* without any sence or feeling at all.

For this hard Canker, which is not yet exulcerated, be these rules ensuing ordayned: First, the patient is to beware of all meate which ingendreth burnt *Cholera*, of all spices, and of all things, which doe heat the bodie. Secondly, he is to eate no meate, but that which maketh good blod. Thirdly, if at the first and in the beginning of the Canker he lay thereto all that which is necessary for it, then may the Canker be holpen, but the olde Canker can be cured by no maner of meanes without incision. Fourthly, necessity requireth in this sickenes, that the body is to be opened with decocted *Epithymo*, which is also very meete for the lengthening of life, although that it cannot yelde perfect health. Fiftly, in the beginning is the Median to be opened. Sixtly, when a woman, that is vnder fifty yeares of age, hath the Canker, and hath not her termes, then must it be indeuoured that she get the same. Seuenthly, if it be a man, then is he to open the Pyles. Eightly, it doth not helpe to purge once or twice, but the same is to be done often times; for that the humors which cause this disease are not easily taken away. Ninthly, by this foresaide order, and through all meanes which be possible, are you to indeuour, that the hard Canker be not opened.

We must also ordaine an order of dyet. First, regard must be had, that the patient haue his dwelling in a temperate ayre, which is somewhat warme and moyst. Also, he is to take heede of all hot meates that may inflame the blod, and whereof heauy thicke blod might ingender; as Coleworts, Lentils, Beefe, Milke, Hares, Geese, salted or smoaked flesh, Beanes, Pease, hote spices, Onions, Garlicke, Leekes, Mustard, Cresses, Radish, and such like. Also the patient must beware of doing any kind of labor in the Sun, or of ouer heating of himself by any means, & of drinking strong grosse wine. But to the contrary, he must endeuor himself for to eat & drink none other thing but good hail meate, as Pullets, Hens, Lambe, Mutton, and Partridges: he may also eate all kinde of Riuer fish, which haue scales. Item, Parsley, Burrage, Purslaine, Lettice, Pompeons, and such like, be also not forbidden him: fresh sodden Egges, Oaten pap, and Barly pap is also very good for him. His drinke must be clere white Wine, which shall be alwaies somewhat watered.

In fine, his whole gouerment must be moistening and coling: and if so be that there be any heate with it, then may he eate and drinke Buttermilke. And like as the first rule giueth to vnderstand, the Median is in the beginning to be opened, and to let out as much blod as the ability of the patient can suffer: and further to obserue all thinges that the former rules doe teach.

We haue not here to tell of any other remedies, because that we haue already written in fower places of the Canker, viz. in the first part, the eighth chapter, and fift §. Item, in the second part, the third Chapter and tenth §. of the Canker of the breasts. Likewise also in the third part, the tenth chapter, and twelfth §. of the Canker of the Arsegut. Also in the third part, the 19. chap. and 13. §. of the Canker of the Matrix: In all which places one may most plentifully see, by what meanes these diseases are to be remedied. Neuertheles, all that which followeth hereafter is very commodious to be vsed, viz. the plaister *Gratia Dei*. But before you vse this plaister, some doe aduise, that round about the Canker should be well and deepe scarified, or to set Leaches about it, and to wash the scarified place three or fower times with a sharp leigh, wherin Lentils be decocted, & afterwards to fill the vlcer with flat plegents, which be annoynted with the salue of Egypt. But you shall vnderstand that the foresaid salue, like as also powned Agrimony, (or the iuice thereof, which be much commended for this disease) cause the good flesh to separate from the the bad.

Take

Take Lupine meale, Linseed meale, and Barly meale, of each foure ounces, the iuice of Wormewood, and Salt, of each halfe an ounce, Sope and Leigh, of each a little, sæthe them then togither to pap. Item: Take pouned Allome, and the powder of Earth wormes, of eache one ounce. Or take fresh Earth wormes, poune them with the Allome, and so laye them vpon the disease.

Item: Take the Wine lees, and Allome, of each alike quantitie, and so lay it vpon the canker, and chiefly vpon the disease *Herpes*.

For this is also mæt the salue of Roses, which is discouered before in the introduction. Likewise also the salue of *Tutia*, which is called *Diapampholigos*, or this following: Take Lytharge of gold, and Ceruse, of each a like quantitie, put them togither in a leaden morter with oyle of Cammomill, and Rose water, and rub it so long vntill it be as thicke as salue: this is as mæte for the hidden and secret canker, as for the canker exulcerated. This insuing doth also withstand the canker that it grow no further, whether it be exulcerated or not: Take sealed Earth, fine Bolus, and Ceruse, of each a like quantitie: temper it with the iuice of Lettice, or with the iuice of Houseleeke, and then stirre it well togither in a leaden mortar as before, and then spreade it on the canker. The muscilage of Fleawort is also very good being tempered amongst it. The oyle of Sulphure, the oyle of Iuniper, whether that it be distilled of the wood, or of the Berries, tempered togither or each apart, be verie good for the canker. This powder following is also vsed to be strowed in this disease: Take burnt bones of a sownd man, Cinquefoile, the rootes of *Mandragora*, and Orpiment, of each one quarter of an ounce, make a pouder thereof and bestrow therewith the open canker: The Orpiment is very venemous and sharpe; notwithstanding it is commended aboue all other for the Wolfe, the Fistell, Canker, and in the Vlcer *Herpes exedens*, if one knowe prouidently to vse it. This Orpiment was wont to be tempered with the iuice of Plantaine, or with the iuice of Nightshade, and to make a cloth wet in it: and with the pouder of the same to bestrowe the vlcer, and then afterwards to lay the wet cloth vpon it. But when you will vse this Orpiment, then annoint the canker round about with fine Bolus, which is mired with the iuice of Nightshade, for to free the place from any inflammation. If so be that the sore be thereby distempered and swollen vp with heate, then lay one day or twaine the foresaid cooling herbes vpon it, the paine will allwage therewith.

If you will know whether the roote of the canker be taken away, that is to be knowen therby, viz. if it stinke no more, and if there begin any flesh to grow, like as is wont to happen in all other vlcers when they grow full of flesh, and be couered with the skin. It is a great abuse that some suppose that there is to be layd vpon the canker of necessitie the flesh of Hens, Capons, &c. the which the Canker should eat vp, and should lessen the maladie.

There is also vsed in the exulcerated canker *Mercurius præcipitatus*, for that it is not so strong as the Orpiment. But the foresaid washing with Wineger, Leigh, and plaisters, is much more surer and rather vsed. Item: take the rootes of *Verbascum*, and Docke rootes, of each halfe an ounce, the dryed ordure of a sound man one ounce, make thereof a pouder and vse that as the former. Or make a pouder of Cheruill, temper it with Hony and lay it thereon, it healeth much. The water of *Cardus Benedictus* should haue a great vertue against this disease.

## For the heate and inflammation of the Vlcers. §. 6.

FIrst, for this inflammation may those things serue, which before in the 1. chap. and twelue §. are ordained against the Rose. In like manner also all that which presently hereafter against the burning of fire and water shall be described, and especially this insuing: Take oyle of Egs, and oyle of Roses, of each one ounce, Wineger halfe an ounce, blacke Hellebor ten graines: this being well tempered togither, it is especiall good for all inflammations of all vlcers.

Other moe: Take Woolblade, poune it very small and temper it with Wineger, then lay it vpon the heate: Or steepe Quince kernels in water and annoint the heate with the muscilage.

Take Corne roses, and Waterlillikes, of each alike quantity, beate them and lay them thereon: if you cannot get them, then take their water. For this is also good, the leaues of the Mulberrie tree: likewise also Poppie leaues decocted in raine water.

In

In like manner also broad Plantaine, and *Bursa Pastoris* layd thereon after the same order. The herbe of *Cardus Benedictus* decocted and layd thereon, is also good: the iuice of Sloes spread vpon the heate, doth take away the inflammation. But if so be that the inflammation hath gotten the vpper hand alreadie, then is this following very good: Take strong water one ounce, and put therein one quarter of an ounce of Quicksiluer, and let it stand so certaine houres together: afterwards take a feather and annoint therewith the disease once or twice a day, then shall the Canker begin outwardly, and in other places moe to separate, till that the foule burnt flesh will fall out: afterwards vse the salue *Apostolorum*, or the salue of Egypt with flat pledgents therein, and that twice a day, afterwards lay some of the plaisters vpon it which be described against the wilde fire.

Item, for the cooling of this burning, take the oyle of Eldern flowers fiue ounces, the oyle of Saint Johns wort one ounce, oyle of Turpentine halfe an ounce, let them so mixed the space of certaine daies stand in the sunne, and then keepe it vntill the time of need.

There be many moe sundry things which be very requisite for this, especially in the treatise of the plague, therefore we will not rehearse them at this present.

## *The third Chapter.*

## Of the Pockes, and of the Lamenes which is caused thereby.

THis sickenes and infection of the whole body of man, is placed by good reason next to the aboue mentioned vlcers, bicause they excéde all other vlcers, except the beforesaide in badnes: the which now a dayes when I did write this hath béene knowen about the space of thrée score and ten yéeres, and from the time that King *Charles* of Fraunce 1494. did besiege the Citie of *Neapoli*; so that this disease vntill this present day is yet therefore called the French Pockes, and in Latine *Morbus Gallicus*. But the same sickenes was knowen long before in Spaine, whither long before it had béene brought out of the Indies, and out of the New found lands, like as also vntill this time it is called by some *Scabies Hispanica*: so that before that any one could cure this disease, people were burnt, launched, and cauterised most miserably, and rather spoiled then healed: but dayly experience brought by little and little more helpe and mendment for it. And like as the Quicksiluer and such like meanes were not so sure, there hath béene found out at last the vse of *Guaiacum*.

Now concerning the remedies of this disease, I will first of all prescribe a processe of the auncient Phisitions (the which in those daies was found good) and is as yet not vtterly to be reiected, and afterwards alledge three of the most famous Phisitions for this sickenes, whereunto we notwithstanding shall at the last adde certaine good things moe, whereof each may chuse which one thinketh him to be most méete, and according to that the disease doth require.

### An order and cure of the auncient Phisitions. §. 1.

AS soone as a bodie can perceiue that he is infected with this disease, then is he to keepe himselfe warme, to sweat much in hot bathes, to vse cupping, to be let blood twice: afterwardes he is to remaine in a close chamber, and to let himselfe be twice a day annoynted with this salue ouer all his ioints, and then to sweate vpon it the space of two howers: and bicause that euery one cannot abide to sweat, then must héed be had to the strength of the patient, to the ende he fall not thereby in any swouning.

Purging is also nédefull for this patient, which may be done as hereafter followeth: Take white Turbith halfe an ounce, Ginger one quarter of an ounce, Galingall, Mastick, Cloues, and Cardamom, of each halfe a dragme, *Hermodactyli*, *Diagridion*, and Sene leaues, of each halfe an ounce, Sugar three ounces: take one dragme thereof, or one dragme and a halfe at once, and fast

fast fiue howres after it. They write that this powder may boldly be giuen, and that it may be vsed also in other sicknesses. It is neuertheless very strong, especially if one take one dragme and a halfe thereof: but in mine opinion two scruples is sufficient in weake men, and a dragme sufficient in a strong bodie for to purge sufficiently.

The foresaid auncient Phisitions do also aduise, that one must take one quarter of an ounce of prepared black Hellebor, viz. (a strong bodie) steeped in Goats milke, and strayned, and then drunken, for that it cleanseth and healeth the Pocks: it is very good, but for strong persons it is strong ynough.

For as much then as these foresaid medicines be very strong, therefore can I not omit to adde certaine things of the later Phisitions vnto that of the auncients, and to teach a safer meane, which all they which needes must vse Quicksiluer should obserue. For this you haue first in the third part the 11. Chapter and 20. §. the maner to make the infusion of Sene leaues, and how the same should be dronken with some kinde of syrupes. These potions may one drinke three or foure times, euery day once, earely in the morning: and afterwards (as the auncient Phisitions do aduise) the patient is to purge with pils *De Fumo terræ* one dragme, this is the common dose of them, but it may be augmented or diminished, according to the abilitie of the patient. You may also steepe Fumitory in Goats milke, or let them seethe together, and drinke thereof in the morning and euening: or you may drinke the water of Fumitory alone, for the Fumitory doth cleanse the bloud maruellous much.

When as now the patient is well purged, then is this salue ensuing to be prepared: Take Frankincense one ounce, Ceruse one ounce and a halfe, Lytharge of gold two ounces, Dragonbloud one quarter of an ounce, poune them all together, and sift it through a Sieue: afterwards take 16. ounces of molten Barrowe grease, and so powre it as hot as it is vpon cold water, and so let it stand: this being done, then temper therein one quarter of an ounce of Quicksiluer, so long, vntill you can see it no more. Some do kill the Quicksiluer in Turpentine, or vineger of Roses, but it is needeles: now then how this salue is to be vsed, that haue we shewed at the first. They deuide the salue in foure, fiue, or sixe parts, and they spend in the inunction euery day one part, according to the abilitie of the person. But because that after this inunction the mouth will be sore, they do vse for it Allome, and Barly water, and let the patient wash his mouth therewith: Or they take a pinte of wine, and halfe as much vineger, halfe an ounce of Allome, two spoonefuls of Hony, and tempered them together. With this do they gargarise the mouth when the tongue is excoriated, to wit, with a ragge which is tyed to a stick, which hath beene described in the first part, the first Chapter, and 3. §.

Before times the sick persons which were infected with this disease, were wont to be more plagued with lamenes, and for that do they vse this bath following: Take refuse of iron, make them glowing hot, and then cast them into a closed tub, afterwards take Cammomill, Mariorom, and Thyme, seethe them, and make with both the vapors a bath: then dry off the sweat with warme clothes, continue this the space of eight dayes together, or so long, till that you be whole, at each time, the space of an howre.

Item, take small pouned Frankincense, temper it with two ounces of *Aqua vitæ*, stirre it oftentimes about, and then annoynt therewith the members which be lame. If so be that the patient haue any vlcer, then take foure ounces of Barrowes grease, Quicksiluer one ounce and a halfe, salt Lard, Dogs greale, Beares grease, and Badgers greale, of each three quarters of an ounce, temper them all together. But note, that you must vse the salt Lard in no other salues, but when you haue old vlcers in hand.

For the foresaid old vlcers is this pouder following to be vsed: Take Salt, and white Argall, of each alike quantitie, burne them together in hot ashes.

Also stinking vlcers be made wet with this ensuing: Take halfe an ounce of *Mercurij Sublimati*, Allome three quarters of an ounce, Ceruse one ounce, bruse all together very small vpon a small Marble stone, put a pinte of vineger vnto it, and make a cloth wet therein, and therewith wash the vlcer. Take *Mercurius Sublimatus* halfe an ounce, *Aqua vitæ* twelue ounces, then annoynt the vlcers with it: this is very strong.

Of the lamenes, and of the extenuation of the members, hath beene spoken before in the fourth part, the seuenth Chapter and 2. §. for the lamed member of the Pocks. This is in fine the meanes whereby the auncient Phisitions were wont to heale the Pocks.

How

## How to decoct *Guaiacum*. §. 2.

The decoction of Guaiac.

BEfore that we come to the curing of the Pocks which is vsed in our time, which hapneth for the most part by the decoction of *Guaiac.* called *Lignum guaiacum*, and *Lignum sanctum*, we will first of all teach how this yet drinke is to be decocted and prepared of *Guaiac*, as followeth hereafter.

First, take small filed or shauen *Guaiack* 16. ounces, *Stechas*, field Cipers, rindes of the same beaten small 12. ounces, *Carduus Benedictus*, S. Johns wort, yellow Lillies, and Betonie, of each one handfull, first put the wood and the pouned rinds in a leaden earthen pot, and then powre thereon seuen quarts of water: let them stand in steepe together the space of a whole night, being stopt tight to: afterwards set the pot to sethe easily, when the fourth part is consumed adde the herbs vnto them, then put two quarts of wine vnto it, couer the pot close, and let them cole. The rinds, wood, and herbs, are to be dryed, and well kept for to haue the same vsed againe another time, as shall hereafter be taught.

The second manner: Take rinds of *Guaiacum* eight ounces, *Guaiacum* foure ounces, pouned small together, well water fiue quarts, let them stand and steepe together about the space of 24. howres, then sethe it all together vntill about the third part be wasted. Take it afterwards from the fire closed very tight, and let it stand so asteepe the space of twelue howres: strayne it thorow a cloth, and wring it well out, afterwards powre vnto it as much white wine (which is not sweete) as the potion is, then cast two ounces of Hermodactils into it, and keepe this potion as before.

The third sort: Take foure quarts of Renish wine, and eight ounces of grated *Guaiac*, pouned rinds foure ounces, Betonie, and pouned Licorice, of each one ounce, then let it stand asteepe the space of 24. howres, and afterwards sethe it to the halfe: strayne the potion through a cloth, and drinke thereof morning and euening the space of fortie dayes, each time foure or fiue ounces.

The fourth potion: Take three quarts of wine, rasped *Guaiac.* eight ounces, pouned rinds foure ounces, Licorice two ounces; let them sethe well together, and afterwards powre foure quarts of wine vpon it, and let it sethe againe vntill the fourth part be wasted.

These be now the most vsuall manners to make this decoction, yet may the same be altered according to the importance of the sicknes, and according to the strength of the patient: now followeth here what order the Phisitions now adayes do obserue in healing the Pocks.

## Another manner to heale the Pocks. §. 3.

BEfore the patient begin to drinke, he ought first to be purged, for which the Cassie is most meete: also he is to be let bloud. But especially this is the most fittest meane: Take Sene leaues, Polipodie rotes, and Cozans, of each three quarters of an ounce, sethe them all together in fire ounces of Fennell water vntill the third part be wasted. In this decoction are you to steepe the space of a whole night Rubarb and *Agaricus*, of each one dragme: afterwards wring it out, and put vnto it one ounce of the hony of Roses, whereof you are at least euery morning to take one draught three dayes together, and afterwards to obserue this order following.

The next day after the taking of these potions, must he in the morning betimes drinke foure ounces of the decoction of *Guaiac.* as is taught before in the second §. and that as warme as he may abide it: then is he to steepe or rest one howre. He is to drinke so much againe and rest, and do this the third time. But after the third draught, he is to arise, and shall according to the old custome breake his fast, and that of such meates which be light of digesture. His drinke that he is to drinke on day times, is thus to be prepared.

Take the wood and the rinds whereof the first drinke hath beene decocted, and then powre water and wine vnto it (as is sayd) and let them sethe together vntill the fourth part be consumed, and this must be his daily drinke, but this may be altered diuersly, according to the qualitie of the cause.

Against the euening is he to drinke of the first potion a good draught very warme, and an howre

howre afterwards he is to go to supper, and so continue this vntill the fift day; but the first day is he to take in the potion with Rubarb. The seuenth day he shall take none other but a spoonefull of this composition following: Take small poudred *Guaiac* one ounce, Mace halfe an ounce, hony of Roses two ounces, temper them together. The eight day he is to begin againe as before, to drinke of the first decoction, and so continue the space of ten dayes together, vnlesse it be found good to augment and increase it. The eighteenth day is he to take againe the infusion of Rubarb, and the two dayes following: Then is he to vse none other thing but Hony tempered with the powder of *Guaiac*. Afterwards is he euery day three howres after euery mealetide, to take three ounces of this potion ensuing.

Take Iuniper beries, and Bay beries, of each two ounces, Mustard seede halfe an ounce, poune them all grosse, and seethe them in foure pints of water vnto the halfe.

As long as one doth vse these things, he must keepe himselfe out of the ayre, and remaine in a warme chamber, for that thereby the matter of the Pocks is expelled outward towards the skin: and when you find that it breaketh out, then is he to wash himselfe with these things following: Take a quart of Vineger, Allom, and Verdigrease, of each one ounce, eight well brayed whites of egs; poune all that is to be pouned, and then wash him with this Vineger: when he hath thus washed him therewith, and specially where there be any scales, then are they to be let dry, and the scales will fall off of themselues. Thus fareth it with this second cure, which is very safe, without any defect of the inward or outward parts, by which meanes there be a great number cured.

And as we haue sayd, his meate must be light of digesture, viz. yong flesh, egs, and all that is dresst therewith; also all other things which make good bloud: but Milke, Cheese, Fruit, and such like be very highly forbidden in this disease. For this may also be vsed the golden water which standeth described amongst other in the last part, whether it be drunken or annoynted outwardly vpon it. So is also Treacle highly recommended for the same.

## The third cure of the Pocks. §. 4.

THis cure ensuing haue I tryed my selfe in a woman, which had vsed many sundrie cures, and could not be holpen: but by this meanes following she grew to be so healthie that I knew her twelue yeares after alwayes in very good health, without any hinderance of the same disease. First of all in this disease (like as in all other such like) the patient is to be purged, and that according to the ability of the person, and strength of nature. Further, in eating and drinking he is to order himselfe like a woman in Childbed.

After the Purgation, he is to take a good warme draught of the first and strongest decoction which is before described. Hauing taken the same, then is he to be couered warme, to the end he may sweate well, euen so much as his power may well permit. The sweate is to be dryed well with warme clothes: and it were very good that the clothes wherewith he hath beene once dryed, should be washed euery time, and that he put on a cleane shirt euery morning: for that if the patient keepe him warme and cleane, then may the potion haue her operation the better.

At meales, and throughout the whole day may he vse this potion following: Take boyled rinds and the *Guaiac*, lay them to steepe as before, and seethe them. This may also be done euen to the third time, and then to mixe all the three decoctions together. When one hath about two quarts of the very strongest decoction, then must one set againe to steepe fresh *Guaiac* and rinds, to the end that one may be times haue more drinke in a readines. If so be that the patient haue any outward sore or scabbednes, then is he to wash the same with the dregs of this potion, or lay it vpon it with a cloth: and if so be that the sore be somewhat deepe, then be pledgents to be layd into it which be made wet in the dregs of this decoction.

This is so to be done in the morning after sweating and in the euening one howre before supper.

And if so be that these pledgents were baked therin, like as it hapneth also, then are they to be wetted with a little of the warme potion, and then to lay fresh to it againe.

The clothes wherewith his sores be once dresst, are not to be vsed againe without washing: Now when as these sores be almost healed, and the flesh would grow too proud, there is then a fine

fine powder to be pouned of the rindes, and to be strowed oftentimes thereon; and also to be letten lie vpon it, vntill that there fall off dry scales: this powder dryeth much with all paine. But if so be that it be a rich person, that had nede of the vse of this potion, then is he to take of the best Rhenish wine, for that it is more penetrating than any other, and also not too hot.

## Of the fourth cure of the Pockes. §. 5.

IT is first here to be noted, that in al these medicins ensuing no proper or due rules are prescribed, for that they be not set downe by one Phisition onely, but gathered togither out of sundry mens workes, according as the cause requireth: wherefore euery one is (as he thinketh best) to chuse that which liketh him best. And for that cause be al these remedies ensuing, ordained most for thē which could not be healed by the former decoction.

First it is nedefull that the patient aboue all things, and before he vse any strupe or purgation, to take one ounce of well washt Turpentine, with a little flesh broth, or water of Fumitory, made warme: for this prepareth the way for all other Phisicke, for to penetrate the better thorough the whole body. So that it hath bēn found before times, that thereby the working of the medicine hath bēn perceiued euen vnto the great toe.

Whereby it may be knowen, what a power Turpentine hath for to open the way for Phisicke. This Turpentine is also giuen with the decoction, or with Malmsey, and it may also bee made much stronger.

Take Turpentine as much as you wil, and put it in a glasse; afterwards set it in the warme Sun, and temper a little Sugar from day to day amongst it, then stirre it well about. This is especiall good for the head, for the breast, for the paine of the belly, for the grauell, and for the laration of the body.

And to come againe to our purpose: This strupe following is especiall good for the Pockes: Take Sene leaues, *Epithymum*, yellow Mirobalans, Sebestes, Licorice, and *Rapontica*, of each halfe an ounce, field Cipers three dragmes, Polypody rootes, Fumitory or the iuice thereof, Hops or their iuice, of each twelue ounces, flowers of Burrage, of Violets, and Comin, of each three dragmes, cut all that is to be cut, and let it sēthe togither in fiue quarts of wine, vntil about a quarte remaine: afterwards take of this decoction a pynte, and temper therto the strup of Fumitory, and of Hops, of each two ounces, *Oxymel* of Squils one ounce and a halfe, strup of Violets one ounce, good Sugar as much as you please; then take thereof three ounces at once, and that with Endiue water.

You may also take this decoction with the infusion of Sene leaues, or water of Fumitory certaine daies togither, augmenting or diminishing the same, according as you would haue it for to purge: this being done, you are to purge with Cassy or any other thing, according to the quality of the cause, as is beforesaid.

You haue also in the third part, the 14. chapter, and 5. §. many kinds of things, which be all good for the Pockes.

Of the letting of blod we haue also spoken before, which also doth much good in this sicknes, because that the bad blod is therby diminished.

But therein is no certaine order to be giuen, but you are to order your selfe therein according to the quality of the cause and ability of the person. But it is alwaies especiall good that the Hemorrhoides be opened: for if they blēd not too much, then do they preserue one of the Pocks, and of Leprosie, as we haue taught in the tenth Chapter, in the beginning of the 5. §.

Before that now the inunction or *Stricado* be vsed, it is first exceeding nedefull that one foment the ioints, and that he take for it, Calmus, Marierom, garden Mints, Horehound, Bay berries, Southernwood, and Docke rootes, of each one M. cut it all togither, and sēthe it in Well water, vntill about the third part be consumed: with this decoction before and in the annoynting, foment the members which are to be annointed, and afterwards with warme clothes to drie vp the sweat, & then to annoynt them: this is so to be pursued, as long as the annoynting indureth, which is commonly fower or fiue dayes, and vntill the paine doth come in the tēth, the mouth and the flesh of the tēth excoriateth, and the phlegme doth excessiuely begin to issue and run, then is the inunction to be stayed. For this be many kindes of salues prepared, and

chiefly

chiefly this following: take Barrowes grease fiue ounces, Quicksiluer killed with the iuice of Sage three ounces, blacke Sope three quarters of an ounce, Argall beaten small one ounce; make a salue thereof, and stir it togither in a mortar the space of halfe a day, that it may be very well tempered togither.

This salue ensuing is very much vsed at Augusta: Take fresh Butter halfe an ounce, Barrowes grease two ounces, Treacle and Mithridate, of each one quarter of an ounce, mortified Quicksiluer one ounce and a halfe, prepared Litharge of gold and salt, of each one dragme and a halfe, oyle of Foxes, and good *Aqua vitæ*, of each one quarter of an ounce, Saffron fiue greins; afterwards temper them altogither: this salue is called *Vnguentum Mercuriale*, and is by reason of the Treacle and the Mithridate much safer than any other salue. Vnguentum Mercuriale.

Item take Barrowes grease one ounce and a halfe, Turpentine and Quicksiluer, of each halfe an ounce, powned Bay berries one drag. and a halfe, oyle of Iuniper one dragme, oyle of *Euphorbium*, and brused Cinober, of each one quarter of an ounce: temper it togither. Item take Barrowes grease fower ounces, Quicksiluer two ounces and a halfe: sæthe it all togither in sufficient Vineger, and put vnto it the ashes of Bechen wood two ounces, oyle of Bay one ounce and a halfe, Mastick one ounce, Frankinsence one ounce and three quarters; temper them all togither, so long vntill that the salue be blewish: and then annoynt therwith the patient but once a day, for that the salue is strong.

Note also that in case that any body be annointed too much with Quicksiluer, then is the iuice of the greater Pimpernell to be giuen him to drinke, wherewith some be holpen, in whom the Quicksiluer was sœne to lye in the vaines.

And because there appeare sundry accidents through the inunction, viz. Toothach, and of the gums, rawnesse of the throate, swelling of the throate, excessiue slabbering, weakenes of nature, binding of the body and such like, wherin one must also be prouident.

First, the paine of the gummes is to be remedied with the iuice of Wormewood, wherein whites of Egs be brayed; to wit, if one wash the tæthe and the flesh of the tæthe with it, and cleanse the throate also with it. It helpeth likewise for this to cleanse the mouth oftentimes with shæpes milke.

Secondly, take Rose water, and honie of Roses, or other clære Hony tempered with Whay.

Thirdly, this ensuing is much commended: take the iuice of Laurel, and clense therwith the mouth. Each one may trie this that will.

Some doe aduise that the mouth must be clensed with cold water, or with the iuice of Nightshade, for that thereby will the flure of the mouth be stopt.

Fourthly, chew Linsæde, or the rotes of Woolblade.

Fiftly, this disease is to be eased with a kind of fomenting of the members, which haue bæne annointed before with warme water, wherein Rosemary and Sage is decocted.

Sixtly, it is nœdefull, that the patient liue very soberly, and doe vse good strong brothes, and other forcible things, and that all his meats and drinks be also mixed with all that, which doth strengthen and fortifie the hart.

Seuenthly, there is to be vsed for this, Conserues of Roses, of Bugloss, of Burrage, *Manus Christi*, with Pearles, and such like things that strengthen the hart.

Eightly, there is a common Clister to be set with Hen broth, Sugar, yolkes of egs, and with salt; thereby to resist all accidents and obstructions of the body: and in great weaknes of nature, is he to vse Sugar of Violets.

Ninthly, prepare this salue: Take Gum, Beares grease, and oyle of Roses, of each a like quantity; temper them togither with a little oile of Balsam: then is the patient to annoint therwith his face, both the temples of the head, and his hands; for thereby shall he get againe his naturall colour. Now to preuent all those foresaid accidents, giue the patient one ounce and a quarter of Cally; to wit, after the fourth inunction. And when he beginneth to slabber, then hold againe from annoynting, vntill two daies afterwards; then purge him againe after the third or fourth *Stricado*.

When you doe preuent the matter in that maner, then will the putrifaction of the mouth not be so hurtfull.

For the sore and foule gums is this following very good: wash the mouth oftentimes with

Vineger, wherein some Allome is molten. In the euening and morning be the teeth to be annointed with the salue of Egypt: but beware of swallowing the same salue downe. For the rotting or putrifiyng of the gums reade in the first part, the 13. chap. and 7. §. what is written there against the foule gums.

Item, take hony of Roses and the iuice of Mulberries, of each one ounce, Plantaine water 8. ounces, Allome one quarter of an ounce, then temper them togither, and vse it to the washing of the mouth. You may also set boring cups vpon the shoulders.

## For the Pockes that haue continued long. §. 6.

IF so be that this sicknes be so stale or olde, that it be not well to be holpen, then giue the patient a Pill with Quicksiluer, which is killed with the iuice of Limons, and with as much Rubarb, viz. of each about one scruple. If the paine bee nowe very great, then temper therwith *Opium*, & Saffron of each 2. grains. This is to be done alwaies about the second day, when hee goeth to bed, or that he let himselfe be annoynted the space of eight dayes, where otherwise he ought to be annointed the space of three or fower daies. But alwaies after the fourth inunction is the patient to be purged, and to omit the same day the inunction, and afterwards to go on with the inunction vnto the end of the same eight daies, and when the eight dayes be compleat and ended, then is he to drinke the decoction of *Guaiac*, made after the common manner. When as the third parte of this decoction is spent, then put vnto it two ounces of *Rapontica*, Turbith halfe an ounce, *Carduus Benedictus* halfe a M. *Agaricus* halfe an ounce, Sene leaues half a M. the rindes of Guaiac fower ounces, good strong wine one quart, then let so much thereof sethe in againe, as there is wine put vnto it.

If so be that this will purge too strong, then giue him rather the potion of Sene leaues, which is described in the third part, the eleuenth chapter, and twentieth §. euery second day. These pils also ensuing may bee vsed for purging: Take *Rapontica*, Rubarbe, Manna and Aloe, of each one dragme, Ginger and *Spica* of Indie, of each fiue graines; temper them all togither with the sirupe of Fumitorie, and make fiue pils of one dragme waight, and take thereof euery euening twaine. The pils *Aggregatiua*, and *de Lapide Lazuli*, are also good for this purpose.

## If there be great paine with it. §. 7.

IF now there be great paine with it, then take Frankinsence, Litharge of golde, Argall, Mastick, Cerusse and Allome, of each one quarter of an ounce, oile of Bay and *Aqua vitæ* of each one ounce, Barrowes grease fiue ounces, mortified Quicksiluer one ounce and a halfe, then temper them togither vnto a salue. This salue doth mellow all cozes, and clenseth also all vlcers.

Item, take Sallet oyle, the oyle of Fores, or oyle of Costus fiue ounces, and sethe therin one drag. of Quicksiluer; the same flyeth away, but the force of the Quicksiluer remaineth still. This oile swageth all paine of the Pockes, maruellously.

Or take the spirit of wine, which is foure times distilled, fiue ounces, Quicksiluer which is mortified in Coperas water, one ounce and a halfe, yellow Saunders three quarters of an ounce, Allome two drag. *Lignum Aloes* one drag. *Muscus* eight greins, *Ambra* fiue greines, steepe all these things togither in the spirite of wine, and make a cloth wet therwith, and wash all the places, where the paine is: Or make a cloth wet, and lay the same vpon it, and especially vpon all the ioints.

Another: Take oyle of Roses fower ounces, waght Earthwormes and Turpentine, of each halfe an ounce, salt two drag. let it sethe well togither, and so lay a cloth dipped in it, vpon al the ioints: you may also temper the oyle of Fores amongst it, and then it is not onely good for the sinewes, but also especially for all paine of the Pockes.

## Of the Byles in the Pockes. §. 8.

IF there appeare any blisters or biles in this sicknes vpon any, then annoynt the same three times a day with a salue which is before described in the first Chapter, and twelfth §. beginning thus, Take small pouned Litharge of golde &c. But the expert Phisitions

for

for the Pockes doe deeme, that there is nothing better for the Byles of the Pockes, then vnsleck Lime tempered with blacke Sope, for that this openeth the skin, and thereby will the pain also be taken away.

You haue also in the fourth part, the sixt Chapter, and second §. in the description of *Sciatica*, two very good and safe salues made of Hollyhocke rootes, and Elecampane rootes, for to mollifie all hard nodes or knots. The grey plaister *Diachilon* may also be vsed very well for it.

But in case that the same be so hard, and so irremediable, that they must be opened by a potentiall cauterie: we will put a meete Chirurgian in trust with the same, yet we will here teach the making of a Corrosiue to be vsed at neede, which is thus to be done.

Take Vine stickes, burne them to ashes, and ashes of Beechen wood, of eache a like quantitie, powre sufficient water vpon it, and then let it run fower times through a bagge. Of this leigh take three quartes, and put vnto it blew Willowe ashes, vnsleckt Lyme, ashes of the Vine and of the Beech tree, of each half a pound: let this stand so the space of eight dayes in a woodden vessell, stirring it about euery day three or fower times; afterwardes filter it so long vntill it bee very cleere. This leigh are you then to seethe in an iron pan vpon a good fier, so long till it be sodden thicke enough. Now for to know whether it be enough, sticke a quill into it, and if the feathers doe fall off, then take the pan from the fire, and holde it on one side, to the end it may runne altogither, and may be hard. It is also here to be marked, that when as in seething it beginneth to make bladders, or bubbles (like as pap is wont to doe) then is it a signe that it is sufficiently decocted, and then cast it on a bord, and cut it parcelwise: When it is throwe colde and waxen hard, then keepe it in a glasse, stopt very close and tight in a drie place.

Another: Take vnsleckt lyme, Vine ashes, Willowe ashes, Argall, and burnt Saltpeter, of each a like quantity, poune it all small, and put it in a new pot: afterwards powre sharpe leigh vpon it, and so let it stand three dayes space, but stirre it oftentimes about: filter this leigh so often that it be very cleere, at the last seethe it and keepe it as before.

## For all open sores in the Pockes. §.9.

TAke Ceruse as much as you please, and Sallet oyle as much as is needefull, and a little Vineger, and Rose water, bruse them togither vpon a rubbing stone, and annoynte therewith the running sores of the Pockes, and other.

Item: Take oyle of Roses, Saltpeter, and peeled Almonds, of each a like qunatity, Camfere a little, then rub it altogither as before.

For this may you also according to the importance of the cause temper small bruised Duty, for that this healeth maruellous well all sores, and especially those which do stand about the throate: but if it be feared that they eate too deepe inwards, then are they to bee annointed before and after meale.

## For the Scales and other spots. §.10.

TAke oyle of *Camelina*, and oyle of swéete Almonds of each fower ounces, Butter and Marrow of oxe bones, of each three ounce, the grease of Geese and of Duckes, of each one ounce, white Waxe two ounces; make a salue thereof. This salue hath a maruellous vertue in mollifying all scales, impostumes, and other scirrhosities, which proceede of melancholy, and all hardened sinewes. Will you then haue this salue to asswage the paine more: then temper the brayed yolkes of three egs amongst it, and one dragme of Saffron. If you then desire to haue it to pearce more stronger, then take *Bdellium* and *Ammoniacum*, of each one ounce; dissolue them in Vineger, and put them amongst it; then seethe them vntill that all the moysture be consumed, and stir it togither one amongst another.

Nowe for to heale all cicatrices, markes, and spots, vse this ensuing: Take a pounde of Sulfure, beate the same grosse, and seethe it with water in a couered potte: but loke to it, that there goe no vapour out of it: afterwards hold the member ouer it, and receiue the vapour

thereof: afterwards annoint it then with swæt Butter. You shall also finde good things for this in the description of burning.

## *The fourth Chapter.*

## Of the Leprosie.

ALl famous Phisitions do esteeme no disease vpon earth to be more terrible & hurtfull than the right Leprosie: for that this malady doth so vehemently infect the body, that it not onely enfeebleth all the members of the whole body, but spoyleth and putrifieth also the same on al sides, that the members wil fal parcelwise from the body: & it taketh away vtterly his whole natural essence, for that his nose will be croked, broad, and fallen downe, his lips great, thicke, and swollen, and his eares sharpe; so that these people besides that they be disdained and despised of all the world, as if they were the filthiest creatures on earth, they must liue and die in misery. And to the end that we might partly learne to know the misery, which is caused through the Leprosie, these are the most common signes: the falling out of the haire of the beard, and the eiebrowes, hoarse spæch, a short, heauy, and stinking breath, great continual thirst, hardning and swelling of the spleen, vnnaturall heat of the liuer and of the kidneies, wherewith is commonly grauell also: the patient will be vexed with terrible dreames, and will be much plagued (as it is commonly sayd) of the night-Mare. He will also be vexed with much winde of the belly, and with great binding. Also the fingers and toes doe ranckle and swell, the nailes do fliuer and cleaue, and spoyle, that at last they do fall out. Whersoeuer they haue any opennes, there runneth out alwayes a blacke, loathsome and stinking matter. Otherwise they haue ouer the whole body, a hot, irksome and itching scabbednes, with blisters and scales, which for the most part do appeare in the throat & in the nostrels, wherby they partly do take away the breath from the patient. He getteth thick Cornels or knobs on the skin of the thighes, legs and fæte, which doe get a numbnes, whereby the naturall liuely colour is altered into a dead black and blew colour. The eies do also get another fourme or fashion, whereby that their sight is darkened.

These be now (like as is said, and shall yet be said) the most common signes of the Leprosie, especially of them which the learned do call *Elephantiasin*, whereby all the foresaid signes do shew themselues not all at one time, but alwaies a good part of them. It hapneth also well, that otherwhiles but one member only, or some part of the body is infected with this disease, and not the whole bodie.

We will also discouer somewhat here of the causes of this sicknes. It may be caused of a bad ayre, as in time of the plague, by conuersation or dwelling besides Leapers, or by much spæch with them; for that throw their venemous breath may one be easilie infected. And this is such a disease whereby the one is not onely infected of the other, but the children also doe inherite the same from their parents; so that whether the man or woman be infected with it, the other will some take it also. This miserable sickenes is wont also to be caused of great anger, long sorow, feare and fainthartednes, whereby much melancholicke blod is engendred, and then out of it, the Leprosie. Item, of the long vse of melancholicke meates, as Pease, Beanes, &c. old Cheese, Goates flesh, Beares flesh, Fores, Alles, and measelly Swines flesh, all old salt flesh, grosse fish, milke and fish eaten togither, and such like things moe. Item through too hote a liuer, whereby the blod is burnt.

The Leaprosie is deuided by the learned into fower partes, and eache species of the same called after a certaine beast, for that it hath a little likenes with the nature of the same beast: whereof the first is *Leonina*, of the Lions: the second *Tyria*, of the venymous Snake *Tyro*: the third *Alopecia*, of the Fore: the fourth *Elephantiasis*, of the Elephant.

The first Species hath her name of the Lion, for that they that be therewith infected, be raging and mad, as otherwhiles the Lions be. This Species is caused through an ouer heated and burnt blod, whereby they also get a deformitie of the face, which is horrible to loke vpon; they doe crie out, and beate their bodies so vehemently, that their owne skin doth thereby harden:

harden: They bee also so hungry and thirstie, that they cannot be satisfied; they are also deprived altogither of sleepe, vntill that at last they be very mad and distraught.

Concerning the second sort, it is well knowen throughout all the world, that the Snakes doe at a certaine time renue themselues, doe strip off their skin from them, and doe get a newe: the which also happeth in this sorte of Leprosie, otherwhiles ten or twelue times a yeere; so that their skin goeth off with great heate and sharpe paine, out of which runneth a subtile matter, which infecteth the parts round about it: and this not onely therefore, but also for that this kind of Leprosie doth infect and hurt all other people dwelling by. This Leprosie is also contagious, that all whatsoeuer he spoyleth, doth stinke none otherwise, then doe the holes of these sortes of Snakes *Tyri*.

The third species which is called after the Fore: it is very well knowen, that this beast is subtile and rauenous, also frequenteth vnknowen and secret holes: also commonly twice a yere commeth to cast his haire, and at last consumeth vtterly.

This species of Leprosie is also of this nature, so that the patient can by no meanes be perswaded for to vse any counsell, but feareth alwaies that he shall be extenuated. At the first haue we admonished, that the patients beard, and his haire of his eielids will fall out; the same happeth in this also, for that because his meate and drinke can alter into no naturall nourishment, therefore will not onely the nourishment of the haire be taken away, but also the sustenance of the whole body, whereby the patient must attenuate and consume.

The fourth Species receiueth her name of the Elephant: the cause of this Leprosie commeth through the vse of all bad and melancholike meates, the which cannot sustaine a body, nor ingender sound flesh; but do rather spoile and destroy the same. In like manner do they also cleane change the naturall colour of the body, maketh the same a darke gray, like as is the colour of the Elephant. Other are of opinion that this name proceedeth of a lothsome sight, for that this disease hath a lothsome sight. In like manner also for the alteration of the voice, which seemeth like to the voice of an Elephant, with other moe such like things. But for that at the first in all such Leprous people the heads oftentimes, & the whole bodie do swell so, that one may say very well that he is like to an Elephant: their face is sometime so terrible to loke vpon, that one should be afrighted of the same, as of a terrible beast; for that their face, fingers, and toes, be full of sores, and those so great as a Nutmeg or Beane, and of the colour of a Mulberrie, which is not as yet thoroughly ripe. When as these come to impostumate, then do they yeld (as is saide) a stinking matter: the eielids do also swell sometimes so thicke as a finger, afterwardes they doe split and cleaue. But this is not all, for they do hurt also the mouth, the throate, and the nose, so wonderfully that the patient can hardly get his breath, and do alter afterwards commonly into the canker, and into all such perill that he commeth to strife thereby. The eares be also commonly full of sores and scales, and be also sometimes eaten vp that they fall off, yea do so eate inwards that they make the patient vtterly deafe. The arteries and other vaines of the necke wil be apparantly filled ful of thick and clotted blod, wherby the voice will be hoarse, and vlcers and blisters do appeare in the ioynts with a great hardnes of the spleene, and is almost a generall numbnes of all the members, so that they cannot vse them. Lastly (which is most of all to be wondered at) this sickenes doth commonly cause the great rupture *Buris*, wherof we haue written in the third part, the first chap. and 8. §.

Out of these fower Species of Leprosie may each expert man wel gesse, that the first Species is caused through a burnt cholericke Melancholie: the second Species out of a phlegmatick Melancholie: the third out of Melancholie which is mixed with blod: and the fourth of a burnt Melancholike matter: therefore this last kinde of Leprosie is much worse than any of the rest. This may suffice of the nature, and causes of the Leprosie. Now will we come to the Phisicall meanes which may be vsed against it.

For this aboue all are these generall rules to be obserued: First, although the Leprosie hath setled her rote, yet letting of blod is good, but very little, like as also no strong purgations be good: for when this sickenes is confirmed, then is the matter without the vaines and in the outward members; out of which it is not to be expelled: Secondly, this sickenes is not to be driuen away, but onely in the first through the purging of the Melancholike, and other bad humours: Thirdly, I take that there be much spoiled blod instant, then is a vaine to be opened, whether it be in the arme or vpon the hand. But if there be not much blod instant, then is letting of blod

to be omitted: Fourthly, both the vaines of the throate (wherof we haue written in the introduction) are to be opened in great hoarsenes, and that especially if one be afraide of stifling: fiftly, there be in the beginning no strong medicines (especially Hellebor) to be giuen, for that this matter is not to be purged, but it is rather to be put in practise with mild things which do purge Melancholy: Sirtly, each one that is infected with this disease shal beware of venery: Seuenthly, neither bathes nor salues are to be vsed, before and vntill that the patient be duly purged, for that the grosse matter doth obstruct the pores: Eightly, the flesh of the snake *Tyrus*, and all things wherein the same shall be tempered, are verie meete for Lepr0us people, and aduised to be vsed by all learned men.

## Of meanes and medicines against the Leprosie. 1.§.

THe famous Phisition *Galenus* doth write thus: the Leprosie is an alteration of naturall warmth, which appereth with terrible and itching sores. And yet in another place doth he admonish that (in the beginning of *Elephantiasis*) he hath healed it through letting of blod, and through strong purging of Melancholie: therefore must these sickenesses at the first (and as sone as they can be perceiued) be remedied; for which one is to imitate this processe insuing: and although the same be more inclined to the healing of *Elephantiasis*, then to any of the other kindes, neuertheles the same is meete to heale all Species of Leprosies.

## An order of Diet. §.2.

FOr as much as the Melancholie is of a dry and cold nature, therefore must (to the contrarie) warme and moist things be vsed, and to mitigate the matter according as the humour is waighty, meane, little, and venemous. First then concerning the ayre, the patient is to keepe himselfe in a meetely warme and moyst ayre, and that especially about rockes that are lying towards the East, the South, or towards the North, and also about some springing fountaines. But if the winde commeth to blow ouer some odoriferous trees, or flowers, then is it the better: but if one cannot get such an aire, and that the time of the yeare be very hot; then sprincle the chamber with fresh water wherein Violets, Waterlillies, and Lettice be decocted. Also lay these Trocisches insuing vpon hot coales, therewith for to fume the chamber: Take Violets, and Waterlillies, of each one ounce, the seeds of Lettice, of Endiue, and of small Endiue, of each halfe an ounce, the seedes of Melons, Pompeons, of Gourdes, and of Cucumbers, all togither peeled, of each one dragme and a halfe, Starch halfe an ounce, Camfer one dragme; make Trocisks therof with the iuice of Lettice, each about halfe an ounce in waight. When the same bee dryed, then poune them to pouder and let the patient therewith fume his dwelling, viz. in the morning, at noone, and in the euening.

Although now his dwellings were situated towards the North, and towardes cold winds: yet is this fumigation verie requisite for him, but the leaues of Apple trees, or of sweete Pomegranates, or of Almonds, or such like decocted amongst them are to be put vnto it: also all his linnen, and especially his shirts are to be washed with the same water. In like manner also are his clothes to be fumed. Further this bag insuing is to be prepared for to smell vnto it.

Take sealed earth, and fine Bolus, of each one quarter of an ounce, the flowers of Borrage, of Bugloss, of Basill, of each one dragme and a halfe, Violets, and Waterlillies, of eache one quarter of an ounce, Camfer halfe a scruple, wilde Vine leaues, Brome flowers, and Lettice seede, of each three quarters of an ounce, poune each alone: temper them verie well one amongst another, and then bind it in a fine cloth. He must also beware of all such clothes as do wring the head and the breast too hard, or to be too narrowe. The hands and the feete are in sommer with linnen, & in winter with good warme sheepes pelts to be kept warm, and also the head preserued from all cold.

Concerning his meate, it should be very good that all his bread were knead with water of Purslaine, of Lettice, of Endiue, or with some such like waters, a little salted, but meetely baked, and not eaten before it be two dayes old. All his flesh must be light for to be digested, as namely

Pullets,

Pullets, field Fowles, fat Ducks, Partriches, Phesants, Finches, wood Pigeons, and such like. Amongst all other flesh is good for him the flesh of yong Goats, Lambs, Calues, yong Swine, of yong Muttons, Harts, and especially of yong Conies, yong house doues, and Hares, shall he not eate, because that the melancholick humor by them are ingendred. All riuer fish which is not slimy, is very good for him, rather sodden then rosted. All Fruit that is sweete, as Cherries, Cresses, hasell Nuts, Almonds, Muscadine Grapes, and other sweete Grapes, shall not only be permitted, but much rather be aduised for to vse them. In like manner, fresh Figs, and water drunken vpon it, Peaches, sweet Apples, and sweete Pomegranates, are very good in this sicknes: but all sowre fruit is to be forborne, for that the vineger and all whatsoeuer is sowre, doth harme much the melancholick persons. Walnuts, Chesknuts, Quinces, Seruices, and such must he forbeare. The decoction of red and white Pease, and these greene herbs, viz. Spinage, Lettice, Beetes, Endiue, and Purslaine, be very good for him, and especially if some Fennell be chopt amongst them. Item, ripe Melons, because that they cole & moisten, are not ill for him. Wilke is also for this sicknes not discommended. All hot spice, as Pepper, Cinnamom, Galingall, and Ginger, are hurtfull vnto him, for that the matter thereby is the more burnt. But for to preuent the consumption, this powder following is to be prepared: Take Saffron one dragm. Cinnamom two dragmes, Mace three dragmes, the seede of Violets, of water Lillies, of Sorrell, and of Endiue, red and white Corall, red and white Saunders, of each one dragme, poune each alone, and temper them together. Item, he may also vse Hens grease, Ducks grease, Calues sewet, Mutton sewet, if it be not much salted, for that all these sewets be much better in this sicknes then butter. Leekes, Garlick, Siues, and Radishes are to be refrayned, or at leastwise vsed very seldome. In like maner also salted fish, salted flesh, and such like. The stomack, the Lyuer, the Hart, and chiefely the Spleene of what beasts soeuer that they be, is he not to eat, howbeit, that the braines of beasts (being sodden) are not ill.

As concerning his drinke, he is to beware drinking of all kind of red thick wine, and also of all white wine, which is strong, and ascendeth or climeth into the head, but a mild, white, and sweete wine, which is not strong. And if this kind of wine cannot be had, then is his wine to be tempered with good well water, or fountaine water. When it is cold weather, then may he vse Hony water, which from twentie quarts of water and one quart of Hony is decocted vnto the fourth part. When the Grapes be ripe in forepart of winter, then is alwayes this wine following to be prepared: Take one hundred quarts and a halfe, or two hundred quarts of sweets Must, and steepe therein twelue ounces of greene small Endiue, cut very small, Elecampane rootes eightene ounces, the seede of Dock, and of Sorrell, of each one ounce, then put it all together in wine, and let the wine stand ouer a yeere, and be very cleere. If the wine be now too strong, then temper in the drinking good well water with it, or let it seethe together. Of this wine is he to drinke all the whole winter euen to the end of March: but from the moneth of March vntill the end of the moneth of September, then take Must and fountaine water, of each one hundred quarts, Lyuerwort, watercresses, and garden Cresses, of each fiue ounces, greene Citron leaues twelue ounces, cut them very small, and let it seethe all together. When this potion is clensed, then drinke it as before.

The patient is also to see to it, that he eate not without hunger, nor drinke without thirst, and especially if his stomack be not well framed. To the contrary, he is not to fast any longer then till he feeleth that the meate in the stomack be cleane spent. Many dishes or messes be not good for him, but all spoonemeates that are thin, are very meete for him. He is to beware of all dry meates. He is also to hold him sober in drinking, that the meate come not to swimme in the stomack. If so be that he finde, after meate, that his meate do trouble him, then is he to take this following for to parbrake it out againe: Take three ounces of water wherein Radishes be decocted, white Sugar and Hony, of each halfe an ounce, *Sal gemmæ* three greynes, Commun fiue greynes, Vineger two ounces, temper them together, and drinke it luke warme. But in case that the vomiting will not yet follow after it, then thrust your finger in your throate as deepe as you can, or put a feather in your throate as deepe as you can, which is made fat with oyle. If it will not yet be, then must it be loked to, that the meate come not to rot in the stomack, and there ingender an ague of it, which is to be done with this potion following: Take fresh prepared Cassie, which is prepared with water of Violets one ounce, water wherein the herbe Mercurie hath bin decocted three ounces, then make them warme together, and drinke it at one draught.

Of

## Of sleeping, and waking. §. 3.

THey that be burthened with this disease, ought to slæpe the space of eight houres at the least, and to go to bed one howre after meate, and to turne oftentimes about from one side to the other. The head is to lye very high, and to slæpe halfe sitting. When it is colde weather, then is he to couer his whole bodie, and especially his head very warme. Reasonable exercise is very good for him, if so be that he can exercise himselfe. His head must he let be oftentimes and softly rubbed. Last of all is he to beware of all motions of the mind, as from anger, sorrow, and such like, for that these things do augment the burning of the melancholie.

Let this suffice to be spoken of the order of dyet, whereof we shall hereafter discourse more at large, and teach also how that this matter might be diminished and expelled.

## Of letting of Bloud. §. 4.

WE haue before expressed in the generall rules, how that letting bloud in the confirmed leprosie may not auayle, except it be seene that the patient be very full of bloud: for which, letting of bores is also very commodious, whether that it be in the neck, the shoulders, the thighes, or vpon the calues, and vpon other places moe according to the importance of the cause. But if so be that the Leprosie be not rooted, then is first the letting of bloud to be vsed, and that for an vnburthening of the noysome matter.

But if now the patient be very plethorick, and the vaines be full of bloud, then must one open the patients Median in the left arme, and let out three or foure ounces of bloud. Or if there appeare such fulnes of bloud about the Lyuer, then is the Lyuer vaine to be opened in the right arme. But if there be any fulnes in the vaines about the head, then is the head vaine to be opened, and that vpon the hand, about the great thomb. This letting bloud is in the beginning of the leprosie, one of the most principallest medicines and meanes, because that the burning bloud can through no more commodious way be expelled.

After letting bloud (or if it be not esteemed needefull) do all learned commend the potion of *Epithymo*, whereof there be three sorts in the first part the twelfth Chapter and 8. §. described, whereof the patient shall take in the morning betimes foure or fiue ounces very warme, and then to slæpe one howre vpon it, for that it is a very mild laratiue, and afterwards he is to fast fiue howres after it. But if you do desire a weaker potion, then take fresh rootes of Polipodie, pouned Sene leaues, *Thymus*, and *Epithymus*, of each one dragme, *Mirobalani Indi* one quarter of an ounce, Whay fiue ounces, Annis, Cinnamom, wild yellow Rapeseede, and Mace, of each halfe a scruple, and beate it small, and slæpe it the space of 24. howres in warme Whay, afterwards wring it out and so giue it to drinke. Item, take the confection of Sene leaues three quarters of an ounce, and temper it with whay of Goats milke, this is a safe and elected medicine. This following is somewhat stronger: Take Sene leaues one dragme, Indy salt, prepared Azure stone, and fine *Bolus*, of each two greynes; then giue it warme with three ounces of the water of Hops. Or take two ounces of the iuice of the leaues of Polipodie, temper it with one ounce of good wine vnto a potion. If you will haue this more pleasant, then take the distilled water which is distilled out of the leaues and rootes of Polipodie.

purg to ex yellow ming bloud.

Had you rather take Pils? then let these following be prepared: Take Polipodie, *Thymus*, and *Epithymus*, of each fiue greynes, prepared Azure stone, and fiue *Bolus*, of each halfe a scruple, Annis, Mace, and Ginger, of each two greynes, Indy salt three greynes, then make thereof 7. or 9. pils thereof, and that with the iuice of Roses for to be taken at one time. After this, may one bring together many purging things, but these beforesaid be sufficient for a patern and example.

The Clisters may be made thus: Take Burrage, Bugloss, the vttermost of the *Agaricus* Elecampane rootes, and fresh Polipodie, of each one handfull, then seethe them all together in sufficient water vnto the halfe, then take thereof twelue or sixteene ounces for a Clister, without any other addition.

Another.

Another. Take of this foresaid decoction twelue ounces, Butter halfe an ounce, then temper them all together: Or take good swæte wine wherein Mallowes and Violet leaues haue bæne decocted foure ounces, confection of Sene leaues and Cassy, of each halfe an ounce, Indy salt one scruple, temper them well together, and then set it very warme as a Clister. Hære followeth a stronger: Take Coloquinte, *Mirobalani Indi, Emblici, Epithymus, Thymus*, Fumitory, and Sene leaues, of each one handfull, sæthe all together in sufficient water euen to the halfe, and vse them without any other addition for a Clister. There may also be taken sixe ounces of the decoction wherein an Hedghog is boyled, and putting thereto foure ounces of the oyle of Violets, Indy salt one dragme, confection of *Hamech* thræe quarters of an ounce, and temper this together vnto a Clister.

But this following is the mildest, and notwithstanding the most commodius: Take whay of Goates milke 12. or 16. ounces, Cassie one ounce, and set it warme.

If it be sæne that the matter do annoy more the head, then any other member, then is this laxatiue potion to be vsed: Take the confection *Diasena* and *Hamech*, of each thræe dragmes, the decocted or distilled water of Betony, water of Violets, or of the Sauin træ, of each one ounce and a halfe, temper it all togither. If so be that the breast be most of all infected, then take *Agaricus* one dragme and a halfe, *Mirobalani Indi*, one quarter of an ounce, fresh Polipodie, and the huskes of the Sene leaues, of each one dragme, Fennell water, and water of Hyssop, of each two ounces; make it warme, and stæpe the rest the space of 24. houres in it: afterwardes drinke it warme in the morning earely.

Or if so be that these Melancholike humours do brnse the liuer most of all, and of the rest of the intrailes, then is this following to be vsed: Take Annis, *Spica*, Violet sæde, *Cuscuta* sæde, Sorrell sæd, and Mastick, of each halfe a dragme, Roses, and the leaues of the wilde Vine, of each fower scruples, sæthe them all togither in sixe ounces of water euen to the halfe: Take of this decoction and temper therein of the confection *Ad Melancholiam Auicennæ*.

These be now the things whereby all such noysome humours may be diminished. First, it is to be considered how that the grosse melancholicke blood might be drawen from the vitall parts to the outside: for this is very good after the vse of the former purgation, that the patient do forcibly stir and exercise himselfe, viz. to go a foote, and to clime vp the mountaines, whereby naturall heate might be prouoked, and the matter consumed.

Secondly, it is verie good that he be rubbed from the necke along the backe bone downewards, and from the shoulders to the hands, and from the thighes to the fæte with hot clothes, vntill that the skin be very red.

Thirdly, he shall bathe in this bath following morning and euening: Take fresh or dry Fumitory twelue ounces, the Elecampane leaues, Violet leaues, and small Houslæke, of each sixe ounces, Cammomill, Melilot, and *Spica Romana*, of each eight ounces; sæthe them together in so much water as is nædefull, in this shall the patient bathe, and to be softly rubbed.

Fourthly, prepare this salue following: Take oyle of *Sesamum* sixe ounces, Cammomill, Dill sæde, Burrage floures, and Fumitory, of each one dragme, floures of Elecampane, and Dock sæde, of each one dragme and a halfe: poune them all small, stæpe them, and sæthe them all together in the foresayd oyle vnto the halfe; afterwards annoynt therewith the bodie twice or thrice a day and especially the whole back bone, and also all other parts which are infected.

There is also vsed for this hot and blistering herbs, viz. pouned, wherewith the members may be rubbed, whereby the bad humors be drawne outward toward the skin: these herbs be Marierom, Penitoyall, wild Thyme, Nepe, and Crowfote, which haue an especiall power for to draw out the melancholick humors towards the skin, changing them into water, through the blisters which appeare after this chafing. Some do vse *Cantharides*, but they are too strong, for they expell vrine very violently, yea that the blood followeth with it, and do excoriate the conduits of the vrine if the same be vsed at any one time in many places.

For this is also good boring cups set on the outward members, and the skin picked. If so be that there be any other sorenes or impostumation with it, then haue you before in the 2. §. how that the patient is to partake, the which is very mæte for this.

But in these cases there is nothing better then to open the Hemorrhoides, which may be effected by the rubbing of Fig leaues, or by the rubbing with the leaues of Comfrey, also with rubbing with a hairen cloth, which is stæped in an Ore gall.

There

There may also a small boring cup be set vpon the fundament, and when as the arsegut doth appeare and come forth, then may the vaines which do as then appeare be opened with a lancet, and to let them bleede so long, vntill that the thick and grosse bloud do alter into cleere and thin bloud. This is also to be done foure times a yeere, for it is very commodious.

## For to expell the matter of this sicknes by vrine. §.5.

AFterwards it is also very meete, that this noysome matter be driuen out through the vrine, for which you are to vse one ounce or more of the potion of *Epithymo*, or of the water wherein *Epithymus* is decocted, whereof the patient is in the morning and also at afternoone to drinke, for that it driueth out a black and melancholick vrine.

Or take in the morning earely one ounce of the iuice of Smallage. Item, take three ounces of the iuice of Pease, or the decoction wherein Pease be boyled.

There is also Azure stone sodden in the water of Millet, and take thereof three ounces: Take *Indie Spica* one quarter of an ounce, *Mirobalani Indi* three dragmes, sæthe them in nine ounces of Fennell water euen to the halfe, afterwards strayne it thorow a cloth, and wring it out hard, and then drinke it. The floures of Broome be also taken for this, Madder, Valerian and Hewe, of each one handfull, let them sæthe all together in eightéene ounces of water vnto the halfe, and then drinke thereof foure or fiue ounces with pouned Licorice and Gromill sæde, of each halfe a dragme tempered therewith.

## Wherewith the Mouth and other parts are to be washed. §.6.

TAke the decoction of Linsæde foure ounces, and *Oxymel compositum* two ounces; temper them wel togither, and wash the mouth oftentimes with it alwaies twice before supper, and two howers before dinner. You may also after the same manner chewe Swines breade and spit it out againe: or in the stæde thereof chewe *Agaricus*, which is more forcible and more safe.

Item, prepare this gargarisme insuing: Take *Mirobalani Indi*, Violets, Burrage flowers, & Buglosse flowers, of each one dragm, the rootes of Polipodie one quarter of an ounce, Indie salt one dragme, the huskes of Sene one quarter of an ounce: sæthe them all togither in twelue ounces of water euen to the halfe, and vse it warme alwaies one hower before noone, and an hower before supper: to wit, ten or twelue times togither. This insuing is also much commended for the Leprosie, if it be often washed therewith in the beginning: Take Mirrhe, and *Sarcocolla*, of each three dragmes, Ireos, rootes of Fumitorie, of Hewe, and Hartwort, of each three quarters of an ounce, blacke Helleborꝰ two ounces, the sædes of Mallowes, of Hollyhockes, of Fumitorie, and the leaues of Elecampane of each three handfuls, cut them and stampe them togither, afterwardes let them sæthe in fower pintes of water vnto three pintes.

In like manner there is also much commended for this the golden water, if that one do take a little and oftentimes thereof, and do annoint the Leprosie therewith. The oyle of Tiles is also much commended in the beginning of the Leprosie.

But bicause that the most principall cure of this Leprosie consisteth in consuming of the melancholike matter of this sickenes, and that the blod must be well clensed: therefore will we to that end describe certaine good things beginning first with the least.

## Whereby the blood in the Leprosie shall be cleansed. §.7.

TAke the water of Hops, and of Fumitorie, of each one ounce and a halfe, temper them togither, and giue it in the Sommer cold, and in the Winter warme. Item: Take the whay of Goates milke, or of sheepes milke, and drinke therof in the morning like as is said before. This following is also more forcible: Take fower ounces of Cheese whay made of sheepes milke, and the iuice of Fumitorie, temper them

all

all togither, and so drinke it warme. These three things haue an especiall propertie with the brest, with the liuer, and with the stomack, and do consume all burnt humors of the same. Item: Take the sirupe of *Epithymo* one ounce and a halfe, the water of Elecampane, of Sorrell, and of small Endiue, of each one ounce and a halfe, temper them togither, and drinke it certaine daies togither: the same expelleth the grosse matter. This followings is also meete for the same: take *Sirupum de Thymo, Acetosum compositum, de Bizantijs*, of each halfe an ounce, water of Smallage, and of Fumitrie, of each one ounce and a halfe, and vse them as before.

This insuing is especiall good for the Melancholie which is caused through burnt blod, and where it may euidently be seene, that heate of the liuer, of the breast, and of the head is with it: Take the seedes of Melons, of Cucumbers, of Pompeons, and of Gourdes, of each three dragm. flowers of Violets, of Burrage, Buglosse, and of small Endiue, the seede of Sorrell, and of small Endiue, and of Waterlillies, of each one handfull and a halfe, Fumitorie flowers, Elecampane rootes, red and white Saunders, burnt Iuorie, red and white Corrall, of each one dragme, the iuice of sweete Apples sixe and thirtie ounces, fresh Mallowes, Endiue, Sorrell, Hops, Purslaine, and Lettice, of each three handfuls, Docke leaues, Elecampane rootes, *Bistorta*, Swines bread, and Gentian, of each one handfull, wilde Vine leaues, small Houseleeke, and Liuerwort, of each three handfuls, seethe this all togither (except the iuice of Apples) in fower quarts of water vnto the halfe, afterwards wring it out hard and straine it: this being done, then put to this decoction the iuice of Apples, and three ounces of sharpe Vineger, white Sugar sixe and thirtie ounces, then seethe them all togither (alwaies skumming) by a milde fire, vntill that about the third part be walked, whereof you are to keepe the one halfe, and the other halfe are you to seethe to a sirupe; for that of the first is euerie day to be taken fiue ounces, and of that which is sodden to a sirupe two ounces, with water of Agrimonie, and Fumitorie, to wit, of each one ounce and a halfe. This hath done maruels, but it must be continually vsed the space of sixe weekes or two moneths.

This sirupe (as also all other) is alwaies to be taken when the meate is digested in the stomacke, and afterwards to sleepe an hower or twaine, and then without doing any great labour, to fast fiue howers after it. In Sommer it is to be taken colde, and in Winter luke warme.

## For to consume the remanent matter. §.8.

When you do perceiue that this matter is much diminished, then giue the patient during the space of a moneth, alwaies earely in the morning one dragme of pouned Pepe with sheepes whay, for it is a safe remedy. In like manner you may giue vnto this patient som daies togither one ounce of the iuice of marsh Mints, or of white water Mints, and that especially in the beginning of this sicknes. The pouder of burnt Hedghogs flesh hath an especiall power for to consume this matter if that one take the waight of a drag. oftentimes with whay, or giue him oftentimes halfe a dragme of Treacle with the decoction of Hedghogs flesh. These be now sufficient and sure things chosen out of diuers others.

If so be that there remayne any bad matter in the ioynts, then must the same (if one will haue perfect health) be also consumed, to the end that thereby (the same there remayning) the whole bodie be not infected againe. For which, these two bathes are to be vsed at the first: Take Marierom twelue ounces, Bayberies, the seedes of Licebane and Mustard seede, of each sixe ounces, Sulfur viu foure ounces, the Earth called *Sinopida* two ounces, then seethe them all together in much water vnto the halfe, then bathe therewith the space of fiue or sixe dayes twice a day. When the patient commeth out of the bath, then is his whole bodie to be annoynted with Treacle, and the same to be rubbed in well. Afterwards he is to go to bed, and to sweate well vpon it: and although he could not sweate well at the first, then giue him after bathing halfe a dragme of the Treacle *Diatessaron*, with a little water of Violets, and then couer him close. When he hath thus bathed, then is he to vse this bath following: Take Fenegreeke, and the seedes of white *Sesamum*, of each twelue ounces, the rootes of Lillies sixe ounces; then let them seethe together to a bath as before, yet in bathing is the bodie to be rubbed with black Sope, and then to lye a bed as is sayd.

When as now the matter is sufficiently prepared through bathing, and be drawen towards

wards the skin, then doth the cause require that it might be consumed, whereto stronger medicines be necessarie, like as this ensuing may be prepared: Take Verdigrease, Orpiment, Coperas, and white *Cadmia*, of each fire ounces, vnsleckt lyme twelue ounces, the rootes of Crowfoote eightéene ounces, Allome foure ounces, Salarmoniac eight ounces, poune them all together, and then distill them in a helme, as strong water is wont to be made, and annoynt therewith all scales and blisters euery where.

The third day are you to annoynt them with this following: Take one ounce and a halfe of Starch, and washed lytharge of gold two ounces, vnsleckt lyme one dragme and a halfe, Dragon-bloud halfe an ounce, Vineger as much as is néedefull for to temper together, afterwards temper them together in a leaden mortar.

Other do vse this following: Take the swete soote of the chimney two ounces, lytharge of gold one ounce, Frankincense halfe an ounce, Mastick fiue dragmes, oyle of Juniper, and oyle of Wheate, of each foure ounces, yellow Waxe two ounces, poune all small that be to be pouned, and then temper therewith two ounces of the oyle of Violets, afterwards put vnto it the gold lytharge, the Mastick, and Frankincense, and at last a little Vineger, yet stirring it alwayes about. Other do temper amongst it fire ounces of the iuice of Cuccopit rootes.

## What is to be vsed for the Scales. §. 9.

IF that there be any scales vpon any sores, then are they to be annoynted with this salue following: Take the oyle of *Sesamum*, Alles sewet, of each fire ounces, the yolke of an egge, Camfer halfe a dragme, then temper them all together with sufficient whites of egs, it is also good against all heate of the ioynts, it healeth and causeth the flesh to ingender.

If so be that these foresaid scales will not fall off of themselues, then do some take them off with Rasors, euen to the roote, yet not all together at one time, but one before, and another afterwards. The bloud do they staunch with pouned lytharge of gold. They do make also a salue with fresh Hares bloud, or with a yong mans bloud, which is very méete for this. The annoynting with this salue is to be done but once in thrée dayes, and then to wash the partie with some water wherein Bran is decocted. You haue also more at large of these things in the Chapter where the Pocks be discoursed of.

When as after all this the matter procéedeth well the space of two or thrée moneths, then is one not to forslow purging in the meane whiles, but to take good héede to these two things ensuing.

First, to the stopping of the nose, which maketh an vnsémely spéech, and for to let that, make a long taint of Cotton, annoynt it with the salue of Citron (which one findeth commonlie readie at the Apothecaries) strowe thereon small pouned lytharge of gold, or Hartwort, or in the stead thereof take the confection of *Aurea Alexandrina*.

Further, you are to spout into the nose some lukewarme wine, amongst which, a little vineger of Squils is tempered.

Secondly, because that the haire of the eyelids fallen out do giue a great deformitie, therefore is it to be loked to that the same be made to grow againe, whereof you may reade in the first Chapter and 8. §. But this ensuing is especially commended in the deformitie: to wit, that the eyebrowes be rubbed vntill they be red, and then are Leaches to be set vpon it: and when as they be fallen off, then haue this salue following prepared: Take fresh Venus haire, and *Laudanum*, of each a like quantitie, séethe the same in oyle of Bayberies, and in a little wine, afterwards wring them out, and therewith annoynt the eyebrowes, and all other infected places.

If so be that there euer appeare any new matter, or any new impostume, then must one begin to bathe with the last foresaid decoction, and in like manner also to annoynt with the foresaid things, for that in such lingring sicknesses, must the remedies so oftentimes be reiterated as the diseases make returne.

For

## For to strengthen the Hart, the Lyuer, and the Braynes in the Leprosie. §. 10.

BEcause that by the foresaid parts and other moe this Leprosie taketh her beginning, therefore are the same also to be strengthened, for which this following is very good: to wit, the confection *Lætificans Almansoris*, whereof giue euery day (halfe an howre before none) one quarter of an ounce with Endiue water, the water of water Lillies, or with water of Agrimonie.

Secondly, the great Treacle is very forcible, for it strengtheneth the naturall heate and the vitall spirits, that it may the more mightier withstand all venome, if one take halfe a dragme thereof with any distilled water.

Item, take the confection *Diambra, Diamoscu*, and *Manus Christi* with Perles, likewise halfe a dragme of *Lignum Aloes*, tempered with two ounces of water of water Lillies, and drunke in the euening when one goeth to bed.

There is also highly commended to take oftentimes one scruple of Perles with one ounce of Basill water.

## What concerneth the skin. §. 11.

WHen as now the skin through great vnnaturall heate is annoyed and hurt, which may be perceiued by the corroding and by the sharp matter, then is the same place to be annoynted with the iuice of Lettice, of Purslaine, of water Lillies, and also with vnripe Sallet oyle: but if it be caused through cold, that thereby the vnnaturall heate be extinguished, then is there no better thing then to bathe the place with strong red wine warmed. But if the disease of the skin do not import any thing, then is it better that it be bathed with a mild Leigh, with Nepe, or garden Mints, and if this corroding do increase, then vse this pretious salue ensuing: Take lytharge of gold and Ceruse, of each two ounces, oyle of Roses two ounces and a halfe, the iuice of Rue foure ounces, Starch as much as sufficeth, then stirre it the space of certaine howres in a leaden mortar, at last temper one quarter of an ounce of small brused Camfer amongst it.

## Of the actuall and potentiall cautery. §. 12.

THese actuall and potentiall cauteries are both of them commended by the Phisitions in the extreamest neede, to wit, vpon the head, and in the necke, and in moe other places, but because it may not be effected without danger of some other parts (like as also they themselues do acknowledge) therefore we will not write any ampler thereof at this present.

If any one be so hardly assayled of the Leprosie, that he be no otherwise to be holpen but by cauterisation, he may take the aduise of those men that haue experience in it. And because that all that which we haue hitherto written is more meete for the *Elephantiasis*, (like as we haue declared at first) notwithstanding it is also good for all species of the Leprosie, therefore followeth hereafter all that which is commodious for all species of this sicknes.

## What is requisite for euery sort of Leprosie. §. 13.

FOr this, hath Treacle the highest commendation; in like sort the confection of *Hiera* and Hedgehogs flesh (whereof we haue admonished before) whether it be rosted, fryed, or sodden. Also the flesh of the venemous Snake *Tyrus* is commended by *Galen* and of other famous Phisitions moe. But because that we (God be praysed) haue not this Snake heere in this Realme, it is not needefull for to write much thereof, but to speake rather of those things that are to be gotten in this countrie, and may do ease, as the powder of burnt Hares one dragme and a halfe, with foure ounces of wine drunke three dayes together. Take in like manner as much powder of Squils, or the iuice of the same, with the sirupe of Squils, and then temper halfe a dragme

more

more or lesse of *Assa fœtida*, with Hony amongst it, and so take it. Item, take pouned Comin siue dragmes, with clarified Hony.

There may also be more written yea a whole booke full of the Leprosie, and how that euery accident of the same is at the beginning to be eased; but if so be that the foresayd remedies will help the sick person, then be the accidents the easier to be holpen, for which, we haue also in many places written much of the foresayd diseases, which altogether may and ought to be vsed for this, and therewith we will conclude.

## Of the bad vlcer *Cacoethe*. §. 14.

FOr a conclusion of these corrodings, impostumes, and vlcers, we will also briefely write of those, which the Grecians do call *Cacoethe*, which is a species of the Cancre, and so venemous, that it continueth with a bodie all his life time: for notwithstanding all the counsell which may be done for it, yet is it all in vaine, and it doth remaine incurable, and moreouer (like as is sayd) is very long continuing: yet do some commend this ensuing for some especiall thing.

Take *Soldanella* halfe a dragme, powdred Rubarbe two scruples, giue the same to drinke oftentimes with white wine: when this is taken, then giue to the patient the next day afterwards the sirupe of Wormewood, and of Cicorie, with Rubarb, of each one ounce: and so continue euery other day. Afterwardes annoynt the place of the disease with oyle of Roses, or oyle of swéete Almonds.

## *The fift Chapter.*

## Of outward infections and woundings of the Skin.

IN the beginning of this fift Part we haue before declared many things whereby the skin is infected and annoyed within. Nowe doth our methode require, that we should write somewhat of the outward accidents of the skin, which be hurtfull to the same, and also to the flesh vnderneath it, and will also begin with the least, which is of the burning or scalding.

## Of the burning or scalding with fire, hot water, and of the burning with Gunpowder. §. 1.

IF there be any burnt with fire, or scalded with hot water, then haue the things or medicines whereby both these are to be cooled and healed, small difference: but concerning the burning with gunpowder, of that we will write after another maner.

Of the burning of fire, or scalding with hot water, there commeth at the first an excessiue paine, and diuers blisters whereout water doth run.

Secondly, if one will heale these sores, then is there first to be spread theron a pap of the powder of Saunders, with Rose water, and tempered with a little Camfere, or with the water of Nightshade.

Or temper fine Bolus with vineger, with Rose water, and with water of Nightshade: these things are to be layd vpon it so long, vntill the paine be almost gone. For this may also be vsed the salue of Poplar, mired with the white of an eg. And if so be that the blisters doe not breake of themselues, then are they to be opened with a nædle, to the end that the flesh next vnderneath bee not harmed thereby.

This is now a necessary and common maner of doing, viz. at the first: but what is méete to haue more done in it, that shall hereafter follow.

And because that such kinds of diseases may be rather healed with salues than otherwise; therefore will we first of all begin with them.

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These things following are to be vsed immediately after the burning, and vntill the paine be at the extreamest: Take oyle of Roses and vnripe Sallet oyle, of each three ounces, white Ware, washed Lytharge of golde, and Ceruse, of each one ounce, Starch three quarters of an ounce; melt the oyle and the Ware togither, and then powre it hot vpon the cold water: afterwards wash it three times, and that with Nightshade water: at last temper the othsr thinges amongst it. But if you wil haue it more drying, then may you mixe pouned Cipers nuts amongst it, as many as you please.

Item, take Butter, or Swines grease, eight ounces; let it be hot, and powre it vpon colde water: afterwards let it be stiffe again, and then put it into a dish; stir it well about, and powre of the water vnto it vntill it be thorow white: at last stir one ounce and a halfe of Peter oyle in it, and therewith annoynt the burning.

But if so be that the burning be two or three daies olde, then take of the foresaid salue, and spread it vpon linnen as a plaister, and lay it sure or seuen times a day vpon it, according to the importance of the burning; for that how much the oftener it is refreshed, so much the better and soner is the same also to be healed. If so be that the burning be great and deepe, then doe not bind it tight, to the end the heate may passe out the better.

Item, take Butter wherein an eg is baked and burnt, powre it vpon cold water; when it is stiffe, then wash the same eight times with cold water, & at the last twice with vineger: now take two ounces and a halfe of this Butter, put therto the whites of two egs well drayed, Linsede oyle halfe an ounce, then annoint it on the burning.

Commonly the oyle of Roses is good for burning, being tempered with salt, Linsede oyle, Inke, and *Oxycraton*.

Item, take oyle of Roses one ounce, three yolkes of Egs, mixe them well togither: you may also adde sower or fiue grains of Saffron vnto it.

Another: Take oyle of Roses three ounces, Bolus one dragme, make it very hot: afterwards dip a cloth in it, and lay it thereon as hot as the patient can abide it. But if the paine bee abating, then is there a salue to be chosen of this Lyme ensuing: Take vnsleckt Lime, powre water vnto it; but thrust not the hand into it, but stir it well about with a spoone vntill that it scum: afterwards strike it off with a feather, and temper it with Sallet oyle: at last annoynt it on the burning: The same is very highly commended. Or take vnsleckt Lyme, & with Sallet oyle make a salue of it, as thicke as pap, and annoynt therewith.

Item, take oyle of Roses 2. ounces, vnripe Sallet oyle one ounce & a half, white Ware halfe an ounce, let it sethe a little all togither: afterwards powre it on cold water, & wash it with cold water: this being done, then temper small beaten Ceruse amongst it three quarters of an ounce, Frankinsence and *Sarcocolla*. of each one dragme, prepared Lyme halfe an ounce, Saffron halfe a scruple, washed Lytharge of gold three quarters of an ounce, then temper all togither. This following is a well approued salue for the burning: Take quicke lyme which is flaked with good wine; let the lime drie well, and put in as much Linsed oile, vntill it be as it were a dough: afterwards annoint the burning with it, and then lay none other vpon it.

But if so be that it ware dry and hard, then spreade more vpon it and take it not off, for that the burning will be sodainly whole: and when it is healed, then falleth it away of it selfe. This is thus by some to be assured; neuertheless it is perillous, not to loke to it in long time, for that there might some other thing sticke vnto it.

For this is also fit, the oyle of Saint Johns wort alone or tempered with washed lime, and so spread it vpon the burning, for it coleth maruellous much. Item, take oyle of Roses three ounces, white Frankinsence one ounce, Ceruse three ounces, the whites of three Egs, Camfer one dragme, make thereof a salue.

Another: Take oyle of Oliues fower ounces, pouned Frankinsence halfe an ounce, the innermost rindes of Eldern one quarter of an ounce; sethe them all togither with a little Vineger, vntill that the Vineger be thorowly wasted, then straine it thorow a cloth and vse it as before.

Item: Take old candle tallow, Goates suet, and Linsede oyle, of each alike quantitie; let them melt togither and put thereto the white of Hens dung, as much of the one as of the other things; let it sethe well togither and then straine it thorow a cloth, afterwardes lay it vpon the burnt place and let it lie thereon a day or twaine; then wash it off with luke warme water, & lay againe a fresh plaister vpon it.

For this is also good all the white salues which are described in the fourth part, the nine chapter, and first §. Item: yet another salue which is to be found in the first parte, the seuenth chapter, and 17.§. This salue following is also very good for all sorts of burning: Take oyle of Roses two ounces, the yolkes of fiue Egs, stamped well togither, and temper some Saffron amongst it; afterwards spreade it on a cloth and lay it vpon the burning, it healeth verie spædily.

Another: Sœthe Mullard sæde in the creame of milke, then poune it to pap and wring it thorow a cloth, afterward annoynt therewith the burning. After the same manner is Linsæde also to be sodden, strayned and vsed: or take Oaten meale, boyle it in creame and vse it as the rest: this is especiall good for scalding with hot water.

Item: Take the iuice of Rapes, or of Dinions, each a part or mired togither, and annoint the burning oftentimes with it, and lay the leaues of the Cherrie træ vpon it.

Take the iuice of an Dinion, and oyle of the kernels of Abricockes halfe an ounce, temper them togither. The strupe of *Oxycraton* doth cole much the burning. Incke tempered with the water of *Cardus Benedictus* is much commended for this, if one make a cloth wet therein and lay vpon it.

Item, the leaues of the Waterlillies laid vpon the burning, do cole and also heale. Of the inflammation and heat of the vlcers which is caused within, you haue hard before in the second chap. and 6.§.

## Of the burning with Gun pouder. §.2.

IF any haue a shotten pellet cut out of his bodie, then is this oyle following to be layd vpon it: take the oyle of Eldern flowers 12. ounces, oyle of S. Johns wort one ounce, Turpentine halfe an ounce; temper these togither, and set them certaine dayes in the Sun. This hath a maruellous efficacie and vertue.

Another: Take oyle of Roses, Nightshade water, Rose water, water of Lillies, and oyle of S. Johns wort, of each a like quantity; and wash therewith the wound oftentimes. Item, for to cole the inflammation, take the water of Nightshade and of S. Johns wort, of each eight ounces, Allome halfe an ounce, Cerusse, Litharge of siluer, and Verdigrease, of each one dragme, poune them all small togither, and then temper them well togither, and then lay it as warme vpon it as may be suffered, thræ or fower times togither.

Or take Linesæde oyle, vnsleckt lime, fine Bolus, and Rye meale, of each a like quantity; stirre them well togither, and then spread it on the burning: It drayweth out the heate and the powder.

Item, take good Hony eight ounces, let it sæthe and be well scummed, then put thereto halfe as much sharpe Vineger of Roses, and then let it sæthe all togither vntill it be browne: afterwards put a spoonefull of beaten Allome vnto it, and kæpe it well: for the elder it is, so much the better it is.

There is also prepared for this, two kindes of leigh: the one which is made of quicke lime, and layd vpon it with a wet cloth: The other is, if one temper strong leigh with Sallet oile, and lay it thereon: This leigh is very good for all heate, whether it be through burning with gunpowder, or otherwise for all inflammation which doth appeare outwardly.

## For all scalles of burning. §.3.

TAke Cerusse one ounce and a halfe, Camfere halfe a dragme, Rose water thræ quarters of an ounce, Starch halfe an ounce; bruse it, and temper it well togither in a mortar, with the white of an eg vnto a thin salue, spread it theron and round about the scalles, and they will drie and fall off.

Before in the third Chapter, and tenth §. you haue yet moe other fit remedies for it.

The

## *The sixt Chapter*

## For to draw Splinters and Thornes out of the Skin.

IF that any Splinter or Thorne do sticke in the skin, then must one loke to pull out the same immediately: otherwise it must ranckle out with great paine.

Thus for to remedie this: Take Ore suet, Ware and Rosin, of each a like quantity, *Pirola*, Bætes, Louage, Ladymantle, and Sanicle, according to the quantity of the former; poune them togither, and wring out the iuice: afterwards put it amongst the molten Ware, Rosin, and sewet, and then boyle it vntill all the iuice be wasted, and there become a Salue of it.

Another: Take two parts of Sallet oyle, and one part of Rosin, or Turpentine, and as much Ware, let it melt togither, and stir it well togither vntill it be cold.

For this is also good, the plaister *Apostolicon* and *Gratia Dei*, that are described before.

Item, the iuice of Berberries tempered with Barley meale, is also good for it. *Stef de Thure* draweth out the arrowes, like as before is shewed.

The rotes of Bætes, of Polypody, decocted with their leaues, and layd thereon, draweth also much.

If so be that any body in the spinning get a shiue in their finger, then take picked Plantaine leaues, and wring out the iuice, and lay it vpon it, it will quickly drawe out the shiue that sticketh in the hand, and heale it.

## *The seuenth Chapter.*

## Of wounds, and all that concerneth them.

AMongst all outward accidents which harme the skin, and the parts adiacent are the wounds also to be accompted. For which you haue before (in the common description of vlcers) certaine rules which be also necessary for all wounds, and may be applyed vnto them: therefore they are to be added here.

In all wounds (of what cause soeuer they be caused, whether it be of pricking, cutting, shoting, or falling) the Chirurgian must first loke that he cause the blod to be stanched: but if that be not performed, then doth the patients strength and power weare away, and at last his life also. Therefore will we first of all write and discourse thereof.

### For to staunch blood. §. 1.

TAke Gum of Arabia, and Dragagant, of each one drag. red Corall, Blodstone, burnt Iuory and Camfere, of each halfe a drag. make this powder with water of Plantaine vnto a dough, and lay it vpon the wounds. Some doe also temper with it *Bolum Armenum*, and Homy, which is not amisse.

Item, take Frankincense, Mastick, and small cut Hares hayre, of each a like quantity; make a softe salue thereof with the white of an Egge, and lay it vpon the bleeding.

Or take Dragon blod, vnsleckte Lyme, and Frankincense, of eache a like quantity: this are you to vse if there be anie great vaine perished: but if the great vains be hurt the long way, then vse burnt Coperas with it.

Item, Take the white of an Egge, fine Bolus, Dragon blod, Blodstone, and Frankincense, of eache a like quantity; make a soft plaister of it, and then spread it vpon Tow, and so lay it vpon the wound.

Or stampe Peach kernels, and make a plaister of it with the white of an eg.

Item, take yellow Rose sæde, poune it to powder, and temper vineger therewith vnto a pap, and so lay it vpon the blæding wound, it will stop it.

Resolue Coperas in Vineger, and set it certaine daies in the hot sunne, or let it sæthe, afterwards wet a cloth therin, and so lay it vpon it.

The parings of Parchment boyled to Lime, and laid vpon it, is also very forcible for to staunch blod. Burne a hat to ashes and strow it into the wound.

Dryed Swines dung pouned to powder, doth also staunch blod. Item take Eglhels, and lay it so long in strong vineger to stæpe, vntill that they be very soft, and then let them bee hard againe: afterwards poune them smal, and vse them as the other.

Mans haire also burnt, and beaten to powder, staunceth much the blæding at the nose, and all other maner of blæding.

The iuice of Shepheards purse staunceth and coleth all hot blod. In May are you to take Comfrey with the leaues, and shread it smal; this being done, distill it like other water, and drop it in the wound.

The same doe the Chirurgians ascribe to Mayden milke, which is in the first part, the fift chapter and 1. §. described.

Item, for to staunch the blod at the nose, hold vpon the forehead a cold flint stone, blod stone, Calcedony or Carnoyle stones, or put in his hand the rotes of Corn roses: a man is to hang his priuities in strong vineger, or a cloth wet therin and layd thereon, the blæding will cease immediately.

For to staunch the blod you may also loke into these places following, as of the blæding of the Eares in the first part, the 9. chapter, and 4. §. of the blæding of the gums, in the first parte, the 17. chapter, and 7. §. Item, of spetting of blod, in the second part, 5. chapter and 11. §. to staunch the blæding of the Hemorrhoides, in the third part, the 9. chapter, and 4. §. of pissing blod, in the third part, the 16. chapter, and 11. §. and of womens termes in the third part, the 19. chapter, and third §.

## Of the clotted blood in the body. §. 2.

IF so be that a wounded man, or one that hath taken a fall, hapned to blæde inward, then are all meanes to be sought to expell the same with all spæde: for otherwise it must inwardly corrupt and putrifie, whereby very perillous agues and other deadly diseases might ingender, whereof in the second part, the fift chapter, and 17. §. (of the spetting blod) is sufficiently written. The common people doe aduise, that in this disease one is to drinke his owne vrine, whereby the clotted blod should be expelled. The same doth also the wine of Harts tong, and all other vulnerall potions which hereafter shalbe described.

This plaister following is much commended: Take Goates milke and Hony, as much as you please, let it be very warme togither, and stir fine Bolus therein vntill it be a salue, and bind that vpon it, whereby the congealed and clotted blod will be expelled.

## Of the stitchiug of the wounds. §. 3.

THis stitching of the wounds is committed to the Chirurgians charge, according to the importance of the cause: but I wil only ad this vnto it, and speake of those things that do heale the wounds togither without stitching: Take Mastick and Dragon blod, of each one quarter of an ounce, Frankincense one drag. mill dust and Beane meale, of each one ounce and a halfe; make them all to powder, and temper them with the brayed whites of Egs and Rose water, vnto a pap. Afterwards spread it vpon two long clouts which be somewhat strong, and that are as long as the wound is, & lay one vpon each side of the wound, vpon the whole flesh: this being dry, then sow the wound so close togither, as you please, the nædle not going thorow the skin but thorow the clouts only.

The golden salue (is also much commended) called *Vnguentum Aureum Mesue*, which is made thus: Take yellow Wax 3. ounc. Sallet oile 12. ounces, Turpentine one ounce, Rosin & Colofony of each one quarter of an ounce, Frankincense & Mastick of each half an ounce, Saffron halfe a

a drag. let the Waxe, Turpentine, and oyle melt togither, and afterwards put the Rosin vnto it, & when it beginneth to be cold, then temper amongst it the Mastick, Frankincense, & Saffron: this ioyneth the wounds togither, and healeth them. In the first part the 7. chap. & 10. §. there haue you a water described, beginning thus, Take Litharge of siluer &c. which is very much renowned for this purpose. In like sorte M. Tristrams water, and other golden waters, with fower kinds of Balmes which are to be found in the last part.

## Of fresh wounds. §. 4.

THese forementioned things be verily the chiefest, which may be vsed without any delay for all fresh wounds. When as now the blod is staunched, and al finished that is needfull to be done, then are these things ensuing commended highly: First, M. Tristrams water is thought meete to heale all fresh wounds, which may also be done with all golden waters, whether it be that one take them inward, or lay them outwardly vpon them. The oyle of Tyles should not onely heale, but also preserue the wounds from all putrified flesh: this is also ascribed to the oyle of Linnen. The oyle of S. Johns wort is also much commended, & the oile of Roses: for that they haue an astringent vertue and efficacie. Likewise the oile of Spike, and oile of Lead. It is also straightly commaunded that all new wounds shall be washed with Wormewood or with Rosemary: for that both these keepe the fresh wounds cleane, & faire from all putrifaction and are also healing.

But if any one bee but a little wounded, so that it bee not needefull to goe to a Chirurgian with it, then vse this salue following: Take Turpentine which is three times washed in wine, and stir the yolke of an eg amongst it, Barly meale one quarter of an ounce, Saffron 5. greins; temper them altogither: This salue is good for al paine, although it be also in a fine wy part: it maketh flesh speedily to grow. It is also not vnlike to *Vnguento Mundificatiuo*. This plaister following will heale the wound in 20. daies, without matter and without paine: take Waxe halfe an ounce, white Coral 3. drag. *Colofonia* & Womy, of each 7. drag. Myrrhe 2. drag. Camfere, load-stone, of each half a drag. oile of egs as much as is needfull for to mixe amongst all the rest. This salue is thus to be vsed, if any one be cut or thrust, & if that this plaister be laid vpon it within 24. howers, then shall the wounde within 20. dayes without any corruption or any other addition be healed. If so be that then it be a thrust that goeth quite thorow, then is one to haue 4. plaisters in a readines, and to lay 2. vpon it before none, & two at after none, without putting any thing els vnto it. But if so be that it be but a wound, then are two enough: and to the end that there remaine no clotted blod within, is this powder following to be giuen to the patient; take Womy one quarter of an ounce, fine Bolus & Dragon blod, of each one drag. giue therof to the patient euening and morning, the quantity of an Hasel nut.

## Many kinds of vulnerall potions. §. 5.

EVery Chirurgian will shew his cunning in this; for each one hath a seuerall potion which he keepeth as a *Secretum secretorum*. Also it is indeed of great importãce, when as the inward parts be perished, or if there be any blod inwardly congealed, it can in no better way be holpen than by this means: wherefore we haue here rehearsed certain of these vulneral potions, whereof the Chirurgians do much esteeme. Take wild Beets (which is *Pirola*) with their rots one M. *Consolida saracenica*, the rots 2. M. Mugwort without rots 4. M. and powre thereto one quart of Wine in a new leaded pot: then stop it tight, to the end there flie no vapor out: afterwards let it seethe togither by a small fire, vntill about the third part be consumed: drink therof morning & euening, according as the disease is great, and according as the body is hot or cold, take strong or small wine. But in winter whē the herbs be drie, then take one ounce of Mugwort, *Consolida saracenica* halfe an ounce, wild Beets 2. drag. & seethe it as before in a quart of wine: this is an approued potion for all vlcers, wounds, and all other diseases, being vsed inwardly, & also outwardly. This plaister following is also to be vsed with it: Take clarified Hony 8. ounces, wheat flower 2. ounces, Linseed oyle three ounces, fine Bolus one ounce and a halfe, then make therof a plaister, and lay it theron. Item, take *Consolida saracenica* with yellow flowers, Mugwort, wild Beets, & Ladimantle, of each one M. seethe altogither in a quart of wine, whether it be Malmsey, or any other good wine. This potion hath beene approued oftentimes, and was found very good.

Another: Take wild Bætes, wild Tansie, Sanicle, and Agrimonie, being all gathered at a full Mone, dryed in the ayre, and then stamped to powder, when as you will vse thereof, then take an earthen pot which will hold a quart of moysture, and then put therein of this foresaid powder, as much as you can gripe at two or three times betwéne your two fingers, and according as the wound requireth: afterwards powre vnto it a pinte of wyne, and couer the pot very tight with a slice of bread, then let it stand the space of a good howre in a warme place vntill it be cold, and giue thereof to the wounded person twice a day. You may also strow of this powder in the wounds. Yet another: Take *Consolida saracenica*, Agrimony, wild Tansie, Mugwort, Cicory, Southernwood, and wild Bætes, of each alike quantitie, dry the herbs in the shadow, and then stamp them to powder: afterwards take a quart of wyne, and put thereto an ounce of this powder, then sæthe it in hot water, vntill the breadth of three or foure fingers be consumed; afterwards put thereto a spoonefull of *Asarabacca* pouned small, and giue thereof to the patient when he goeth to bed three or foure ounces at one time. Another: Take Sanickle, Auence, Agrimony, Bugloss, Verueine, Cicorie floures, *Consolida saracenica*, Betony, Hyssope, Sage, Mugwort, wild Tansie, wild Bætes, and S. Johns wort, of each alike quantitie: sæthe them all together in wyne, and giue the patient thereof twice a day, at each time three or foure spoonefuls. Item, take *Consolida saracenica*, Agrimony, Sanicle, wild Tansie, Plantaine, and Bætes, of each alike quantitie, let it sæthe together in wyne, and giue thereof warme. Diuers of such like potions are described in the third part the third Chapter of the fractures of bones.

## Of the Plaisters for thrusts and wounds. §. 6.

First, for to write of the plaisters for thrusts, there be many kinds prepared for it, as hereafter followeth: Take Ware one ounce and a halfe, Colofony, and Momy, of each two ounces, Frankincense one ounce, Camfer one ounce and a quarter, bruse it small, and afterwards melt the Ware and the Colofony, temper then the rest amongst it, and worke it well together, annoynting the hands with oyle of Egs. Another which is approued: Take Turpentine foure ounces, Colofony and Rosen, of each two ounces, white *Cadmia* one ounce, Loade stone one ounce, Frankincense two ounces, Mastick and Momy, of each halfe an ounce, Juniper oyle one quarter of an ounce, oyle of Egs, and Camfer, of each halfe an ounce, dissolue the gum in Wyne or Vineger, and strayne it thorow a cloth into a pan, afterwards let it sæthe together, then put thereto the *Cadmia* and Ceruse; when it hath sodden well, then put the Loadestone vnto it, and let it wale once againe; afterwards adde the Frankincense, Mastick, and the Momy vnto it. This being done, let it sæthe alittle more, and when it is waren luke warme, then put the Camfer well bruised vnto it, and then worke it further well together vnto a plaister.

Item, take Ware, Rosen, Turpentine, oyle of Egs, and Sallet oyle, of each foure ounces, oyle of Roses one ounce, sæthe it all together vnto a plaister, and then at last put vnto it one dragme of Camfer: but if it be too hard, make it softer with oyle of Roses. Another: Take Ware and Colofony, of each one ounce, Momy one quarter of an ounce, Frankincense, Mirrh, and Mastick, of each halfe an ounce, white Corall three dragms, Load stone one dragme, white *Cadmia* one quarter of an ounce, Dragon bloud one dragme, Camfer one ounce, make thereof a plaister. For this, is also very good the plaister of Maister Flackenstone, which is described in the second Chapter and the 1. §. Item, take Ware two ounces, Turpentine, and *Gummi Heleni*, of each one ounce, Dragon bloud, and Hartwort, of each halfe an ounce, *Gummi Ammoniacum* one ounce, Ceruse one ounce and a halfe, Frankincense, Momy, Mastick, and Juniper berries, of each one ounce, Allome one ounce and a halfe, make a plaister thereof.

Another: Take Ware foure ounces, Momy, Colofony, Mastick, and Frankincense, of each one quarter of an ounce, white Corall three dragmes, Camfer halfe an ounce, oyle of Egs one ounce, melt the oyle with the ware vpon a milde fire, and then let it be somewhat cold, afterwards temper all the other things (beaten very small) amongst it. This being done, let it sæthe softly, stirring it round about, at last temper the Camfer with foure spoonefuls of the oyle of Juniper amongst it.

Item: Take oyle of Roses and Ware, of each foure ounces, Dære sewet two ounces, Frankincense and Mirrh, of each halfe an ounce, *Galbanum*, Mastick, and Turpentine, of each halfe an

ounce,

ounce, make a plaister of it. This ensuing is not only good for wounds, but also for all vlcers: Take Turpentine and Ware, of each foure ounces, Mastick two ounces, Rose leaues 16. ounces, browne Betony, the greater Pimpernell, spiked Plantaine, Nightshade, Diuels bit, Verueine, and Storks bill, of each eight ounces, adde a quart of wyne vnto it; sethe first therein the Roses alone: this being done, powre it thorow a cloth, and wring out the iuice well: afterwards take the other herbs, and put them also into a Kettell, with two quarts of wyne, afterwards let them sethe together euen to the halfe, then wring it well out, and let the decoction be very hot that the Ware may melt in it, then put the Rose wine with the Mastick also vnto it, then sethe it to a plaister, and worke it very strongly with the hands, but you must first annoynt them with butter. This foresaid plaister is not only good for wounds, but also for all vlcers. Also you haue in the first Chapter and 15. §. many things which are also very meete for to cure the wounds. The Chirurgians haue yet a black plaister in vse which is made thus: Take Frankincense halfe an ounce, Womy halfe an ounce, Colofony three quarters of an ounce, oyle of Egs halfe an ounce, Camfer one dragme, white Ware three dragmes: melt the Ware and the oyle of Egs with the pouned Colofony, and then temper the other things pouned amongst it. If it be too hard, adde a little Turpentine vnto it. Item, take clarified Womy eight ounces, fine meale two ounces, Linseede oyle three ounces, fine *Bolus* one ounce and a halfe, make a plaister thereof, and lay it vpon the wounds: for this also is requisite the plaister *Gratia Dei*.

## Vulnerall Salues. §. 7.

THere be also many kinds of Vulnerall salues prepared, amongst which this ensuing is one of the principallest, which is called *Vnguentum Fuscum*, and is made thus: Take oyle of Violets nine ounces, Ware two ounces, Colofony one ounce, plume Allome three quarters of an ounce, Pitch, *Sagapenum*, and *Gummi Arabicum*, of each one ounce, Mastick, *Galbanum*, *Ammoniacum*, *Bdellium*, *Opopanacum*, Frankincense, and Turpentine, of each three quarters of an ounce, the oyle of Violets and Ware are you to melt, and to let it sethe thorowly: afterwards temper the Pitch and the Colofony with the dissolued gums amongst it, and when it now beginneth to be cold, then mixe the rest with it. This salue is somewhat attractiue, clensing, and also healing. Vnguentum Fuscum.

This ensuing is sayd to heale all wounds: Take Turpentine three ounces, Ware seuen dragmes, oyle of Cammomill, and oyle of Roses, of each one ounce and a quarter, Frankincense and Mastick, of each one ounce, Mirrh and Rosen, of each halfe an ounce, good red wyne and vineger, of each three quarters of an ounce: let the gum be steeped the space of 24. howres in the vineger and wyne, afterwards melt it vpon the fire with the ware and oyle, then let them sethe vntill the wine be almost all wasted, when it beginneth to be cold, then temper the rest amongst it, and worke this salue with your hands, yet the same being first annoynted with oyle of Mastick. This salue clenseth all wounds, it causeth the flesh to grow, and healeth also very much. Another, which is also very good: Take Louage, *Bistorta*, Sage, Plantaine, Yarrow, Elecampane leaues, wild Tansie, Sanicle, Cinquefoyle, wild Bætes, Hallowes, Betonie, Agrimonie, Verueine, and *Consolida saracenica*, of each alike quantitie: shread all these herbs, and then put sufficient sweete Butter vnto it; afterwards stamp all these herbs together, and let them so stand certaine dayes. This being done, make it afterwards warme, and presse it out hard, and then let it sethe so long together vntill the iuice of all the herbs be consumed, then put vnto it Ore suet, Harts suet, Bucks suet, the marrow of an Ore, Ware, Rosen, and Turpentine, of each alike quantitie, according to the quantitie of the Butter, and afterwards melt them all together: when it beginneth to be cold, then put vnto it Frankincense, Mirrh, Fenegreeke meale, Allome, Verdigreace, and Mastick being beaten small all together, then stirre it much together. Another which is briefer: Take Ore suet, Harts suet, Ware, Turpentine, Womy, Louage, Violets, Betony, Agrimony, and wild Tansie, of each as much as you please, stamp the herbs, and wring out the iuice, afterwards sethe it in the suets vntill it be as thick as a salue. Item, take Rue, Sulfur, *Chamæleon niger*, of each alike quantitie, and Ore suet, as much as will suffice for to make a salue.

## For to draw matter out of the wounds. §.8.

TAke Waxe one ounce and a halfe, Rosin three quarters of an ounce, Harts suet one ounce, Turpentine, and Sallet oyle, as much as is needefull for to make a salue or plaister: or take clarified Hony, and Turpentine washed with Wine, of each halfe an ounce, oyle of Roses two ounces, let it seethe togither vntill it be thicke. This cleanseth the wounds of all kind of matter, and withstandeth all affluxions. But if there be any heate with it, then take instead of common Hony, Honie of Roses, but temper the same not with it vntill the other be first boyled.

## Of the Taintes. §.9.

IF you thinke that the wounds will heale too soone, then cut a dry rote of Gentian for a taint as big as you please, and vse the same in stead of a taint: for when the same waxeth moyst, then doth it swell, and holdeth open the wounds as long as you please, and it is verie holesome of it selfe. Annoint also the taint with the salue *Apostolorum*, or *Ægyptiacum*, which be both very meete to keepe open all wounds and vlcers, and also to cleanse them.

## For foule Flesh. §.10.

NOw these two be contrarie: of the first mentioned salue the plaister *Gratia Dei* letteth no foule flesh grow in the wound; so also doth the oyle of Tiles.

Item: Take burnt Allom, and fine Bolus, of each alike quantitie, and strow it therein.

Or take Verdigrease, and Trocisks *de Chelidonia*, of each alike quantitie; make a pouder thereof and strow it therein. For this is also verie meete, burnt Harts bones two parts, Salt one part, and vse them as before. Take the iuice of *Narcissus*, of Plantaine, and garden Mints, and the iuice Rue: all these iuices or those that you can get may you take and vse. Item, burne Birchen rindes to pouder, and temper it with burnt Allome, or vse each alone. If so be that then there grow any wormes in the wounds, then temper the iuice of Rue with Vineger and drop it therein.

## To staunch the *Synouia*. §.11.

TAke the white of an Eg and put a little Saffron amongst, afterwards beat them well togither with a peece of pouned Allome the bignes of a Hasell nut, and lay it vpon the place whence the *Synouia* issueth.

Another: Take the white of an Eg, and mingle therewith Allome, and Salt, of each one dragme beaten small, and then vse it as the other.

Item, burne Lentils to pouder and strow it therein: afterwardes take Turpentine, and Sallet oyle, let them heat togither, and then mixe therein the burnt Lentils vnto a salue or plaister: or take Hempseed, poune it vntill it yelde oyle, afterwards lay it in a fine cloth ouer the disease and bind it vnto it. Item: Take the water of the greater Pimpernell and drop it therein. Item: take Strawberrie leaues, and apply them vnto the place. Or take the fruit of Roses, dry them, stampe them to pouder and strow it therein.

## When a wounded Member is lamed. §.12.

FOr this do the Chirurgians vse this insuing: Take Cow dung, and Goates dung, make a plaister of it with the oyle of Earthwormes and so lay it warm vnto it: by this meanes do the shronken sinewes waxe lose. But looke in the fourth part the seuenth chap. and 2.§. what is written of the lamenes and extenuation of the member. The like also in the 3. chap. of the Pocks where you shall find good direction of this matter.

To

## To cause the Flesh to grow in wounds. §.13.

THe Grecians and the Phisitions do call the things which cause the flesh to grow *Sarcotica*, which be for the most part dry in the first degree: for if they be ouermuch drying, then will they not onely dry the humours which do fall into the woundes, but the blode also, and the whole substance of the part. This salue following is verie requisite for it: Take Hony sixe ounces sæthe and skum the same vntill it be a little thicke; afterwards temper therein Mirrhe, *Sarcocolla*, and Aloe, of each one dragme and a halfe, pouned all togither to pouder. Item: Take the Lytharge of Syluer, refuse of Iron, Centorie, Aloe, Frankinsence, and Mastick, of each alike quantitie, make a subtile pouder of it. For this is also mete the plaister *Album coctum*, *Triapharmacon*, and *Apostolicon*, which all togither ingender flesh, and are prescribed for the same intent. For this also be these plaisters following to be vsed, viz. *Emplastrum griseum*, or *de lapide Calaminari*, which is thus made: Take prepared *Calaminari* halfe an ounce, Lytharge of gold one ounce, Cerusse one quarter of an ounce, Tutie halfe a dragme, Mastick one dragm and a halfe, Mirrhe one dragm, Camfer two scruples, make thereof a plaister; if it be too hard, put more Turpentine vnto it: this plaister dryeth, causeth flesh to growe, healeth and cicatriseth all wounds. The other: Take prepared *Calaminari* fower ounces, Mastick, Frankinsence, and Dragagant, of each one dragme, the Lytharge of siluer halfe an ounce, Mare thræ quarters of an ounce, Rosin halfe an ounce, prepared Tutie two scruples, and oyle of Roses, as much as is nedefull, this is somewhat weaker then the other. The salue of Tuty, *Diapampholigos*, is verie mete for this vse, so is also the salue *Apostolorum*.

## Of that which causeth the Skin to grow. §.14.

AT last if you perceiue that the flesh is growen so high, that there wanteth onely cicatrisation, then are things to be vsed which haue an astringent vertue, and which do dry exceedingly without corrosion. For which be most fit all the salues of lime which be described in the fift chapter, and first §. In like manner also the fiue white salues which be discouered in the ninth Chapter, and first §. and the last mentioned *Diapampholigos*. This pouder following is exceding good for it: Take lytharge of Siluer, burnt Allome, washed Lyme, burnt Lead, Gals, and Pomgranate pæles, of each alike quantitie, strow it vpon the wound: for this also it is verie fit that the wounds be washed with Wormewood wine, or Rosemarie wine. Concerning the wounds of the head we haue written somewhat in the discription of the skull in the first part, the fourth chap. and 1. §.

### *The eight Chapter.*

## Of the Cicatrices and spots of the Skin.

WHen there hath bẽn any body wounded, or hath had some other exulceration healed, then wil there remain on the same place some cicatrise or mark. For as hath bẽne admonished at the first the skin doth neuer more heale of it selfe, but there must grow a new skin. Also it happeneth otherwhiles that new borne children do bring spots into the worlde. And bicause that the same are placed in the face they do make a great deformitie: therefore we will also discourse of them.

Amongst the Grecians be those spots that be white called *Leuce*, and by the Latinists *Vitiligenes*, which be white spots of the body. Item, there be also blacke spots of the Leprosie. Of the spots which appẽre in the face we haue written in the first part, the fift chapter, and first §. which remedies may also be vsed ouer the whole bodie. But bicause there be so many kind of sorts we are to write the more at large of them.

Of

## Of the moles or markes that children are borne withall. §. 1.

IT hapneth also many times, that newborne children bring with them into the world certaine spots or moles, which are caused by some frighting, strange lusts, and such like, which women (being with Child) may get, as by experience hath oftentimes beene seene. Chew in the morning fasting Mustard seede, and annoynt therewith the spots, do this oftentimes, then will the spots weare away: but looke diligently vnto it, that it come not into the childs eyes: also breath not into his eyes.

There come also otherwhiles certaine marks and other red spots on the skin, for which, the *Basilica* is first to be opened, and afterwards some cooling sirupes, and other cooling potions, but we will write and discourse severally thereof.

## Of red spots through heate. §. 2.

OF these spots we haue before admonished in the first Chapter and 4. §. that all that may be vsed for it which is ordayned for the Rose, or *Erisipelas*. But if so be that this be caused through some vncleannes of the bloud (as it commonly happeneth) and that notwithstanding there be no speciall heate instant, then can no better thing be vsed for it then the sirupe of Fumitory, and all that may be made of that herb; for that herb hath an especiall vertue for to cleanse the bloud, and to take away all itch of the skin. Afterwards are you to vse this salue following: Take vnsleckt lyme, & prepared *Tuty*, of each one dragg. oyle of S. Johns wort two ounces, and a little Ware, temper them all together. Or take Camfer, and bruse it with an Almond, then temper the same with Rose water, and annoynt the spots therewith. Take oyle of Egs as much as you please, and temper amongst it a good part of bruised lytharge of siluer, then annoynt therewith the spots, this driueth them away how lothsome soeuer they be.

For this, is also very fit the oyle of Juniper, and the oyle of bitter Almonds, and of each alike, or each apart. Also you may vse for this maydens milke, *Lac virginis*, which is described in the first part, the fifth Chapter, and 1. §. Item, take Helleborꝰ two ounces, stampe it to pap, and put thereto as much of the iuice of Agrimonie, and a little Rose water, then rub the spots with it. Or take lytharge of siluer, burnt Allome, burnt Lead, washed Lyme, Gals, and Pomegranate blossomes, of each one dragme, and make a powder thereof.

## Of spots which come by falles. §. 3.

BEfore in the first Chapter and 6. §. is a salue described, beginning thus: Take the caules of Goats, &c. which is especiall good for all spots, and very safe.

## Of spots by stripes or falles. §. 4.

FOr this, you haue in the first part, the fifth Chapter and 5. §. two good remedies, without which, you may vse these ensuing, which may be rather vsed vpon the whole bodie then in the face, because that Orpiment is somewhat venemous: Take the iuice of Marierom gentle two ounces, Orpiment halfe a dragme, oyle of Cammomill one ounce, make a salue thereof. Item, take Wormewood three handfuls, *Asarabacca* and Plantaine, of each two handfuls, Saltpeter, and wild yellow Rape seede, of each one dragme, Comin, and Sulfur vif pouned small, of each three dragmes, Saffron one dragme, two well brayed yolks of Egs, make a plaister of it with the iuice of *Solidago media*, vntill it be decocted hard ynough. But if the foresayd spots be without heate, then are to be vsed for it all kinds of fat of beasts, and of all fowles, or the plaister *Diachilon* molten amongst it, and so vsed. Item, take fresh butter, and the decoction of Mallowes, temper the gals of Capons with the white of an egge, and vse it as the other. In the fourth part, the seuenth Chapter, and 3. §. is a salue beginning thus: Take Sage, and Mallowes

lowes &c. which is also very good for all kind of spots.

These things following be also much commended; as oyle of bitter Almonds, of Juniper, Citrons salue, the fatnes of an Asses necke, and M. Tristrams water.

And to conclude, we will describe a strong salue, which taketh away all spots, and softneth all hard swellings, and doth also consume the same. Take the rots of wild Cucumbers, the rots of white Behen, the Lytharge of gold, and Argall of each one dragm. and a halfe, *Sagapenum*, and Pigeon dung of each one scrup. oyle of *Sesamum* three ounces, oile of Juniper, and oyle of wheate, of each two ounces and a halfe, white Ware one ounce and a halfe, seethe them togither in foure ounces of the iuice of Oranges, vntill that all the iuice is spent: take afterwards the white of an Egge, small brused Camfere one dragme, Vineger twelue ounces, wash the rest with it, after that all is well tempered togither: and afterwards vse this salue.

## *The ninth Chapter.*

## Of inward things which spread themselues ouer all the body.

WE haue taught before of all outward accidents, which outwardly doe infect the skin: but now will we write of these things and parts which are spread within through the whole body, which hold the same togither, vnderprop it, and sustaine the body vpright: these are the bones, vaines, and arteries, with the blood that is in them, and all that concerneth them; howe the same is to bee clensed, and when it runneth ouermuch, howe it shall be stopped; how that it shall be letten out, and his naturall heate cooled. There shall also be discoursed of the sweat, as a superfluity of all humors. Afterwards we shall discourse of the sinewes, of the tendons and ligaments. Item, of the flesh, and chiefly of that which we do call the muscles. For as much as wearysomenes, fatnes, leannes, sleepe, paine, *Phlegma*, or slime, with many other cold diseases, as well as the blood, *Cholera* and *Melancholia*, may be dispersed in the whole body, and that the blood hath no certaine place in the body, as the *Cholera* in the bladder of the gall, and *Melancholia* in the milt; (of which two hath beene written in other places) therfore we must not pretermit to write of the nature of *Phlegma*, and must first begin of the bones.

### Of the Bones. §. 1.

THe bones of the whole body, be (as it were) the foundation and stay of the bodie, and also the hardest parts which be in it. These are engendred of the heate of the body, which dryeth the moisture, and hardeneth the bones. *Plato* supposeth that their beginning is of the Marrow, which should so be dryed away, and hardened through heate: wherefore that *Empedocles* doth ascribe the most part of them to *Vulcano*, that is, the fire. By nature they be dry, earthy, cold, hard, without blood, and also without feeling. They doe get their beginning of the vppermost part of the backe bone, which stretcheth it selfe euen to the thighes. They be all so hard knit togither, and bounden through the sinewes and ligaments, that there is not one amongst 248. (or as *Albertus* reckoneth, amongst 276.) that are in mans body, the which is not fastned to another bone. When these bones be broken, then do they not growe togither againe in their owne substance, but by a certaine liquor, which the Grecians do call *Poros*, the which hardeneth there so sore, that therwith the whole fracture groweth togither againe. But whensoeuer that these bones doe breake, or get any other disease, then loke what we haue written thereof in the fourth part, the ninth chapter and second §.

### Of *Napta*. §. 2.

IT hapneth also sometimes that in certaine places of the body such a matter is gathered, that doth so harden and growe out of some bone, that it seemeth to be a right bone, which in Latine is called *Napta*, and although this ought to bee cured by Chirurgery, wee will neuertheles ordaine this for it: Take Frankincense

one

one ounce, Mastick fiue drag. Ceruse three quarters of an ounce, quicksiluer halfean ounce; temper them all togither with fower ounces of Swines grease, and rub therwith the *Napta*, at the fire very hard, not regarding what paine soeuer it doth.

## *The tenth Chapter.*

## Of three kindes of Vaines in generall.

THe vaines are described by *Galen* in this maner: The vaines (saith he) are a fat of the blod, tempered and mixed of blod and naturall spirites, moist and warme, with great sensibility. And vnder this name are comprehended three sorts: to wit, blod vaines (called by the Latinists *Venæ*) Arteries and pulse vaines, *Arteriæ* or *Venæ pulsatiles*, for that they beate continually.

Secondly, the nature of these vaines be warme and moyst: what difference there is betweene both these sortes of vaines, besides the beating, that shall appeare in this description following: the Anatomists doe accompt 365. vaines in a mans body.

Thirdly, there be sinewes, which be also comprehended vnder the name of vains, which haue no fellowship at al with the blod vains, but only that they do lie spread ouer al the body, wherof in case that one lose her motion and feeling, then will forthwith the whole body, or some part of it (according to the quality of this disease) be without might, and depriued of all motion.

### Of the blod vaines. §. 1.

NOw for to describe these three sorts of vaines, we will first of all admonish of the blod vaines, which are called of the Phisitions and Anatomists *Quietæ*, which is still vaines, and that by reason they be naturally quiet and without motion; for when they be moued, that is done by some outward cause.

*Albertus* and *Aristoteles* would maintaine and defend against *Galenus*, that these vaines did take their offspring from the hart: But according to the opinion of *Galen* and *Hippocrates*, haue they their beginning in the Lyuer, which question we will leaue to the Anatomists to be decided. But we will shew heere in briefe what hath moued *Hippocrates* to ascribe the beginning of these vaines vnto the lyuer, viz. for that in all creatures (which haue blod) there is no greater vaine, then the lyuer vaine, which appeareth none otherwise but as a branch of a tree, which is thickest beneath in the ground, and at his beginning, and besides his rote stretching forth wide and broade, and the branches aboue do spread themselues againe in many sprigs or twigs. And thus it is also with the arteries, wherefore the foresaid authors haue also affirmed, that the Lyuer is none other thing but like to a rote and fountains of all other vaines, so that she doth impart her blod first of all to the Hart, as to the most noble part of the bodie. This is now sufficiently spoken in generall of the blod vaines, whereof we will speake and discourse more at large hereafter.

### Of the Arteries. §. 2.

WHereof *Galen* writeth thus; the Arteries are vessels of the thin and cleane blod, wherein is more naturall spirites or ayre, more heate, dryeth and feeling, then in the blod vaines, which remayne alwayes panting and beating.

They haue their offspring of the left concauitie of the hart, and the first branch a little off from his rote is parted in twaine, whereof the one part goeth vpwards, and the other downewards, where (in both places) the foresayd blod-vaines are spread abroade, with diuers small vaines, so that there be few arteries without vaines. This altogether is most diligently described by *Aristotle*, *Galen*, *Albert*, and also of *Walter Riff*, and at last with viuely figures it is apparant to the eyes.

These Arteries or pulse vaines be by nature (as is said) much hotter, dryer, thicker, sensiblier, and

and harder, than the blod vaines. Partly like vnto the nature of the sinews they also receiue som blod, but it is subtiler and fairer than the blod of the vaines: they be also much more replenished with vitall spirits then the vaines, which is also a cause of their continuall panting & mouing, which happeneth so forcible, that the same is outwardly felt ouer the whole bodie, and especially on the hands, fete, temples of the head, and on other places moe may be sene and felt. All Phisitions may deeme thereby whether the nature be strong or feble, and all according as the pulse beateth, swift, slow, hard, soft, feeble, or very trembling.

The auncient Phisitions haue been of opinion that both these sorts of vaines, and especially the arteries (if they be cut or chopt off) could not be consolidated againe; yea that the hart vaines be vtterly incurable. But *Galenus* acknowledgeth verily that the same could hardly be effected in men that be old, but in yong people otherwise. Of women and yong children doth he admonish that one should not be discouraged; for that he had (saith he) healed ynough himselfe that were wounded after that maner. For this be also before many good remedies in the second part, the fift chapter and 18. §. if a vaine be broken in the breast or any other place, which may also be vsed inwardly and outwardly for this purpose.

In like manner you may also vse for it this confection insuing: Take Henbane seede, and white Poppie seedes, of each one ounce and a quarter, Sealed earth, and red Corrall, of each fiue dragmes, old conserue of Roses, the older the better, foure ounces: temper all togither, and take thereof in the morning and euening each time halfe a dragme and no more: this is very good and also forcible for all kinds of bleeding. When as now the vaines do swell be it of whatsoeuer cause it will, then annoint them with Treacle or Mithridate.

## Of the Blood. §.3.

IT is sufficiently knowen that mans body is ioyned togither of fower kindes of humours or complexions: to wit, of blod, *Cholera*, *Melancholia*, and *Phlegma*; but amongst these is the blode one of the best, partly, for that it is the matter of the vitall spirits, wherin life it selfe hath his being, or for that it is to be compared with the beginning of life, bicause it is by nature warme and moyst: or bicause it hath more vertue to nourish and to sustaine, than any of the other humours.

In fine it is such a Jewell of nature that if the same be taken away, that then death must insue.

*Cholera* and *Melancholia* haue their proper places or residences in the bodie, wherein they do gather themselues, as we haue of late declared, from which places they do also shew their power in the ingendring of sickenesses.

But the blod and *Phlegma* are so diuided into two parts of the body, that one cannot so sone open the skin in any place, but immediately the blod doth issue forth, and that the vaines be vessels and habitation of the blod, hath been declared before; without the which there can also no blod be found, except in the least concauitie of the hart. Wherefore *Albertus* hath been of none other opinion, but that the vaines do begin there, and not in the liuer.

The nature of the blod is hot and moist; yea so hot, that in the whole body there is nothing hotter; and to the contrarie nothing colder then the *Phlegma*.

Therefore this hot and moyst blod is giuen to all liuing creatures; not only for a nourishment of all members of the bodie, but also to maintaine them by their naturall warmth, and no otherwise. For example, good wood is layd vpon the fire for to warme a whole chamber with it; in like sort also, as the fire is abated and his burning taken away, if the same be ouercharged with too much wood, or if the wood be too moyst; also if the wood be pluckt away, or too little laide vpon it: so is it with the heate of the hart, that if the same be too much, or too little; likewise ouercold, vnmeasurable heate, or is too feble. When the hart shall feele these kind of diseases, then wil all other members of the body be partakers thereof.

It is also the opinion and censure of all learned, that the blod is the most principall meanes in the mothers body, whereby that the hart as the chiefe part of the body hath his beginning.

Concerning his nature and propertie, then is this not a small miracle of nature that it hath no feeling of it selfe: neuertheless it is cause of the same and of life also. And it is found by daily experience that if there run much blod from any creature, that therby come swounings, yea that life

life it selfe runneth out with the blode.

Neither is the blod alike in all men, nor in all members, it getteth also through age many kinds of nature. In children it is thin and watersh, in youth hot and sharp, in the men at the fullest and best of all, and in all these aforesaid very much and abundant.

In age there is but little, thicke and blacke, and clotting very sodeinly as well inwardly as outwardly vpon the body.

In like maner it is also sure, that how fatter a body is, so much lesse blod hath he; for that it is through the fatnes consumed, as is seene, that all fat hath no blod in it. Contrarily, how much the leaner, so much the blacker is the blod. Besides these is also womens blod much grosser and blacker than mens blod; & women haue also lesse blod in the outward than in the inward parts.

Moreouer, there is no creature fuller of blod amongst all them that haue receiued life, than women, wherefore also nature doth vnburthen them euery moneth of all the superfluities of the blod, and they are lesse subiect than men, vnto all sicknesses which procede of blod.

Albeit it hapneth (yet seldome) that they bleede at the nose, or by the Hemorrhoides, then do they quickly find, that they haue their termes the lesse.

Secondly, the blod also in the Hart, Lights, and arteries, is much subtiler then that in the vaines. The grosse blod is drawen away by the flesh, whereby that the foresaid blod is more subtile, thin and skommy. The vpright good blod, which is without any disease, is light red, sweet in taste, and not to thick, and in that estate it may be sustained and augmented by good meat and drinke, if one take abundantly therof: but to the contrary, it will be diminished through want of those things. The blod doth especially encrease by good strong wine moderately dronken, it maketh the same also faire and fresh, and especially the wine which is thicke red, for that wine behoueth not to be much digested.

In fine, according to that the fode is good or bad, therafter is the blod qualified; for the farther it is engendred from his proper nature, so much the blacker it is. If the same spoyle through abundance, then will in the broken vaines be knots called *Varices*, whereof we haue written in the first chapter, and seuententh §. of the fift part; or it will be expelled through the bleeding at the nose, or through the Hemorrhoides; also it is oftentimes altered in impostumations and corruptions. What diseases are caused of the corruption of the blod, that shall hereafter bee taught and declared.

Amongst all liuing creatures is the blod of man the most subtile: as to the contrary, the Asses blod the most grosse. So long as it doth remaine in the bodie, it doth keepe his warme and moyst nature: but as sone as it is out, then doth it thicken; yet one mans blod more than anothers, whence afterwards you may separate the little haires or *Fibræ*. The blod of a Steere is so hard, that it being dronken it is a deadly poyson.

Contrariwise ceartaine beasts blood doth not thicken at all, viz. Hares blood, Conies blood, Harts and Hindes blood, the blood of Roes, of Swine, of Goats, and such like moe. The Philosophers opinion is, that all grosse thick blod doth giue strength; subtile and thin blod wittines; little blod feare, and very little wit.

But for conclusion this insuing is a maruellous property of the blod, that Nature hath placed such power therein, that the countenance of a mam is altered in the twinckling of an eye, as happeneth in great anger, shamefastnes and such, through the concourse of blod.

Contrarylie if the same depart from the face it sheweth feare and fright. And in these alterations of paleneſse and rednes, doth keepe such a difference, that thereby may be adiudged and knowen, how that the hart and the minde of man is disposed within.

## Whereby the blood may be clensed. §.4.

Albeit that we haue taught enough for all sicknesses, which be caused through the vncleannes of the blod, by what meanes the blod may bee cleansed, yet can it not be but necessary to discouer certaine thinges here which be meete for the same. And first, what things they be: the confected Nutmegs are especially commended for this, that they make very good and haile blod: Neuertheles it is not aduised, that they which be hot of nature should vse the same vnlesse it be very seldome.

Wile

We haue also declared in other places, that there is nothing that clenseth the bloud more then Fumitory, and all that is made of Fumitory, as conserue, sirupe, iuice, water, and especially if the same be decocted in the whay of Goats milke.

Rosemary is also highly commended for it. In the first part the second Chapter and 1.§. is a powder described, beginning thus: Take Sene leaues, which is also maruellous good for this purpose.

Concerning the drinke, we haue told before that there is nothing better then good red wyne.

Amongst herbwynes, the Burrage wyne, wyne of Bugloss, and of *Tamariscus* is commended: for this, may you also loke into these places ensuing, where there be diuers and sundry things described, whereby the bloud may be cleansed, as in the third part, the eleuenth Chapter, and 6.§. Item, in the fift part, of the vlcers and of the scabbednes which be commonly caused of vncleane bloud, as also the Pocks and the Leprosie, hereafter shall be also spoken of it in the description of *Phlegma*.

## How the abundant bleeding is to be staunched. §. 5.

IN like manner also there is nothing to be written of this abundant bleeding, but only to alledge certaine places where diuers and sundry remedies are set downe for to staunch bloud withall, as in the first part the eight Chapter and 7.§. Item, in the first part the ninth Chapter and 5.§. Also in the first part the 13. Chapter and 7.§. Item, in the second part, the fift Chapter and 17.§. Item, in the third part, the eight Chapter, and 4.§. Yet againe in the third part, the eleuenth Chapter and 16.§. Item, more in the third part the fourtenth Chapter and 11§. And if so be that this bleeding come vpon women in Childbed too fast, then loke for it in the conclusion of the third part: and before in the seuenth Chapter, where certaine pretious vulnerall potions are described, in which places there may good meanes be found, according to the importance of the bleeding.

## How to let out superfluous Bloud. §. 6.

IT is no lesse needfull in many men to take away the superfluous bloud, whereby nature is ouercharged, and many sicknesses caused, then in others to increase it, and this happeth most conueniently through letting of bloud, through application of boring cups, or through fastning of Leaches.

Of the letting of bloud haue we spoken at large in the Introduction, and also written of the 16. vaines of the bodie which are wont to be opened, and likewise in what sicknesses each of them is to be opened, whereby each one that readeth it, shall finde a good direction.

The second meanes whereby this noysome bloud may be taken away, are the cups, whereof we haue discoursed at large in the foresayd introduction. Also in like sort of the setting on of the Leaches, thither do we direct the Reader, and so conclude this Chapter.

## *The eleuenth Chapter.*

## Of the naturall warmth of mans bodie.

BEcause we haue now written of the vaines, and also how the same do spread themselues throughout the whole bodie, and other things concerning this, therefore we will admonish of the naturall heate, which with the bloud is imparted vnto all parts of the bodie; for that the bloud and the naturall heate be so linked one with another and befriended, that one cannot continue without the other, but death must presently ensue. Yea, there is also none other thing that geueth shape in the beginning to all liuing bodies, and afterwards causeth them to increase to the howre of death, but this naturall heate which is borne with vs.

This

This is the only cause of all working: and it is knowen, that all that groweth and increaseth, yea also all herbs and all plants must haue their nourishment thereby, and each according to the right propertie of his nature, which giueth to each thing according to his neede, both moysture and drouth: but how were it possible, that the same may be concocted and altered for the sustenance and increase of mans bodie, if there be no naturall warmth with it? This naturall warmth doth maintaine all health, and consumeth all bad humors, it consumeth also meate and drinke, whereby that all inward parts do receiue their power and strength, and also make them apt to do all things, whereto they were created.

The hardned skin will be mellowed and made thin through this naturall heate, all wounds and vlcers be brought to natural matter, it swageth the payne, it loseth and softneth all contracted sinewes. Item, this naturall heate is that which causeth the wounded head to heale, and freeth it from all his heauie accidents, dryeth the moysture of the same, expelleth all corrupted bones, and taketh away the venome of all corroding vlcers. This naturall warmth doth warme all frosen members, it helpeth all diseases of the Matrix, and priuities, &c. The same naturall heate doth heale all broken bones. But how may that be better seene then by dayly examples, which we haue dayly before our eyes, and as it appeareth in old folks: for it is seene that how much the naturall heate abateth in them, so much the weaker and the more incurable do they ware of all diseases: and most manifestly in the dying, where as it is clerely seene, that how much the more that the vnnaturall heate doth abate, so much the nerer is death at hand. Therefore must heede alwayes be taken that it be kept in his naturall being, for if so be that the same be to great or to small in any body, then can follow none other but heauie sicknesses, and at length death it selfe. The like may be seene in the Palsie, and in the Plague. Therefore we will here discouer certaine things which sustaine this naturall heate, and do increase and strengthen the same, and afterwards shew what is to be vsed against this vnnaturall heate. First, there be certaine spiced wynes, Claret wynes, Hypocras wynes, and such like commended for it, but they must be vsed with prouidence, to the end that according to the qualitie of nature and of the age, they may be prepared, that they heate not ouermuch; for that the right nature of wyne is, that it being moderately dronken, doth preserue and sustaine the naturall warmth, and strengtheneth the powers of men. The same doth also Elecampane wyne, and confected Nutmegs vsed morning and euening after meate. The conserue of Rosemary doth warme all those which be halfe dead. But what neede is it to write so largely thereof, seeing there is no sicknes, which commeth through cold described in all this booke, wherein hath not beene taught how that this weake naturall heate might be holpen: hereafter also shall be spoken of the *Phlegma*, and by that meanes also of cold, and what is to be done for these cold diseases, where further aduertisement may be sought for.

## Of vnnaturall heate. §. 1.

IN all hot diseases which haue beene discouered hitherto, be meanes euery where declared, wherewith this vnnaturall heate might be quenched and slaked. But we will here not only alledge the passages where the same is taught, but also declare what may be meete for it. For this, are sundrie things described, as the coling salue *Galeni*, the salue of Roses, the salue of Saunders, and the Pomade. For this is also good the Poplar salue, all which you may mire as you pleale, or vse each alone. In like manner these oyles following as of Poppie heads, of Roses, of Violets, and of water Lillies, which do cole more then the oyle of Roses, or oyle of Violets. For an outward application, take the water of Corne roses, and of Nightshade, of each two ounces, sealed earth, and fine *Bolus*, of each one dragme, Camfer ten greynes, temper them all togither, and lay it vpon the forhead, or where the heate is.

One may vse inwardly the conserue of Bugloss, of Burrage, of water Lillies, of Violets, of Cicorie, of red and white Roses, confected Cherries, and conserue of Barberies. Item, confected rootes of Cicorie, Framboys, confected Peaches (which one may vse in all hot sicknesses) Prunes that be confected. Item, fresh Cassy is very necessary in all vnnaturall and sharp heate.

The sower Dates do cole and purge very mildly, and they do also queneh the thirst. The

simple

simple things be Lettice, Endiue, Cicorie, and bread, that is steeped in cold water, Fishes, Limons, Oranges, Pompeons, Melons, sweete wyne, Peares, Apples, & Cheries, &c. These foresayd things are not only to be vsed in hot sicknesses, but also to take them moderately being in health in hot times. There is also a sirupe made of the iuice of Oranges, of sowre Pomegranates, of white Roses, and of Sorrell, the which do cole much in time of the Plague, and in all pestilentiall sicknesses, which do enflame the hart and the stomacke.

The sirupe of Roses laratiue doth especially cole all heate of Agues; likewise also the sirupe of Veriuice, of Violets, of Endiue, and of Vineger.

In like manner also *Oxycraton*, *Oxysacchara*, Julep of Roses, and of Violets, the hony of Roses, hath a meetely coling nature, therefore the same may also be vsed in hot Agues.

When as then the patient desireth to drinke in great heate, then be some of these foresayd sirupes to be tempered amongst it, for which the sirupe of Violets, of Burrage, and of Roses, be the most principall, if the same be tempered with well water, or any coling potion. The same doth also fresh well water alone.

Item, Barly water, or Henbroth dressed with Endiue, watred wyne, Henbroth with Sugar and Barly, and the water of Larks spur drunken three or foure times aday, these beforesaid do take away the vnnaturall heate, whether it be in the Plague, or in any other hot agues.

Take water of Larks spur and of Bugloss, of each two ounces, Cicorie water one ounce, drinke twice thereof morning and euening: it strengtheneth and coleth also the Hart in all hot things.

Take a handfull of Reisons, stamp them to pap, and powre vpon it eight ounces of water of Bugloss, Cinnamome one dragme, then wring it thorow a cloth, and afterwards take it, or giue it to drinke with Almond milke.

But if so be that some vnnaturall heate did assayle you without any especiall sicknes, then is this ensuing to be vsed for it: Take a black Cockrell of a yeere old, chop it aliue one part from another, and take the lyuer, and stamp it very warme in a morter, then temper with it womens milke of one that giueth suck to a boy, afterwards wring it together through a cloth, and giue thereof to the ouerheated bodie two or three spoonefuls. Some do commend this very highly, and it may be tryed without perill.

Item, the iuice of greene Nutshels be very good against all accidents which may be caused of heate.

## *The twelfth Chapter.*

## Of the Sweate in generall.

After the description of vnnaturall heate, we are to write somewhat also of the sweate (which is conteyned in the corrupted bloud) and pierceth through the whole bodie. The same is thus briefely described of *Galen*. Sweate is a clensing and an excessiue moysture which is mixed with the bloud, as the whay is with the milke. Other do expound it more at large. The sweate (say they) is a moysture, which is caused of the vapors of the bodie, which spreadeth it out to the vttermost parts of the bodie, and penetrateth out through the skin, whereby the bloud is vnburthened of much vncleannes, whereof there be two sorts, the one naturall, which in great sicknesses is a good signe, or *Crisis*, which kind of sweate doth breake out also vpon men through great labour, or in Sommer time, and is a wholesome and healing sweate, which bringeth great ease and lightening with it. The other kind of sweate is vnnaturall, and also hurtfull, as is seene in them which suffer great paine, or that lye a dying: therefore it is not vniustly said (as also the truth is) that the sweate is a signe of all the moystnes which raigneth in the body. For when as the sweate breaketh forth excessiuely, then is it a signe of the great abundance of subtile moystures, and of the strength of the expulsiue virtue. Like as to the contrary, a little sweate giueth knowledge of the toughnes and thicknes of the same, or debilitie of the expulsiue power. If so be that the sweate be red, then is it a signe that the bloud hath the maistrie: but if so be that the sweate be yellow, then hath *Cholera* the preheminence; or if it be white, *Phlegma*: and if it be blackish, *Melancholia*. And if so be that the sweate stinke, then must the bloud also in the vaines whence

the said sweate commeth stinke also. Item, these differences may be perceiued by the tong, that when one will proue his sweate and the same be swæte, then is it a signe that the blod raigneth; and if bitter, then *Cholera*, &c.

The causes of the sweat be ouer hot ayre, great labour, warme weather, bathing, to goe to hot clothed, and a moyst body. But commonly it is caused through great rioting which is lately committed: the first cause wil be taken away, if one beware of labour, and tary out of warme aire, &c. The second through purging: but the sweate may come of whatsoeuer cause that it wil, it is alwaies very profitable for a moyst body and healthfull: therefore is the same to be required in many sundry perillous diseases, viz. in frantickenes, *Phrenitide*, in which the sweate is especially very mete if the same be excessiuel yerpelled.

The Phisitions which be very expert haue taken through the sweate no small signification of life or of death, and especially in those dayes which they call *Criticos*, which be these insuing, that do yeld also a good prognostication of health. The 3.5.7.9.11.14.20.21.24.27.30.31.34. and 40. The other which commeth betweene these foresaide daies do signifie to the contrarie a long continuing sickenes. This sweating is also euery where common with all agues, and especially in all hot agues, but after a seuerall or different manner: for if the sweate be cold, and that it be onely about the head, in the face, and in the necke, then it is a very bad signe: if it come with a sharpe ague, then is it a signe of death, or commeth it with a milde ague, then doth it signifie a lingring sickenes: for which it also signifieth that where the sweate doth breake out, that there the disease and the sickenes is.

Moreouer, we will ad this vnto it, that when the blod is vnmeasurable moyst, that thence springeth alwaies a verie grieuous sickenes, for that thereby it will be waterish (like as the whay of the milke) retaining neuertheless the red colour, whereby it commeth also that a body sweateth blod otherwhiles.

For sweating be also these rules insuing prescribed. First, the sweate is not to be moued before, and yer that the matter be purged (whence that this is prouoked) and so long as the patient feeleth ease thereby, and be not ouer much weakened. Secondly, in consuming maladies, as *Hectica*, and *Phthisis*, sweating is not mete. Thirdly, if the sweating get so much the masterie, that a body is thereby weakened, then is the sweating to be caused to cease by vncouering or taking away the couerings. Or doth it come through ouer much meate? then is the patient to liue soberly, and to fast. But if so that it doe come through repletion of the bodie, then is the same moysture or humour which causeth the sweate to be purged. Afterwardes is the bodie to be annointed with this salue following: Take Roses one ounce, red Saunders, blossomes of Pomegranates, Galles, and Mirtle leaues, of each halfe an ounce: sæthe all togither in fower and twentie ounces of water vntill the third part be spent; afterwardes strayne it thorow a clothe, and then put vnto it fiue ounces of the oyle of Roles, and then let it sæthe so long vntill all the water be consumed, afterwards strayne it thorow a cloth. With this salue is the patient especially to annoynt the side and the breast. He is also to drinke oftentimes Julep of Roses, and of Violets, and to moysten the breast sometimes and the sides with cold water, and also to slæpe alone, but vpon no bed which is filled with feathers, and that but light couered.

The sweating causeth also sometimes swouning which is not without daunger. This patient is not to be bounden, rubbed, nor to kæpe in his breath, like as is done to others which fall into a swonning by some other cause. For that the foresaide things doe driue out more matter and sweate out of the bodie. For this also is wine to be eschued, for that it expelleth also sweate: but the face is to be sprinckled with Rose water, and with well water. The patient must also refraine from ouer hot labour, and not to couer himselfe too much. He must set his bed in a colde place, and hang the same with cold odoriferous things, as Roses, Saunders, Camfer Quinces, Waterlillies, and such like.

## Whereby Sweate is prouoked. §. 1.

AT the first are the pores to be opened, as doth the oile of Cammomill, & of Dill, if one be annoynted therewith: or take Pepper, Cinnamom, Calmus, *Raponticа*, *Pieretrum*, Rubarbe, Costus, Cassie wood, Balsam fruits, Marierom gentle, and the iuice of white Mints; temper some of these foresaide things togither and sæthe them with Sallet oile in wine, and annoynt you therewith, it causeth a man to sweate.

Further

Further, these things following are to be vsed before one goe to bed, therewith to expell the sweat: to wit, halfe a dragme or a whole dragme of Treacle, or Mithridate. Item, take an Onion, and put good Treacle into it, afterwards rost it soft in hot ashes, and eate a good deale thereof, then lay you to bed to sweate therewith, and afterwardes dry your selfe cleane with drie clothes.

For bathing, he is to take the quantity of a nut of Conserues of Rosemary, or Conserue of Fumitory, both of them doe expell sweat: the Conserues of Elderne berries is the common peoples Phisicke for this purpose.

Item, take Rose water, Wormewood water, and Rue water, of each a like quantity, and vse thereof euery morning a good draught: or take one ounce of Ginger, and seethe it in a pinte of red wine; afterwards straine it without wringing, and then drinke fiue ounces thereof: it causeth also to sweat well, and that especially in quartain agues: Now to the end to abate the heat, then temper amongst it Julep of Violets. *Oxymel Compositum* doth also moue sweat.

But if one cannot sweat, then take two or three Bricke stones, and make them very hot, and wrap them in a wet cloth, and then lay first one, and then another to the feete, vnder the armepits, on the sides of the patient, or betweene his legs; then will the vapor cause the patient to sweat: And if so be that there bee a stinking sweat instant, like as the stench of the armepits, whereof we haue written in the fourth part, the first chapter, and the second §. and in the second chapter in the third §. then may one with the foresaid vse this ensuing: Take white Coperas halfe an ounce, let it boyle so long in a pinte of water as one would seethe an Eg hard, or somewhat longer, and wash you therewith. Also the sweat will be expelled by anneinting with oile of Quinces, or by taking of Marmalade made with spice.

## Of the sweat bath and other. §. 2.

IT is very common, that sweat is vsually prouoked by bathes, which is attempted after diuers maners, and must be done for many kindes of maladies, as we haue declared in many places, for which now that bathing is noysome and bad, we haue also taught here and there, like as the same may be loked for in the Table.

## *The thirteenth Chapter.*

## Of the Sinewes.

IT is a question amongst certain learned men whence the sinewes, which the Latinists call *Nervos*, haue their beginning. *Aristoteles* was of opinion that they came from the hart, although it cannot bee perceiued that there-hence any should come: but *Galenus* with his followers doe say that the Sinewes take their beginning in the Braines and the backe bone. And this opinion is not without a foundation and sure ground, because that as sone as the sinewes bee inflamed, with any vnnaturall heate, the braines thereby are so infected, that commonly these men be distraught of their wits and vnderstanding, yea wareth childish, and as the Phisitions name it *Delirus*. *Albertus* doth reckon to be in mans body 77. sinewes, as well great as small, hard, soft, and other, and therein doe all learned agree, that they be all of a colde nature, yet the one lesse than the other, and also without blood, wherfore some call them the white vaines. Amongst these be three principall sortes; the first which we chiefly call *Nervos*, which is sinewes: the second *Tendones*, which be the tendones: the third *Ligamenta*, which bee ligaments or binding sinewes. The first sort haue their beginning in the braines, of both the skins of the braines, and in the backe bone, the which *Albertus* calleth the vicegerent of the braines, for that they be both almost of one nature. These *Nervi* or sinewes, the which (by the Grecians is as much to say as bending) be by nature a little warmer, and also dryer then the vaines, or any other sinewes, they are also more sensible than the Arteries, and of such power, that they franke and freely impart vnto the whole body all motion and feeling.

These foresaid sinewes are by nature so placed in the backe bone, and his holes (which be

60. in number, and that they be spread ouer the whole body, giuing each part his sence and action; so that each may adiudge what is hurtfull for him, or payneth any whit. They doe spread themselues abroad ouer the whole body; to wit, (out of the backe bone) as it were a spring, which with many sundry spoutes or gutters is deriued hither and thitherwards, in a pleasant garden, for to moysten the same, and to impart her water vnto it: So is also our body naturally nourished with these sinewes and all other vaines, which (like as is said) receiue their beginning out of the braines, and so descend euen vnto the feete beneath. And although this dispersion be so bountifully and pleasantly performed, notwithstanding there come no sinewes into the bones, except the téethe, neither yet in the grissels, nor in the fatnes, nor in the ligaments (which be the knitters of the members or ioynts) therefore that all these foresaid parts haue no feeling or motion, neither néede they any.

When as now the foresaid sinewes are spread abroad euery where in the muscles, or lacerts, which (as is said) are instruments whereby we haue all our motion, yet in other places, where néed requireth, the other sort are, to wit, the Tendones. These be of a tight compacted substance, easily cut in the length, ouerthwart very hardly, or scant at all. When as they also (like as is oftentimes admonished) be wounded, then are they healed with great trouble. They can also abide no fire, like as the sinewes do; for that whensoeuer one is wounded or hurt, then doth the same member lose his accustomed action, or will at the least be much weakened. It is also much to be wondered at, to wit, when a sinew is hurt, that then there followeth much pain, and mishap after it; and being hewed or cut quite asunder, that then the patient knoweth not of any paine.

The Tendones or Lacerts be amongst these thrée sortes of sinewes, the most hardest: contrariwise the ligaments be the most softest, like as shall be shewed hereafter. These Tendones be also not so sensible, as the right sinewes, and be also much bigger.

The thirde sorte of Sinewes the Grecians doe call *Syndesmos*, the Latinistes *Ligamenta*, (which be bondes or knitters) *Albertus* doth call them *Cordas*, that is, Cordes: these haue no feeling where they hold fast in the muscles or bones, but they bind only the muscles and bones togither.

Let this now suffice of the nature of the sinewes: and they that desire to haue ampler direction thereof, let them looke into *Aristoteles*, *Galenus*, *Albertus*, and other *Anatomici*, which haue written thereof very largely.

## Of hurt and wounded Sinewes. §.1.

COmmonly the perished sinewes doe require such remedies, as be wont to be vsed for the increase of the enfeebled warmth, and doe drie hard and draw, yet without any corroding and bad propertie. The wounds are also to be kept open long, and if so be that they be too narrowe to make them wider, to the end that all bad matter may run out. Besides that, all diligence is to be vsed, for to asswage the payne. If now there be any sinewe pricked in letting of blood, or otherwise, then take oile of Cammomil, of Roses, and oyle of S. Johns wort, of each one ounce, thrée well brayed yolkes of Egs, and Saffron one scruple; temper them all together and lay it thereon.

## For the Paine. §.2.

IF so be that there be any great paine in the wounded sinewes, then vse the salues *Anodyna*, whereby the paine may be asswaged; whereof you may finde sufficiently written in the first part, the 4. chapter, and 12. §. in the second part, the 7. chapter: in the third part, the 16. chapter, and 4. §. also in the third part the 17. chapter and 2. §. This ensuing is also very méete for it: take oyle of Lillies one ounce and a halfe, oyle of Dill, and of Cammomill of each one ounce, white waxe as much as is néedefull, for to make a salue.

Another *Anodynum*. Take Wallflowers thrée ounces, oyle of swéete Almondes, and oyle of *Sesamum*, of eache one dragme and a halfe, fresh Butter one ounce, Saffron halfe a dragme, white waxe one dragme and a halfe, oyle of Dill, of Cammomill, and Ducks grease, of each

eache one quarter of an ounce, one well brayed yolke of an egg; then temper them togither vnto a salue. For this you haue also before in the third chapter, and 7. §. a salue, beginning thus, Take oile of Roses &c. and other things moe, which do much asswage the paine.

Item, take the marrow of Calues bones, and very old Sallet oyle, of each 4. ounces, Earth wormes washt in wine two ounces, sæthe them togither in water meetely well, afterwardes straine the broth thorow a cloth: it is maruellous good for the sinewes, for that it asswageth all paine, and mollifieth the sinewes.

These foresaid things be not onely good for the paine of the sinewes, which be caused through woundes, but also for all other paine of the sinewes, as this following is also: Take Henbane sæde halfe an ounce, blacke Poppie sæde one quarter of an ounce, Saffron one ounce, *Hermodactyli* two ounces and a halfe, small brused crums of bread foure ounces; temper them all togither, and so lay this warme vpon it, and that thrice in foure and twenty houres: afterwardes annoint the place with oyle of Fores, or with any such like oyle, which shall hereafter be discouered: After that strowe the powder of Earth wormes vpon it; or temper the pouder with Honie, and vse it as before. It is also good for all paine of the members, and hardening of the sinewes. There may also a plaister be made of the foresaid Earthwormes, and apply it. Cow dung tempered with oyle and layd warme vpon it, is also good.

Item, take oyle of Fores three ounces, Sallet oyle foure ounces, Earthwormes washed in Wine two ounces: let them sæthe all togither, like as is said before, it strengtheneth maruellous much all brused sinewes, and warmeth also the same, when they be wounded. Oyle of Bricks is good for all paine, and all diseases of the sinewes. In like manner the three sortes of Balsam oyle which be described in the last part.

## When the Sinewes be resolued and limber. §. 3.

TAke Turpentine which is many times washed with Rose water two ounces, pouned Frankincense, and Cornes of the same, of each two dragmes and a halfe; make a salue thereof. This doth also a salue which is made with washed Lyme and Sallet oyle, or oyle of Saint Johns wort. Item, there is also good for this all vitall waters.

## For Sinewes that be shroonke, or for the Crampe of the Sinewes. §. 4.

ITem, take one ounce of the plaister *Diachilon, Ammoniacum* and *Bdellium*, of each one quarter of an ounce; steepe these two gums foure and twenty houres in Vineger, and afterwardes let them sæthe vntill all the Vineger be spent, then mixe the playster amongst it, and also fiue dragmes of Beares grease: when it is now sufficiently boyled, then worke it well togither with the hands, the hands being first made wet in Vineger. This Plaister doth mollifie and digest: Or take the sædes of Hollihockes, of Flaxe, and of Fenegræke, of each two ounces, oyle of Lillies, and of Oliues, of each one ounce, Ware as much as is nædefull for a salue: this salue softeneth all manner of hardnes of the sinewes and of the ioints, it asswageth the paine, it strengtheneth the extenuated members.

Take oyle of Behen two ounces, *Ammoniacum, Bdellium*, of each two dragmes, Saffron two scruples, white Ware as much as will suffice for a softe oyntment: at the last adde one ounce of Neates foote oyle vnto it. Item, take oyle of Spikenard, oyle of Saffron, of each fiue dragmes, Beuercod, *Ammoniacum, Sagapenum*, Badgers grease and Beares grease, of eache three dragmes, marrowe of Ore bones halfe an ounce, Ware as much as will suffice, besprinkle them all with Vineger of Squils. If you would haue it digest and drie stronger, adde vnto it Pellitory of Spaine, Beuercod, *Euphorbium*, and rootes of Costus, of eache two dragmes, Saltpeter halfe a dragme; make it all into an oyntment: This oyntment is good for the Palsey, and coldenesse of the sinewes, but especially for the shaking in the fit of an ague. The salue *Dialthæa*, is very good for the contraction and shortening of the sinewes.

Item, take Cammomill floures, sprigs of the Iuniper tree, Sage, Wallowes, Southernwood, and Nettle rootes, of each one handfull, shread and beate them very small, and put vnto them 16. ounces of fresh Butter, Dogs grease 12. ounces, boyle them together vntill all the iuice of the herbs be consumed, then straine them, and adde vnto them molten ware three ounces, *Ammoniacum*, *Galbanum*, of each one ounce, dissolue the gums in Vineger, & mixe them with the rest: when it beginneth to cole, stirre amongst it oyle of Beuercod 6. drag. oyle of Cammomill 2. ounces, oyle of Bayes 8. ounces, lastly, temper them well together. The Apothecaries do call it *Vnguentum Neruinum*, but it is not vsed euery where. Item, take Ware, Pitch, and marow of Ore bones, of each one ounce, oyle of Roses 2. ounces, mixe them all together, and put vnto them the powder of Earth wormes, and so annoynt the place agreeued with it. As concerning the Cramp (which is nothing else but a contraction and conuulsion of the sinewes) hath beene spoken in the first part the 12. Chap. and 15. §. where also I shewed what might be vsed for it. And this following is very meete for the same: Take the iuice of broad Plantaine, boyle it with strong wyne, and binde it vpon the place where the Cramp is. Item, take the rootes of water-Lillies, cut them in round slyces, and so apply them, it hath beene approued oftentimes. When the Cramp commeth in one foote, then bend back one of your toes, or binde it hard with a whipcord: but the best counsell is, to arise presently and walke, and to keepe the foote warme. Cramp rings are also worne for it, but I finde no great good in them. These oyles following are very commodious for the Cramp, to wit, oyle of Lillies, of Rue, of Wallfloures, and of Turpentine, which is made as followeth: Take Turpentine 3. pound, put it into a body, make fast the head and the receiuer vnto it very close, distill it in sand or ashes with an easie fire. First, there commeth ouer a cleare water with the oyle, next, a yellow oyle, lastly, a darke and grosse oyle, keepe each apart, for they are good for all cold griefes, and especially for them of the sinewes. There is also good for it the oyle of Tyles, oyle of Quinces, which also comforteth the sinewes. The oyle of Cammomill is not only good for the sinewes, but also for all the ioynts. The oyle of S. Johns wort is especiall good for the same. The ridge in the back being annoynted with the oyle of Iuniper, restoreth motion into all parts. Oyle of Bayes, of bitter Almonds, and of Beuercod, haue an especiall vertue to soften the hard and contracted sinewes.

Vnguentum Neruinum.

oyle of Turpentine

## Now follow those things which may be vsed inwardly.

Both the kinds of Treacle, and the Mithridate are maruellous good for the infections of the sinewes. Item, take *Calmus*, floures of Stechados, of each three ounces, Cozans, Fennell rootes, Parsly rootes, of each one ounce, Centory, Coloquinte, *Hermodactilis*, of each halfe an ounce, boyle them in a quart of water vnto the halfe, and straine them out hard, then put 12. ounces of Hony vnto it, and let them boyle together againe vntill they be reasonable thick, afterwards put vnto them fine powder of prepared Agarick one ounce, *Turbith* halfe an ounce, Ginger and *Diagridion*, of each one drag. and a halfe, Spike of Indie one drag. make an Electuary of them. This Electuary purgeth all phlegmatick, tough, greene, and waterish matter from all the parts of the body both inward and outward. It asswageth all paines of the ioynts, sinewes, and such like. Giue of it at once foure or fiue dragmes with the decoction of Ginger, if phlegme do abound. Contrarywise in chollerick bodies giue it with the water of Succory very warme, and let him fast fiue houres after it, and before he be set downe to dinner, let him drinke a good draught of Meade. For the same purpose also serueth the confection of *Diacorum*, and especially the first of them which are described in the last part. Likewise the conserue of Lauender, of Spikenard, of Sage, and the preserued rootes of *Eringus*.

His common drinke shall be Meade, or Honywater. Amongst the herbed wines are these commended, the wynes of Elecampane rootes, of Rosemary, of Sage, and of Wormewood. These wynes are all very good for the sinewes, not only taken inwardly, but also the infected places chafed and fomented outwardly. Common glisters are sometimes vsed for to comfort the sinewes, whereof there be diuers described almost euery where, and such as may be vsed according to the place so infected. But alittle Coloquint is for the most part added vnto them all.

This contraction and induration of the sinewes, doth in time turne to a perfect lamenes, whereof hath beene spoken before in the fourth part in the seuenth Chapter and 2. §. and after that in this fift part in the second Chapter of the Pocks, in which places you may finde sufficient

cient store of remedies to content your selfe.

These things following are very hurtfull for the sinewes, the continuall vse of strong wines, venery, idlenes, slothfulnes, warme water, and especially in them that are wounded in the sinewes.

## *The fourteenth Chapter.*

## Of the flesh and Muscles or Lacertes.

WE must now speake of the flesh of the body which couereth the bones, vaines, sinewes, and in fine, all that is comprehended in the skin. First in respect of those parts which we call Muscles or Lacertes, the flesh in Latin called *Caro*, is very little in quantitie; for the number of Muscles is so infinite, that it hath beene vnpossible for the auncient Phisitions to name them all. Some did take them to be in number fiue hundreth, *Albertus* 529. The flesh and muscles are ingendred of the bloud; they are warme and moyst by nature, and soft in handling, and those that are coldish by nature (without any euident heate) they haue much and very soft flesh. That which we call flesh, is placed euery where betweene the muscles, only differing in this, that the muscles are contayned in a thin subtill membrane, to the end that the sinewes with their small twigs might the better passe through it, and impart their motion vnto the muscles. This flesh is otherwhiles changed into fat, to wit, in fat men, or in them that liue delicately; or else sometimes it decreaseth and the muscles also vpon diuers occasions. They that are very fleshy haue also big vaynes, full of black bloud, with great entrayles, and a big belly. These persons are especially commanded by all learned Phisitions, that they shall not purge themselues in Sommer tyme.

The other kind of flesh, namely Muscles and Lacertes, are peraduenture so called, because they are not vnlike to the Euets: for *Lacerta* in Latine is a Lyzard or Euet in English, *Aristotle*, *Albertus*, *Galenus*, with diuers others haue written very curiously of the vaynes and sinewes, and haue shewed how they are dispersed and spread abroade ouer all the body, and how by the Muscles they moue and stirre euery member seuerally, whereof we neede not at this present make any further mention. But to speake of them in briefe: the bodie of the muscles is made of three seuerall kinds of substance, for their beginning and the very head of them is full of sinewes. Their middle (which is called the belly of the muscle) is flesh. Their tayle, or the ends of the muscles is harder and more sinewie then the head, whereof the Tendons are made. In fine, these Muscles do consist of sinewes, of flesh, of ligaments, and velmes, so that by the multitude of these sinewes, are all the parts of the body moued inward and outward, vpwards and downewards, quickly or slowly, to and fro, all as a man will himselfe. Besides this, they are according to their scituations of diuers proportions as long, thick, broad, &c. and so strangely coadunated and conioyned, that their vse may easier be perceiued by their motion, then by sight, or by any other meanes whatsoeuer, but especially, in the face, in the forehead, and in the lips. These muscles may not be wounded without great danger, for by reason of the sinewes which passe through them, must needes by those wounds very great and heauy accidents ensue. But the greatest danger is wounding, hurting, or in any way harming them of the back, for then can the patient neither make water, nor go to the stoole, nor do any other businesse at all aright. By these meanes commeth the Cramp, the falling sicknes. I will not speake of the great misfortune that might follow if the same do putrifie. Because therefore the muscles are very sensible they do finde by ouermuch labour, by long walking, by running, and such like, a great debilitie, wearisomnes, and paine; so do the sinewes also and the Tendons themselues. But it were in vaine to shew at this present how all the infirmities that the muscles are subiect vnto might be remedyed, because the same hath beene sufficiently spoken of in those places where we haue intreated of Vlcers, Wounds, Pocks, Leprosie, and such like.

## *The fifteeneth Chapter.*

## Of the fat of Mans bodie.

AFter the description of the flesh it is verie néedfull that we write and discourse of the fat in mans bodie. This fat is a deuision of the nourishment in the skin and other parts, heaped insensibly and tight togither: this insensiblenes hath the fat of the blood whence it is ingendred; for that the fat is none other thing, but digested blood, which also is insensible. By nature it is most moyst; therefore the fat of all beasts, and also the fat of men is wont to be vsed for many kind of diseases, as may be séene héere and there in this Booke: and (as it is said) the fat hath his beginning of the fattest part of the blood, which runneth through the vaines towards the skin, and setting it selfe on the same and on the sinewes (both which are dry by nature) for to moysten them. But if it happen to touch the partes that be colde and bloodies, then doth it come to congeale and to ware hard there: therefore that doth most of all happen in cold bodies, viz. in women, and in all such beasts which haue béene kept all winter, and be vnmeasurable fat; where to the contrarie, all that be hot by nature, ware leane and weake. Amongst all parts of men and beasts there are none that be fatter then the kidneies, and that chiefly on the left kidneies, more then on the right; yet especially in shéepe wherein that the kidneies be otherwhiles so abundantly couered with fat that they cannot make water, but are constrayned thereby to die.

### Of the troublesomnes of Fatnes. §.1.

THere is no better disposition of bodie, as well amongst new borne children, as other auncient people, but that a man be méetely fat, not too leane, nor too fat: or if so be that any of both must be, it is alwaies better to be leane then fat: for that if a bodie be ouerburthened with fatnes, then happeneth it amongst other inconueniences, that a bodie be alwaies slothfull, vnfit for labour, and for walking. I say nothing of other diseases and sickenesses which fat people be more subiect to, than the leane. This excessiue fatnes commeth of blood, whereby all the partes of a mans bodie be fed and sustained: the fat bodies haue alwaies narrow vaynes, and arteries, and therefore also little blood, and fewer vitall spirits; so that when they begin to be old, the naturall heat is wholly abated & verie lightly might be extinguished, or at least wise spilte & lost. Wherefore *Hippocrates* also saith by good right, that they that be fat by nature, do die much sooner, then they that be leane. But they that are betwéene both by nature (saith he) and afterwards ware fat by their daintie and bountifull diet, they alwaies kéepe their great vaines, although they increase in flesh and fatnes, therefore in them is lesse daunger, although they be fat, and that their naturall heate be corrupted in them. Also the Philosophers do conclude (like as we also daily sée before our eies) that both humaine and bruite beasts bodies which verie fat, do remain vnfruitefull. For that they haue but little and weake naturall séed, bicause that (as is said) leannes is to be commended farre before fatnes of the body. Therfore must all men which are inclined to be fat, vse these things following: Take *Sandaraca* three quarters of an ounce, drinke it in the morning with water, and with *Oxymel*. Item, take the rindes of yellow Mirobalanes, rosse them (as though that they were halfe burnte) one quarter of an ounce: stampe them all to a subtile pouder, and then giue it to drinke with Plaintaine water. Loke also into the second part, the third chapter, and second §. for the Pils which maruellously hinder fatnes. Item, take euerie morning a crust with vineger wherein a little Pepper is tempered, drinke it verie warm. But if one feare that it might hurt the sinewes, then is it to be forborne.

## *The sixteeneth Chapter.*

## For great Leannes.

THe reason why leannes is better for a bodie then fatnes, we haue discouered before: neuertheleſſe if the leannes were exceeding much, then is it verie daungerous for healthie folkes: for it behoueth no great proſe that the bodie wareth leane, when it wanteth foode, or when the meate doth not digeſt, and is not conueied to the appropriate members, or when people be ouercharged with intollerable labour, with great ſorrowe, and ſuch like. Likewiſe do ſome alſo fall into great leannes, for that their bodie is too cold and too dry: other will alſo be leane, for that the digeſtiue and nutritiue vertues, or any of both theſe be weakened. Item, this extreame leannes is cauſed alſo of the conſumption *Phthiſis*, wherof we haue ſufficiently written before, & alſo in the fourth part, the ſeuenth chapter, and ſecond §. For this may firſt be vſed all that is forbidden in the exceſſiue fatnes: neither is counſell to be deferred ouer long in this diſeaſe of leannes: for when as the leannes beginneth to rote, then doth the ſame not onely prouoke *Phthiſin*, which is the conſumption; but alſo other moe deadly accidents: ſo that not onely all the fleſh of mans body will be conſumed, but alſo all the vertue and ſtrength.

And what might be vſed for this falling away, is to be ſought for in the two forementioned places, there is eſpecially commended (amongſt other outward remedies) the rubbing with the flat of the hand of all outward members. All they that are wont lightly to parbrake, may not be purged in winter, when this leannes is not cauſed through ſome hot agues, but that the meat receiued is not by nature conueied towardes his due place: ſo that (like as it is wont to chance oftentimes) the ordure is caſt out of the mouth, then is the patient to vſe good white wine for his drinke, yet tempered with water wherein Fennel ſæde is decocted. For his meat be Hens, Capons, or rather the broth of them, that is wrong or ſtamped out of their fleſh. This patient is alſo to foment often his priuities and there about, with a ſponge dipped in the decoction of theſe things following: Take Fenegræke ſæde, and of the white *Seſamum*, of each fower ounces, Mallowes and Smallage, of each three handfuls, *Bdellium* half a dragme, Comin three drag. Caruway, Dill ſæde, *Ameos*, Fennell, of each halfe an ounce, field Cipers, Centorie, of each halfe a handfull, cut that is to be cut, and ſtampe the reſt, let it ſæthe in ſufficient water. You are alſo to vſe a warming plaiſter for the ſtomacke, wherof there be ſæne in the third part, the eleuenth chapter, and 5. §. and elſwhere deſcribed.

This plaiſter enſuing is alſo good for it: Take twelue ounces of the broth wherin Sheeps ſuet hath boyled a good while, Sallet oyle and Butter, of each two ounces, Saffron ſixe graines, Salt one dragme, ſlight Sugar one ounce and a halfe, temper it, and ſet this Cliſter one howre and a halfe before ſupper; at which time he is to vſe the powder which is deſcribed in the third part, the 16. chapter, and 3. §. beginning thus, Take Annis, Fennell, &c.

## *The ſeuenteenth Chapter.*

## Of Wearineſſe.

WE haue taught in the deſcription of the Muſcles, that the wearynes of the body is cauſed through great labour, which weakeneth the ſinewes and the Muſcles, as daily experience doth teach vs: and when a man is wearie without this cauſe, as though one had beaten his members in peeces, then doth it ſignifie a great imminent diſeaſe. The learned doe deuide this wearineſſe into many kind of ſpecies, as they that come of vlcers, wounds, and ſuch like, which may be apparantly perceiued.

This doth come through great coldnes of the matter, which is very eaſily to be cured, by warme dwellings, by rubbings, by ſweete bathes, and ſuch like; which doe warme the members, open the pores, and make the matter in the ſinewes and muſcles ſubtile.

Nature

Nature is also to be kept warme with eating and drinking: wherefore euery such patient is to keepe himselfe with good white wine which is not too strong, and to vse other things moe, which shall seeme meete for all cold diseases, whereof we (for a conclusion of this fift part) shall write immediately hereafter. Now we purpose onely to speake of the wearisomnes which is caused of great labour: for the which there is no better nor safer remedy than rest and sleepe. But this following may be vsed for it: Take Rue as much as you please, temper it well with Sallet oile, and therewith annoynt both the feete: it is very good.

Item, take a little Salt in a cloth, bind it fast togither, and dip it in the water, cast it into the fire, let it roste vntill it be blacke, and run togither; afterwards poune it and temper it with Vineger, wet therein a woollen clout, and rub therewith the soles of the feete.

## *The eighteenth Chapter.*

## Of Sleepe.

IF it be well considered what sleepe is, then doth it not beare in vaine the high title which is attributed vnto it, and because that the sleepe doth also oppresse the whole body, passeth through each part of the same, and bringeth it to rest, therefore it is by good right placed in that degree. Concerning his title, the learned do write as followeth. Sleepe is a continuing and a moistening of naturall heate, an elected rest of all the members which doth none otherwise couer and suppresse all motions of the minde, then as the ashes do the fire, which by a little stirring or vncouering of it, wil immediately burne again. And if so be that this rest, which is imparted to the body by sleepe, and is as it were a remedie of labour, then may it well be thought, that they that cannot rest at all do sleepe vnnaturally, for that it taketh away the wits and all actions of the minde: wherefore sleepe is called of *Ouidius*, and *Seneca Tragicus*, a compeller of all mishap, & a rest of the mind, the best part of life, an image of death to come, and Deaths brother. And further, this sleepe is a confuser of the true and false visions, a hauen of life, a taker away of wearyed sight, and with the Poets, the pleasantest amongst all goods, yea the onelie giuer of tranquility on earth. For sleepe driueth away sorrow, it is the remedy for sorrow and care, it freeth the hart, and bringeth all things to rest. The foresaid sleepe is a quickening of the weary and weak members, a strengthener of the labourer. It maketh the King and his subiects merry, sorie, and blessed. And to conclude, it is then so needfull for nature, that without sleepe this life cannot be vpholden. You haue before in the first part, the 12. chapter, and 6. §. also in the 10. §. of the lithargy; and in the first naturall thinges in the first parte, the fift chapter, and 10. §. all which may serue for this intent. Yet these be the things which prouoke sleepe, viz. Conserues of water Lillies, sirupe of Poppy heads, which may be vsed for this purpose: Lettice eaten in the euening for Sallads is also good: The Conserue of Pyony stayeth all fantasies and feare by night, which will hinder men of their sleepe: Sirupe of Citrons, Wormewood wine, oyle of Dill, oyle of Poppy heads, and also that which is beaten out of the heads, and the temples of the head annoynted therwith, are very meete for it.

### What hindereth sleepe. §. 1.

THere shall not here be written of *Lethargo*, which is a species of the Palsey, and described in the first part, the twelft chapter, and 10. §. but of that sleepe, which causeth a body to his great hinderance to sleep too much, in some kind of grieuous agues, phlegmaticke sicknesses, sweating sickenes, and such like.

Now for to keepe sluggards and sleepers waking, therto are merrie folkes fit, and to company with one, pleasant speech, musicke, and play, if the patient haue any desire of it: the rubbing of the armes and legs, with or without sotwater, cold water, honie of Roses holden in the mouth: in like manner also the annoynting on the temples of the head with cold water, and the same sprinckled in the face.

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## *The nineteenth Chapter.*

## Of Paine.

WE will not here dispute of the outward paine of the body, or the inward paine of the conscience, whereof the Philosophers and Diuines do write. Our book doth only speak of Phisicks sicknesses, wherin the paine is such an accident of humaine debility, that there commeth not one so small a sicknes wherewith there is not otherwhiles some paine, like as may be seene by all the foresaid infirmities: And as is here in particular discoursed of all sicknesses, & to each is attributed his proper remedie, for to asswage at least the paine of the same, if it cannot be cured: Wherefore we will send the Reader, and euery one that hath occasion to take aduise therein, to the titles of all diseases that doe molest the bodie with paine.

## *The twentieth Chapter.*

## Of Phlegma.

AS we haue oftentimes admonished before that the body of man and the most part of al other liuing creatures are made & sustained of many kinds of humours, that so long also as the same be equally tempered, do bring health with them: contrariwise if that one do raigne aboue another, it doth cause a sickenes.

Of *Cholera* when it getteth the maistrie, then do hot sickenesses grow out of it, as may further be read in description of the Gal. In like maner also it is taught in the chapter of the hot stomack and in other places moe.

Of the burnt blacke blood of *Melancholia* hath beene spoken in the first part, the 12. chapter and 8. §. and in the second part the fourth chapter, and ninth §. Item, in the 5. chap. and 15. §. also in the third part, 11. chap. and 28. §. and in other places moe.

Concerning the cleane blood, thereof hath beene written not long agoe in the tenth chapter, and thirde §. so that we by good right may also write of the *Phlegma*, bicause that the same doth no lesse penetrate the body then the other.

This bodily humour which is called of the Grecians *Phlegma*, and of the Latinists *Pituita*, is a waterish moysture which runneth thorow the vaines of all the bodie with the blood, whereby the brayns, the hecke, the members, the sinewes, and other parts (which draw that humour vnto them) be nourished, moystened, and cooled: wherefore it were not good that the same were wholly expelled by purging.

Also *Phlegma* doth appeere by the slime, matter, snot, spettle, and such like that man auoideth.

In fine, all that is cold of nature and moyst (saith *Galenus*) that we do call *Phlegma*: it preserueth also his nature in such proportion, that it is no moyster nor colder in the bodie: and although the same be also thorowly concocted; yet neuertheless doth it remaine alwaies cold, and that not onely in the bodie, but also when it is driuen out of the bodie with purging medicines, so that it can be warmed by no meanes.

This cold moistnes (next to the blood) is highest esteemed as it is (bicause of the forementioned reasons) most needfull to all liuing creatures.

But this is onely spoken of that kinde which the Phisitions do call the sweet *Phlegma*; for that it is of sundrie natures, viz. thicke, thin, and like to molten glasse or gippes: that which is tart and sowre, is vndigested and crude. The salt waterish moysture or *Phlegma* when it is putrified, then doth it cause sundrie sickenesses, as vnhealthines of the whole bodie, colde swelling, sluggishnes, much sleepe, and headache, and especially where it doth abound greatly, then doth it cause sowre belchings of the stomacke, the gowt, and disease of the sinewes: all which

sheweth that this watersh moysture must be purged, what Phisicke ought then to be vsed to expell *Phlegma*, is sufficiently declared ouer the whole booke. But for the better satisfaction we will here describe the best of them.

First, there is nothing more fit, then that all men that spend their life in daintines and idlenes (whereby they do gather much watersh humors) might obserue such an order of diet which might be cleane contrarie to their former life, as you shall finde described in the discourse of the sickenesses, which be caused through *Phlegma*.

These be the simple things which consume *Phlegma*, viz. Pennyroyall, Marierom, Nepe, Sage, Marierom gentle, Hyssop, wilde Thyme, Rue, Fennell rootes, Smallage, Parsley rootes, Sperage rootes, Pepper, Ginger, Cloues, Mayden haire, Hony, Squils, Vineger, and most of all whatsoeuer is warme, and drye by nature. Aloe doth also purge *Phlegma*; Callie doth by a secret vertue expell it gently; *Agaricus* hath power to driue out all slimines, to attenuate the thicke, and to open all obstructions; the hot Gumme *Euphorbium* is vsed onely at the greatest neede; the iuice of wilde Cucumbers *Elaterium* expelleth watersh humours most forcibly; but it cannot well be vsed without danger aboue the quantitie of foure graines. In like manner also the leaues of *Mezereon* foure graines, or fiue at the most.

The seedes of *Palma Christi* do some vse to the number of thirtie when they be peeled, but it is verie much: they do purge the *Phlegma* very well, but with great paine and torments of the patient, for that they do purge vpwards and downewards, and are very hurtfull to the stomack. Now when the *Phlegma* lieth deepe in the body and in the ioints, then will it by Coloquinte be drawen forth best of all.

The *Mirobalani Chebuli, Emblici*, and *Bellirici* doe purge very mildly, and that chiefly from the head and the braynes.

The seede of wilde Saffron doth expell all moysture, and especially the dropsie, one quarter of an ounce, or three dragmes giuen at one time. Turbith is also especiall good for it, but it is seldome vsed alone, but tempered with other things that hereafter insue, viz. with Sene leaues, Polypodie rootes, *Sal gemmæ, Stechas, Ireos, Beben, Hermodactyli*, Nettle rootes, Ginger, Colewoorts broth, Sugar, Hyssop, Agrymonie, Pepper, Hartwoort, Centorie, Hellebor, *Pieretrum*, burnt Squils, *Sarcocolla, Opopanacum* and *Sagapenum*.

Amongst mixed and coinpounded things which do expell *Phlegma*, be first these syrupes following, as both the syrupes of Vineger, both the Drymels, and the *Oxymel* of Squils, *Oxysacchara, Hyaromel, Syrupus de Calamintha, de Prassio*, and syrupe of Woormewood; all these do expell *Phlegma* through the vrine. Item, you haue more in the second part, the fift chapter, a very good potion for the breast in a drie cough, called *Decoctio Pectoralis*, which doth consume the cold slime. The confection *Benedicta, Hiera Picra, Pillulæ fœtidæ, de Euphorbio, Cochiæ, sine quibus, de Hermodactylis maiores & minores*: all these do expell and purge. Item, *Diaturbith cum Rhabarbaro, & Medicamen de Turbith*, and other moe.

For a purging potion is this insuing to be prepared: Take Harts tong, Agrimonie, and Mayden haire, of each one handfull, Annis, Fennell seede, *Epithymum, Agaricus, Cuscuta*, Parsley seede, wilde Saffron seede, Turbith, seede of Smallage, and Sene leaues, of each one quarter of an ounce, seethe them togither in sufficient water: or take *Mirobalani Chebuli*, and *Emblici*, of each halfe an ounce, and laye it all togither in a warme place to steepe: afterwardes wring it out, and make three potions thereof: then temper of the foresaid syrupe or Drymell therewith one ounce or an ounce and a halfe, and take thereof euery morning. There is also prepared for it this laxatiue confection: Take Cinnamom, Cloues, and Nutmegs, of each halfe a dragme, Mace, Cardamom, and *Lignum Aloes*, of each one scruple, Ginger one dragme, Turbith three quarters of an ounce, *Diagridion* three grains, Sugar fiue ounces, dissolued in the iuice of Quinces, boyle it to the thicknes of Hony, and then temper the rest amongst it: when it is now almost cold, then take three dragmes thereof, or halfe an ounce at once: but in hot weather it is not to be vsed, it purgeth *Phlegma* and *Cholera* maruellously.

These things following be also very good, to wit, conserue of Rosemary, of Sage, confected Ginger, *Calmus*, and Nutmegs, &c.

Item, Treacle and Mithridate one dragme thereof taken otherwhiles. *Tysane* or Barly pap is also very good.

For drinke, is wyne meetely good to be dronken, for that it consumeth slime, and amendeth

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all diseases which spring of *Cholera*: the same doth also Betonie wine, Elecampane wine, the wine of Auence, of Hyssope, of Rosemary, of Sage, and of Wormewood, the Claret wine, and other spiced wines, whereof shall be spoken more at large in the last part: likewise also all vitall and golden waters, the sower iuice of Pomegranates vsed in meate or tempered in drinke, is also very good. In the first part, the second Chapter and 2. §. be two pectorall potions discouered, which be very meete for it.

Now for to vse outwardly, you haue in the first part the second Chapter and 13. §. a salue of the rosted Goose, which is maruellous piercing, and consumeth the tough slime. The salue of Roses doth also delay all phlegmatick defluxions. Item, oyle of Cammomill and oyle of Rue, annoynted on the out side, or vsed with Clisters. Thus much be now spoken of the cold *Phlegma*, concerning the hot *Phlegma*, that concerneth the Pestilentiall agues, and other sicknesses, which are caused through heate.

## *The* 21. *Chapter.*

## Of the cold diseases.

EVen as we haue discouered throwly in the discourse of the cold *Phlegma* what here and there throughout this whole booke hath beene declared to be fit for this purpose, the same shall also be done in the discourse of diuers cold sicknesses, of whatsoeuer occasion that they may be caused, as of age, of defluxions, of the stomacke, of the Matrix, of the brest, or howsoeuer the same might be: first of all therefore we will here teach what might inwardly be vsed for them.

First, there is good for it the conserue of Eyebright, which dryeth the braynes: Item, the conserue of Hyssop and of Betony, of Gillowfloures, of Lauender, of Spikenard, of Rosemary, of Marierom gentle, and of Sage: in like manner also confected Ginger, *Calmus*, Elecampane rootes, and confected rootes of the greater Pimpernell. The confections be also good which be made of horse Radish, the Marmalade with spices, both kindes of Treacle, the Mithridate, and confected Annis seedes be also good. Rosemary wine is for this a very forcible and healthie drinke. Item, Elecampane wyne, Hyssope, and Lauender wine, and for moystnes of the head, is very meete the wyne of *Asarabacca* rootes: moreouer, all other spiced wynes, as Hipocras and Claret wyne, be much commended for it, and if there were any bodie which could drinke no wyne, he may drinke common Meade.

Oyle of *Spica* is much commended annoynted outwardly vpon it against all cold diseases of the braynes, of the stomack, of the Lyuer, of the Splæne, and of all the intrailes: in like manner also these oyles following, viz. of blew Floure deluce, of Beuercod, of Bay, of Walfloures, of Wormewood, and aboue all others, the oyle of Tyles or Bricks.

In fine, all that is before described for the cold *Phlegme*, and in other places for all cold sicknesses, may serue for this intent, and so we will conclude this fift Part.

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# The sixt part of this Booke maketh mention of all such *sicknesses, as are incident to the whole bodie.*

WE haue treated of many kinds of sicknesses in these fiue former parts of this booke of Physick, all which pinch and paine one certaine part of mans bodie, and also sometimes in deede the whole bodie, for that nature hath so knit and combyned all the members of the bodie one vnto an other in vnmeasurable shape and vniformitie, that as there is any member anguished with paine or any disease, euen then all the other members impart therewith: so that whensoeuer the Head, the Hart, the Stomack, the Lyuer, or any other suffereth, all the other members (one lesse, another more) must be partakers of this foresaid anguish, and in such measure are all of them greeued, according to the quantitie of the infirmitie. And for as much as the Ague is so spread throughout the whole bodie, that (as it is commonly sayd) there is not so small a corner free: yea further (as all famous Physitions witnes and alleage for an infallible saying and *Axioma*) that there is no disease so small, which bringing with it an alteration of nature, that is without the Ague or Feuer: therefore will we comprehend them all in this first part, that thereby we may also detect the noysome Plague or Pestilence, which is also a spice of an Ague, and also some other, whereof hitherto in our former parts we haue not sufficiently declared.

## *The first Chapter.*

## Of all manner of Agues in generall.

THese very common and manifest diseases are called of the Grekes *Pyretos*, that is firie, and with the Latinists *Febris*, that is, a sething or boyling, and in our vulgar tongue we name this sicknes the Ague: that is, a superfluous, hurtfull, and vnhaill heate, that sometimes often, and sometimes more vehement then before commeth againe, and returneth. Or, an Ague is an vnnaturall mixture of naturall spirits in a hotter and dryer nature then is necessary. And in another place, The heate which diseaseth the whole body, we call the Ague. Againe, the Ague is an alteration of naturall warmth into a firie warmth, and therefore is a hot and dry disease. The old Maisters or Physitions named all such sicknesses Agues, when any stode and complayned of griefe without any outward swelling, without the Rose, without anguish, and (to be briefe) without any sore outward. So and if there were any that were payned with the stitch in the side, with an inflammation of the Lungs and any such like, then had they their speciall names, whereby they accompt the Ague not to be a particular maladie, but incident and casuall or *Casum*. So that they held opinion none to be right Agues, but such whereas the bad humors in the vaines were inflamed, and yet the outward members felt not any painefulnes.

And these Agues are of so many kindes, that *Hippocrates* in describing them in a manner forgetteth his old & briefe custome of writing, where he sayth thus: Some are long, byting, and yet milde: other without biting at all, but comming againe: some strong, and mighty: other that quickly inflame the body: some continuing at all times, are small and dry: other that bring no manner of belching or vomit with them. Some are full of filthines, and very ill fauored: other that take one with moysture and sweate. In like sort they haue many kinds of colours, ruddie, Saffron yellow, and some haue very bleake colours. It is not then a great wonder that the cold with the heate do cease at certaine howres: as at one time it continueth, and at another time commeth againe the third or fourth day, or twice on the third day: so that otherwhiles it hangeth on a bodie a whole yeare, yea sometimes ones whole life long. Any one may decipher

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the species of Agues as he will, yet neuertheleſſe in truth there be but three ſorts of mingled Agues, and euen ſo they come alſo through three manner of cauſes: that is, out of *Cholera*, out of a black and melancholick humor, and out of *Phlegma*. For euery one of theſe hath at the firſt two kinds of properties as an intermiſſion, at one time ceaſing and remayning ſtill, or continuance at all times indiuring alike, which are deuided into many ſorts, and alſo mingled themſelues with others, according as the matter or humor is much or little, or more or leſſe putrified, and alſo euen as the places or parts be enclined whence the Agues growe and ſpring.

All ſuch vnnaturall mixtures *Intemperies*, whereof we in the firſt part, in the firſt Chapter 1. §. and then afterwards in the ſecond part, in the beginning of the firſt Chapter and of the hart, haue briefely written, with thoſe as are needefull to be rehearſed againe, are eight in particular, whereof the hot and dry mixtures are the moſt perilous and noyſome, which being firſt kindled in the hart, and then ſpread throughout or ouer all the whole bodie, are now called the Agues.

They are alſo of this nature (ſpecially the Ague of one day) that if one giue not the patient ſomewhat to eate, that then preſently they are more of force and power: for hunger (in this Ague) otherwhiles dryeth the patient ſo vehemently, that thereby (as in other dangerous Agues) he will be ſo greeued in his head, that he ſeemeth to be out of his wit. The ſecond *Intemperies* is almoſt like to the firſt, ſpecially concerning the Ague, but that it is hot and moyſt. The third, whereas the moyſture or the drouth (be it in what kind of Ague that it will) preuaileth the one ouer the other, but not ſuperaboundantly, or aboue meane and meaſure, this is the beſt. But when this vniformitie is ouerthrowne and broken, then is it beſt for all vnnaturall mixtures that they be hindered, whereby (as hath béene ſhewed) they come not to laſt long. Of like nature is that, that with cold and heate kéepeth a iuſt meane or temperature: But where the drouth ſurpaſſeth the moyſture, thereout commeth *Intemperies*. The fourth is a iuſt meane, to wit, containing the equall meaſure in all that hath béene ſayd, yet alwayes inclining alittle to the contrarietie. The other foure mixtures are alwayes either cold and moyſt, cold, moyſt, or dry and cold. For theſe mixtures of the humors are the very ſame whence all Agues ſpring in ſuch a wonderfull manner, that it is not poſſible for the Phiſitions to diſcerne them, but only quotidians from the tertians and quartaine agues, whereon depend all other mingled Agues, for that they out of this *Intemperies* do flow as it were out of a fountaine, and are to be eaſily perceiued & knowne. So that Phiſitions when as ſuch Agues raigne, muſt haue ſpeciall care of theſe three things; to wit, of the ſtrength of the patient, the occaſion of the Ague, and to know the ſpece of the Ague. But for the better vnderſtanding of all theſe things, we will briefely declare certaine ſpecies of Agues, which *Galen* hath collected out of many and diuers other writers, and we will firſt begin with the very leaſt.

## *The ſecond Chapter.*

## Of the one dayes Ague, called Ephemera.

*Ephemera*, of the Gréeke word is that Ague called, which vſually endureth but 24. howres. Theſe ſpecies of Agues come only in the vaines, where they enflame the vitall ſpirits, whereof we ſhall more at large ſpeake hereafter. *Putridæ Febres* are Agues where the humors do putrifie in the vaines; amongſt which ſome are that do ceaſe a certaine time, whereof the chiefeſt are the aforeſaid three ſorts, that is to ſay, the quotidian, the tertian, and the quartaine Agues. The quotidian Ague is bred and ingendred of *Phlegma*, the tertian of *Cholera*, and the quartaine of *Melancholia*. *Continua Febris* is an Ague that alwayes without ceaſing remaineth continually without intermiſſion. *Cauſos* of the Gréekes, and of the Latiniſts *Ardens Febris*, is called a burning Ague. This Ague continueth alwayes after one manner, vntill that through the health or death of the patient it be ended. It is ſuch an Ague as burneth ſtill after one manner, and is the very hotteſt of all Agues: it maketh the tongue black and dry, it bringeth great thirſt, and deſire of cold things. If you will now reade more of this vnnaturall heate, then looke in the firſt part, the 11.

Chapter,

Chapter, 1.§. where it is in particular described.

*Emphysodes*, that hurteth the mouth through her heate, and maketh it full of blisters, whereof it hath this name giuen. *Lipyria*, this coleth the patients hands and feete, but inwardly the whole bodie is inflamed, his water and going to the stole stopped and stayed, whereby also commeth thirst and hardning of the tongue: the pulse will be feebled and small, and the naturall heate decayeth, and that no otherwise, then as it were altogether extinguished.

*Rhoodes*, that is as much as a Flixe or Lare, which happeth vnto one with great vomiting, cold, shaking, thirst, disquietnes, and feeblenes of the pulse.

*Astringens*, that is, astringent or binding, is contrary to the other before mentioned, for that thereby the bodie will be stopped, the vomiting stayed, with a strong pulse, it indureth also long, it wasteth the bodie and maketh it leane.

*Icteriades*, that is mixt with the yellow Jaunders, for it bringeth them with it. This enflameth the Lyuer, and dyeth the tongue in such manner, that it is terrible to behold: what might be further written hereof, that may you learne in reading ouer the description of the Yellowes.

The Pestilent Agues do come with great heate and intollerable thirst, the going to stole is with much noyse and great stench: also the vrine stinketh much: the pulses are so feble, that one can scant feele them, as shortly shall be written more at large.

*Languidæ Febres*, are slothfull Agues, that distemper the head, suffe the nostrels, stop the vrine, and going to stole.

*Phricodes*, that is, when as with the shaking there is a great heate attayned, the pulse feble and scarse to be felt: moreouer, the belly doth swell, with many rumblings and noyse, the tongue will be very moyst, whereby neuertheless the patient will complaine much of the bitternes and drouth of his mouth.

*Quotidiana*, is the quotidian Ague, that at a prefixed time either in the day or in the night returneth againe.

*Tertiana*, is the tertian Ague, wherewith the patient is one day free, and is on the third day vexed therewith.

*Quartana*, is the quartaine Ague, which ceaseth two dayes, and returneth the fourth day.

*Hepialos*, is a phlegmatick Ague, whereof the patient sometimes of cold, and otherwhiles of heate complaineth. Some name this also of the similitude that it hath with the molten glasse *Vitreum*. Other name it the rawe and vnconcocted Ague.

*Hemitritæa*, is the halfe tertian Ague, that is a very streng Ague that neuer ceaseth altogether, but happeth one day gentle, and the other day harder.

*Errabundæ*, are erring and wandering Agues, that keepe no certaine time nor measure, and these thereby do cause the melancholick humors to rot and festter in some place of the bodie, which otherwise in an other place is not touched or moued at all, whereby all such Agues of necessitie are ingendred.

*Hectica*, (whereof also commeth *Marasmodes*) is such an Ague as infecteth the parts of the body, like as the *Ephemera* doth the vitall spirits, and as the *Putridæ* or rotten Agues do the *Humors*. Of this Ague proceedeth the consumption, which not only wasteth the flesh, but also the marrow in the bones, as we shall hereafter both of this and other Agues declare more at large.

These are now the most principall sorts of Agues, and at this present shall these briefe notes suffice. We will now proceede with those things that furthermore doe appertaine vnto the Agues: Wherefore chiefely it is to be obserued, that euery one of them by the Physitions is deuided into foure. The first, they tearme *Accessum*, which is the beginning of the Ague, thereupon followeth *Incrementum*, the increase. The third, is *Status*, that is, when the Ague is in the highest degree, and standeth still. The last part is *Declinatio*, that is, the decrease, or declination, of which parts of the Ague we haue elsewhere more at large giuen intelligence.

There hath beene also a great debate amongst the learned, whether men might knowe euerie kind of ague in one day of fower and twentie houres: some thought that no man could rightly iudge of the ague before the third day. So that *Galen* in diuers places derideth them, and confuteth their opinion with many profound reasons. The Simple or compounded Agues

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(saith he) are easie to be knowen, but the compounded very hardly: yet it is not vnpossible to discerne them in one day.

Many agues, and most of all other maladies whatsoeuer may well be knowen, the second, third (or at the longest) the fourth day: for there is no disease that in three or fower dayes might not apparantly be iudged: so also are all agues according to the humour into which the blod is altered, qualified, and do also giue a certaine signe of their nature. If *Phlegma* be cause of the ague, there of necessitie will it indure verie long, and longer if it proceed and come of the melancholike humors: but if it insue from *Cholera*, then can it not tarie long, seeing it doth vehemently waste the same.

To conclude, all easie agues are ended in fower daies: as also all violent agues can kill a body in fower dayes, which may be seene in the pestilent feuers.

Thus far haue we generally spoken of agues, now will we shew the meanes and remedies for the same, and will first beginne with the commonest, and with the best knowen; amongst which the most part of the aforesaid agues are comprehended.

The least of them all is, the first recited ague, *Ephemera*, or *Diaria*, in Latine, for that the same seldome holdeth the patient (not disorderly eating and drinking) longer than a day, that is foure and twentie howers, bicause it is not fixed so fast in the hart, but onely in the *Spiritibus Vitalibus*, which we call the Vitall spirits. This ague hath no corrupt or rotten humours that can be incended or can prouoke any swelling of the outward parts.

To conclude, this ague is likened vnto a hot ayre that quickely loseth her efficacie and power.

This ague is thus described: *Ephemera* is an ague wherein the vitall spirits are incended, and so spread ouer all the bodie without any longer permanence. And that is a certaine token of such kind of agues, that they must alwaies haue some cause going before, whereby it is procured; as namely wearines, much watching, wrath, great sorrowe, and such like veration of the minde.

Item, the heate of the sun, cold, great labour, drunkennes, venemous ayre, and heate about the priuities, be it through swelling, or any other occasion, conuersation with sicke men, or those that be diseased in the lights, vse of indigestible meates, and such like.

The tokens whereby they are knowen are needelesse to rehearse, by reason that they may be perceiued and knowen of the patient, thereby the better to remedie the same.

For amongst all others, this disease neuer is more apparant then in the vrine, and by the pulse: for that in this ague the vrine is commonly higher coloured, then accustomed, and the pulse much swifter; as anger also is deformed by his owne pulse.

Item, great sorrow, and a disquiet minde haue also their owne signes. Also by what obseruations, and how the *Cholera*, the melancholie, the *Phlegma*, and the blod is knowen: we haue taught also in their due place.

Those that are troubled with the agues that breede through any swelling or vlcers, they feele a continuall swift, and hard beating pulse: they are verie hot burning with a ruddy countenance and white vrine.

And to conclude, they are all commonly Ephemerish agues that haue the pulse equall. And albeit the same sometimes be vneqnall, yet is it scarsely to be perceiued very ill to be.

These are now the most vsuall and conuenient signes of this ague, which we haue said are verie easie to be holpen if men loke vnto it betimes: for being delayed too long, then fall the diseases into agues that are worse, and be of longer continuance: as namely in *Putridas*, and *Hecticas*. so that many by negligent delaies fall into their perpetuall destruction.

Therefore vse these remedies following for it: first, a bathe whereby the pores are opened, that therby all noysome vapours might exhalate. For when as they are shut vp, or through exterior cold closed togither, then must all such infectious humours remaine in the body, whence diuers perillous agues are caused.

For all those that are infected with the ague through any swelling of the priuities, is the ayre hurtefull either before or after the bathe: but aboue all things it is in other agues to be shunned. But if any one will tarie long in the bathe, then must he be gently annoynted by the hand with Sallet oyle, especially such as got their agues through labour and trauell.

The diet of the diseased must be such as may ingender good blod of a light digesture. Those

that through the heate of the sun, or by wrath or anger are fallen into this ague, they must vse cooling and moystening things; if through cold, warme things; through watching, sorrowes, and cares, moystening things, and such as will prouoke sleepe. All those that are thus afflicted, may well vse wine that is small or watered; for such is alwaies more fit then water alone, because it expelleth water and sweat.

But in al these points is to be obserued the age of the patient, his strength, his custome of liuing, the season of the yeere, and the nature of the countrey, and such like.

All those are forbidden wine, that in this ague proceeding of the heate of the Sun, haue a swelling of the priuities, or of any other part, till such time as all such inflammations be ended: The like also for all such that haue their pores obstructed, and be therewith strout and corpulent of person.

All such as through ouer watching, or through great sorrowe are fallen into a small Ague, must after their bathing be fed with moyst meats, that are light of digestion, and make good blod. To those that by reason of long watching are feeble, may the wine bee allowed without further regarde or care, vnlesse they had much head ache, or feele great motion of the pulses, in the temples of the head, these common rules, must also be obserued in other Feauers.

All those that get the Ague through wrath, sorrow, or deepe speculation, they may drink wine well enough: in like manner also the idle headed, but onely when their fit or madnes is past, before which it is very dangerous to vse the same.

This also is a common rule, first alwaies to seeke remedy for all those accidents that are most troublesome, or to take away the cause of the sickenes, by his contrary, as labour by rest; wrath, sorrow, and madnes, with merry and pleasant conceits; watching, with sleepe; those that get it through much speculation must wholly leaue it off: euen so must it be with the swelling and inflammation of the priuities, that the same may heale, and the payne be asswaged.

Here hast thou briefly set downe, what order of diet and other things are to bee obserued in any accident whatsoeuer. Now will we learne you after the briefest maner we can, what things are to be vsed in any of the foresaid causes.

When as then any body through the heat of the Sun, or through a bath, falleth into an ague, thē must you annoint his head with the oyle of water Lillies, Roses & Violets mingled togither, or each alone: you may also make a decoction of colde herbes, or oyle of Willowes, or of any of the foresaid oyles mingled with it, and as then let it drop from on high on his breast. If the patient haue great thirst or drought, then giue him to drinke Well water, or Almond milke.

When the ague is past, then let him bathe as hath bēn aboue said. But if the ague proceed of outward cold, then is sweating good for it: or can he not sweate, then may hee vse warme bathes, wherin hath bēn decocted wild and garden Mints, Smallage, Fennel, and Parsly, with the rootes.

Also annoynt the head with the oyle of Dill, of Cammomill, or with oyle of Behen: but he must forbeare the drinking of water. Likewise lay the patient in a meetely warme Chamber, annointing his body softly, and when the Ague is past and gone, then may the patient vse to eat all maner of land foules, and such like foode. Is he then corpulent and full of blod? then open a vaine, and let him vse in this bath Stonerue, Cammomill, Fennell and Stonecleuers &c.

Or come these Agues through the vse of any hot meates, then vse cold things; as Lettice, Purslaine, and the iuice of Pomegranates.

Purge with Cassy, Manna, sower Dates, or with Conserue of Prunes. Take also of the Confection *Diatriasantalon*, Endiue water, *Oxysacchara*, Julep of Roses, Barley water, with a little Vineger, Camfere, Lettice, Purslaine, and such like colde herbs, or the iuice of them. If this Ague come of drunkennes, of strong wine, or of such like drinke, then must the patient forge himselfe to vomit, or to purge with the foresaid colde things. If there bee adioyned a great payne of the head, then must you annoint it with the oyle of Roses, or with some iuice of cold herbes.

Or if this issueth through great sorrow, feare, slight, ouer much watching, madnes, wrath, or such like, then remedie these things as is said, by their contraries; to wit, with mirth, musicke, comfort, sleepe, and with such like: he must also shake off and forget all causes of sorrow and feare.

Likewise this patient shall smell vnto Roses, Violets, and Saunders, and wet clothes in

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the muscilage of Fleawort, and the iuice of cole herbs, mingled with a little Camfere, and lay them vpon his head. When the Ague procedeth of wrath, especially in yong folkes, then is the wine to be refrained.

These Agues also procede aswell of exceding ioy, as they do of great wrath, albeit the same chaunceth seldome; yet it is by the foresaid meanes in like sort healed.

These Agues may also come very easily through excessiue labour, by reason that the same heateth the vitall spirits.

For the same must be prescribed light meates, rest, bathes, measurable sleeping.

Or if these Agues be caused of ouermuch sleepe and rest, as often it falleth out, then shall he constraine himselfe to watch, and let his body be rubbed ouer with hot clothes.

These agues are very subiect to all fluxes of the belly, and dysenteries of what cause soeuer the same doe procede.

For this are all astringent and binding things to be vsed, and to doe all that is fit to be done in such like sicknesses.

Also, Cotton dipped in the oyle of Mastick, or oyle of Quinces, and laid ouer the stomacke: but vpon the liuer and hart cole things.

If the patient should thirst or hunger, then shall he vse, and especially at the beginning, Barly paps, Oaten paps, water bathes, and rest: and for his drinke he shall take water mingled with the iuice of Pomegranates. But if he be cloyed with too much meate, then causeth it lightly an ague to follow: for which Clisters, purgations and sobriety are to be vsed: but if there be any sower belchings vpward admised, then vse *Diagalanga*, or *Diatrionpipereon*, and annoynt the stomacke with the oyle of Mastick, the oyle of Wormewood, or with oyle of Spike, laying thereon. Afterwards when the ague hath left him, let him vse sleepe and sobriety. The agues which procede of any impostumes, vlcers, Pleurisies, puffing vp of the Lights, swelling of the priuities, which is caused of paine, *Cholera*, heate and thirst (more then the foresaid agues are) these shall you remedie thus: first search out of what humors they grow; if of blood, then must the patient open a vaine, thereby to ease the impostume or any other hot swellings: Or doe they come of *Cholera*? then must the patient be purged; and moreouer the vlcers or impostumes must be clensed, ripened, and healed. It hapneth also, that as yong children haue the wormes, they also fall into such an ague: for this all such things are to be vsed, as are ordayned and thought most meete for the destroying of wormes, and especially a salue, beginning thus: Take oyle of bitter Almonds &c. Thus haue we sufficiently spoken of *Diarie* Agues, and mentioned how they are to be dealt withall.

## *The third Chapter.*

## Of the continuall Ague, Continua, in generall.

*Galen* termeth these continuall Agues *Continuas Febres*, which from the first time that they enter vpon a man, they indure continually, without intermission if they be not through health or through death dissolued, albeit that otherwhiles they ware a little fainter or slower; yet neuerthelesse sometimes many dayes, yea weekes, indure still. Of these are chiefly twaine, the one that increaseth the third day, which is more perillous than the other; to wit, than those that change their nature the second day: and by reason of this alteration, the Phisitions doe giue these Agues diuers names, whereof the principallest is *Typhodes*, that is burning, which greatly agreeth with the half Tertian Ague. Then is there *Synochus*, which procedeth of a superfluity and inflammation of the blood, mixt with *Cholera*, taketh hold most of all vpon the bodies of yong, temperate and hot persons, wherof we shall hereafter speake more at large. The signes of these Agues be, that 24. houres long their fit continueth, inconstantly beginning and increasing. The pulses of them are swift and hard, the vrine is redder then it was before. These things following are also to be obserued, and well to be remembred, that in drie and hot weather they are fewe, yet strong and bad Agues do raigne, but without any sweat at all: In wet weather are these agues most rife, and that with sweat.

For so much as then these continuall agues are first of all described amongst hot agues, therfore here will we admonish the Reader, that we make this our discourse so much the longer, to the end we might declare the matter more openly: and that such hot Agues as hereafter follow, may thereby the better be knowen, and easier cured, and that especially in this §. wherein shall be taught the meanes which are to be kept in meate and drinke, in vomiting, sleepe, also what might reuiue those that are so diseased, whereby they should be eased in great heat, and after what order they should gouerne themselues, their ague being gone.

## The Ague that is continuall, *Continua*. §.1.

THe occasion of all such mighty Agues is the putrifying of the humors within the great vaines: and the cause of the putrifaction aforesaid is a stay and detayning of superfluous tough humors that are caried in the body, the heat wherof approching to the hart enflameth the same. This commonly happeth in all such bodies that are filled with tough humors, or that the vaines through heate of the same are ouer dryed. This ague also may ingender of venymous ayre; as in the time of pestilence is to be seene. Item through great cold (whereby the pores be shut vp) through sore labour in the hot Sun, through much watching, through great anguish, grieuous thoughts, and through a great flure of the belly.

The common signes of this mighty ague, are paine of the head and great heat (easily to be felt) watching, great thirst, swift and vnequall pulse, red, thicke, and yellowish vrine, the patient rageth in his sleepe, his senses are troubled, and complaineth of terrible dreames. If hee bee yong, and the season of the yere be hot, and that he dwell in a high and hilly country, then are all these recited signes the likelier to be certaine and true.

## The order of dyet in time of hot Agues. §.2.

IF so be that these patients desire to be rid of these agues, then is it very needfull that they haue a good gouerment or order in eating and drinking, and they must haue speciall care to be fed with such meats, through which they may be cooled, the blood purified and moistened, whereby the heate and drought may be withstoode. In like maner shall the patient be kept in the beginning of his sicknes (whilest he is in strength) sober in eating and drinking, and encrease the same according to opportunity. In like sorte with the letting blood, if the patient be red in the face, his vaines full & yong, then he is to be let blood (in a very hot ague) vntill he fall into a swoune.

But if the patient be so weake, that such forcible letting of blood may hurt him: then let it be done at diuers howers, euery time a little, two or three daies together, for some are to be dealt withall more gentler than other, and require that the *Saluatella* vpon the right hand (to wit, by the little finger) may be opened, and that there shall about fiue ounces of blood be let out.

We haue tofore giuen order what kindes of meate this patient is to vse, that the same must be cooling and clensing the blood, as Cicory, and Endiue, with the rootes, water Cresses sodden in his meate; and in like sorte also a Sallet made of the same herbes and rootes, with oyle and Vineger; and there is chiefly to be put into the same Sallet Liuerwort (that vseth to growe besides the water Cresses) which is passing good. Also the iuice of Orenges, Pomegranates, or Limons are to be vsed with his meate; and amongst other herbes, Spinage, Bætes, and Turneps, with their leaues are excellent good. Item, Lettice, Endiue, and Parsley, and mingle amongst them sometime a little Marierom, Pennyroyal, and wild Thyme, and Hyssope (but once) for that it is warme of nature. Of fruits let him vse Damask Prunes, Orenges, & Pomegranates. And of flesh let him be serued with that of Calues, Hens & Capons, the which are to be brused and eaten with the broth, also make sops with Vineger, mingling the yolks of egs & Sugar amongst it. Item, Partridges, Fesants, field foules, and such like are not hurtful: it is also to be noted, that with the flesh is to be sodden Parsly rootes, Cicory rootes, & Veriuice, with a little Marierom and Hyssop. Moreouer, the seedes of Lettice, Melons, and Cucumbers, are passing good; yet not all togither, but somtime of the one, & sometime of the other. Pæled Barley sodden with Hen broth is much set by: and also Hen broth alone, wherein a little bread is soked.

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Item, chiues of bread soked in water, and the water powred out, and afterwards the iuice of Pomegranates powred thereon, and bestrowed with Sugar, is verie good meate for all such maladies. Some are of opinion that the flesh of a Magpy, is a certaine good medicine for the Ague: and some suppose that yong Magpies with the feathers distilled, and the water of them giuen to the patient to drinke, and it were not amisse, that in the distilling of them, there were put the rootes of Parsley and of Elecampane.

For these hot agues may fountaine water be dronken, or any other cleare riuer water, that hath bẽn sodden once before, or powred a good while and often out of one pot into another. Or you may mingle with this water Julep of Violets, or Julep of Roses, and so drinke it vnsodden; Barly water is a very fit drink for all such maladies, & may be mingled with the foresaid Julep.

Wine (though very little) is otherwhiles permitted: and also Sugar water, and sodden Hen broth (the fat blowen off) is very good.

## Common rules for Agues. §. 3.

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According to the prescribed ordinance or gouerment of the life, we are to shew in like maner the remedies & cures. But first we will declare certain rules, which in all hot agues must be obserued: that therby for all such maladies a better order may be had & kept. The first rule is, how to discerne easily, that the patient cãnot come to his health, vntil the putrified matter of the Ague be purged away. Secondly, the eies are to be fixed vpon that matter that ingẽdreth the ague, that the same be prepared for purging, the ague which is present be corrected, & that which is to come be hindred. Thirdly, when this putrified matter is to be taken away, then must care be had how to open the obstructions, which are the foundation of the Ague, for otherwise there can no good be done. Fourthly, if the Ague be forcible and hot, and the patients strength very small to resist the same, that it is vnpossible for the patient to tolerate the violence of the ague, then must the patient not be suffered to vse many cold things before, that thereby the naturall heat be not quite extinguished: but if he be strong, & may withstand the sicknes, then cut off the cause, expell the matter, keepe the patient sparingly, and let him not vse ouer cold things. Fiftly, if naturall strength in the Ague be very weake, then must the Phisition strengthen the same, cole the vnnatural heat, & with meete foode to comfort the debility of the body. Sixtly, the coling of the ague is not to be effected with drying nor binding things, vnles it be when the materiall cause is expelled. Seuenthly, if the nature and quality of the ague be doubtfull, then must the patient liue sparingly, & especially when the Ague assayleth, that it may find an empty stomack. Eightly, all fresh fruit are very hurtfull, by reason that they will sone stinke and putrifie in the stomacke. Ninthly, while the patient is in good strength, and hath blood enough, or is full of humors, then first of all let him blood, and especially when as his vrine is red & thicke, and when it is doubted, that the *Cholera* will get the vpper hand. Tenthly, and if so be (as is rehearsed) that nature be of ability, then vse those things first which lose the body mildly; afterwards open a vaine, & then purge. Eleuenthly, in these kind of agues there is no strong purgation to be ministred. Twelfthly, if by the wambling or paine of the stomacke, it be perceiued, that the corruption falleth into the stomacke, then shall you minister to the patient a vomit: but if through the rumbling of the belly it be perceiued, that the matter be fallen downe into the bowels, then is it to be expelled with purgations. Thirtenthly, those medicines that might hurt the bowels, be noysome, & not commodious, in case that the patient haue not vsed preparatiues before, be it in heate or cold: or in case that the corruption made not the patient starke mad, or that he were in doubt to fall into a greater mischiefe. Fourtenthly, as the blod preuaileth, and that a vaine must be opened, then is the preparation of the matter to be expected, by reason that the same concerneth the other bad humors, and not the blod. Fiftenthly, when the *Crisis* is nere hand, you must forbeare to minister any medicine.

But if the same be vnperfect, then is it to be ayded, and to helpe nature in that, which she can not performe of her selfe, that is in strengthening her, and in right vse of the medicines. Sixtenthly, if the letting of blod be thought meete, then is the same to be done at the first, for otherwise it will not doe so well; for when the patient is ouerweakened, then might the same be a meane of his death. Seuententhly, the patient is to bee purged when the Ague is weakest.

Eightēnthly, wine bathes and fomentations are to be abstayned in forcible and strong Agues, and rather drinke cold water, which hath great efficacie to cole the heate of the Ague, but not to expell the putrified matter through the pores, or through the vrine. Ninetēnthly, when the principall parts of the bodie (as the Hart, the Head, the Lyuer) be strong, and the Ague is vehement and hot, then may you boldly giue the patient water to drinke, yet not if he be in yēres, for those are not very strong of nature. Twentithly, if there be much bloud, much tough flyme or fleame, and binding of the bodie present, then first of all let the patient bloud, afterwards attenuate the matter, and lastly open the pores and warme them. One and twentithly, aboue all things haue regard to the strength of the patient, and if he be strong ynough and that he haue nēde of purging, then is the same to be executed without any care: But if his strength be small, then let it alone at any hand, except it be some gentle thing, and after that he be somewhat strengthened. Two and twentithly, if in the *Febris putrida* be any obstruction, then hēde is to be taken to open the same, the which if it be caused of some humours, then are they to be euacuated. If those humours be tough and grosse, attenuate them. And if the Ague be mixt, then prepare your medicines accordingly. Thrēe and twentithly, because the cold attracted ayre penetrateth to the hart, and other inward parts, let him thereby be refreshed, opening all manner of windowes about him. Foure and twentithly, it hapneth otherwhiles, besides the grēuousnes of the disease, and the presence of diuers accidents, that sometimes there are those things giuen to the patient that are hurtfull for the Ague, as in the swounings in the Ague, for the which of necessitie wyne and fresh broth are to be giuen to the patient; wherein is to be considered, that the greatest extremitie is first to be eased. Fiue and twentithly, if nēde require that much bloud or humors are to be taken away, and that the strength of the patient will not abide it, then must the same be done by little and little at diuers times, and not at one time, euen as is before expressed at large. But if the strength of the patient will permit it, then is it to be done at once. Sixe and twentithly. In these forcible and vehement Agues must the Phisition be prouident and warie, how to expell and purge, for it is better to leaue one part of the matter in the bodie, then to expell it all at one time. Seuen and twentithly, the Phisition must alwayes be bold and liberall in comforting the patient; for although healthfull meates brēde some inconuenience, yet are they better then too much abstinence. Eight and twentithly, minister alwayes vnto the patient for his mouth such things as will kēpe his throate moyst, that through great heate it dry not too sore, the which is accomplished by the mucilage of Fleawort, the iuice of Pomegranates, the mucilage of Quince kernels, by Purslaine and Licorice, which things also are good for to quench thirst.

## Of common things for hot Agues. §. 4.

AFter the description of the common rules (which are to be noted) we will now treate of this, namely, when it is found that an Ague doth approch, then must the patient take fowre ounces of the water of *Carduus Benedictus*.

Item, take the rotes of Cicorie, cut them, poune them, and wring out their iuice, drinke a spoonefull thereof halfe an howre before the Ague assayleth: but it is to be noted, that the inward hart of the rote is to be taken away. Or take pouned rotes of Cicorie, as many as you thinke good, and powre wyne thereon, boyle them in *Balneo*, and then drinke thereof thrēe or fowre times, to wit, morning and euening: it is also passing good for such as are swollen with the Ague: Cheruell water is very good to driue away the Ague.

A maruellous water of the auncient Phisitions: Take a spoonefull of Fennell sēedes, and as much Salt, poune them together, and let it runne through a Cerse or hairon Sieue, then take good Vineger, and the vrine of a man child, about sixe ounces of each, giue to the patient thereof thrēe or fowre times, to wit, when the Ague beginneth to assayle, and haue regard that he vomit it not vp againe. This doth all Phisitions vse, but hereafter follow many better and fitter things.

But of the foresayd things easie it is to be noted, that for all hot Agues these waters ensuing

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are passing good, as water of Endiue, Cicory, Burrage, *Cuscuta*, Sorrell, Mayden haire, and such like.

All Aguish diseases may freely vse these syrupes, or any of them which one liketh, as syrupe of Vineger, of Verjuice, Violets, Cicorie, with Rubarb or without, of Citrons, Roses, Endiue, or of Sorrell. Item: *Syrupum de Iuiubis, de Bysantijs, Acetosum compositum, de Radicibus, Oxymel,* and *Melicratum*, and if there be not much *Cholera* abounding, then vse the hony of Roses, which is good for all Agues: take thereof which you will, and mingle it with the water of Lyuerwort, of Endiue, and Fumitory, Sorrell, or with the water of Mayden haire, and such like. Of these confections following, you may vse which you please, as *Diarrhodon, Trisantali, Trociscos de Spodio, cum Semine Acetosæ, de Eupatorio, de Berberis*, pouned, and mingled with any of the forelayd waters, and dronken. And the whay of Milke is chiefely commended. These are the meates that an Aguish bodie may well and commodiously eate and vse.

## Of the lothing of meate in them that be assayled with the Ague. §. 5.

FOr as much as in all hot Agues the appetite of feeding is taken away, whereby nature is suppressed and wareth fainte, and thereby scarce able to resist the Ague; therefore it is very requisite that herein good counsell be had and taken.

For this you finde in the third part, the eleuenth chapter, and ninth §. what is to be done herein: likewise you may vse for it any of these things insuing.

Take conserues of Roses two ounces, confected Citron rindes, syrupe of Apples as much as you thinke good; mingle them togither, and vse thereof fasting at each time halfe an ounce.

There is also a confection or compound, that is called the Kings sauce, the which is verie good to prouoke appetite, and the same is to be made with Sorrell, Cinnamom, Cloues, and Vineger. Others make it of Vineger, Sorrell, Fennell, and Parsley.

The third sort, take the iuice of Parsley, Sugar, and Vineger. Item, one may compound syrupe of Vineger with *Oximel*. In like sort there is good for it both the syrupes of Mints. After meales it is very good to vse prepared Coriander seede, Annis seedes, and Almonds confected. Item, Cinnamom, Marmalade, conserues of Roses, and hony of Roses, rost or baked Peares, are also excellent good.

Euery such patient is to be outwardly annoynted with the salue of Saunders on the place of the Lyuer, and on the Kidneyes, with the coling salue of *Galen*. This water heere next following is also very soueraigne to be vsed thereto for the washing of the face.

Take Sage, Cammomill, and Bayberies, of each a handfull, Marierom halfe a handfull, Citron rinds, and Orange pils, of each halfe an ounce, a pinte of strong wine, and common Lye, as much as shall suffice: let them all seethe together, and vse it oftentimes, for it will prouoke appetite.

## For the thirst in hot Agues. §. 6.

BEcause continuall Agues prouoke great thirst, therefore we will not cease to giue some knowledge and caueat how the same may be holpen and remedyed, the which will be effected with barley water, and with cold and moyst things, and also with such losings as be prepared & made with the muscilage of Fleawort, the muscilage of Quince kernels, and with Dragagant.

Sugarcandie, and the kernels of Pomegranates, are also very often to be vsed, and he shall receiue the cold and moyst ayre. Before in the third part, the twelfth Chapter 10. §. there are also diuers things declared, being all very good to slake or quench the thirst.

Item, take syrupe of Violets one ounce, Barly water three ounces, Cinnamom water one ounce, oyle of Vitriol three or foure scruples, mingle them together, they will become a red potion with a tarte or sharp taste; but because there are other more pleasanter things, do I counsell you to leaue out the oyle of Vitriol.

## Of purging and such like. §.7.

And for the expulsion of this matter or corruption in the best manner thereto is verie soueraigne, washt Aloe which is described in the introduction. The common plague pils be also passing good for the same, the which pils are called *de Tribus*, and are to be mingled with Rubarbe.

Also once a weeke at the least, let the patient take in some coling and laxatius medicine: as namely, conserues of Prunes, and Cassie, the which are good in old maladies; and therefore is commonly to be giuen an ounce and a halfe, with halfe a drag. of Rubarbe. *Manna* is excellent good for it, and the confections of *Diamanna cum Rhabarbaro*, the which are to be had in all well furnished Apothecaries shops. There are some that giue counsell (and that verie well) that the next day following the patient is to take three ounces of laxatiue sirupe of Roses mingled (if it please him) with some distilled water. Also there is good for it the losings *de succo Rosarum, Diaphœnicon, de Psyllio & Diacatholicon*: or vse this potion following: Take sower Dates one ounce; breake them in Cicorie water, and straine it thorowe a cloth. This done, mingle Cassie and conserue of Prunes, of each halfe an ounce, halfe a drag. of beaten Rubarbe, and fiue graines of *Spica* amongst it. Take this in the morning earely, and thereupon fast afterwards fiue houres.

There are also coling clisters vsed for it which the Phisitions do call *Lauatiua* (that is clensing clisters) by reason that they are for none other purpose, but to strengthen the bowels, to make them slipperie, and to warme them, as these insuing: First, take Barley water and Sugar, or broth made of a shœpes portnance, wherewith is mingled fresh Butter, or Hogs grease, otherwhiles Bætes, and Mercurie. Likewise there are many clisters of Sallet oyle, and oyle of Violets, and also (in the payne of the belly) of Linsæde oyle without putting any other thing thereto, but twelue or fiftœne ounces taken at one time for one clister. And when the going to stole and vrine are to be prouoked, then vse thereto fresh broth that is most common and fit, wherein Barley is sodden and is mingled with oyle. Or if you will haue it stronger, then take an ounce of any of these confections mingled amongst it, as *de Sebestis, Hiera, Diaprunis*, Cassie, Thomas Sugar, oyle of Violets, Hony of Roses, or of Violets.

## For the vomiting in the Agues. §.8.

All that lie of hot Agues may easily be brought to vomite, and that chiefly after their taking of any medicine, and to preuent it, looke into the third part, the 20. chap. 7. §.

## For the losse of Sleepe. §.9.

They that are plagued with the Agues are easilie barred from their naturall slœpe, and to further the same, looke into the fift part, the 18. chap. where is sufficiently treated what hereto belongeth.

## For to relieue them that be sicke of the Ague. §.10.

Furthermore, there are many things that reuiue these patients whereby their heauines (that procœdeth from the heate of the ague) might be cleane taken away: to wit, that fresh linnen and shœtes be giuen often vnto them, their beds often rowsed and made, also set in their sights glasse bottles filled with faire water, put often faire water out of one pot into another in the presence of the patient. Urge him to smell often to a glasse filled with faire water, Rose water, and good Renish wine, and giue them Pomegranats, Oranges, and Renish wine to sucke vpon, and especially before meat. Let their hands and face be often annoynted before and after meate with some pleasant odoriferous things.

For

## For the releese or comforting of the sicke. §.11.

THese kind of hot maladies require also, that sometime the diseased haue somewhat giuen them, whereby the naturall spirites may bee reuiued, quickened, strengthened, and cherished. Therfore it is requisite that we write somewhat therof.

Hereto is very soueraigne the black confected Cherries, red and dryed Cherries, with the Conserues of the same, and all that may be made of Cherries.

The confected Muscadell peares, with or without wine, according to the qualitie of the Ague are passing good.

Item, conserue of Berberries, and the sirupe of the same, are also very good for it: And in like manner all that may be made of Raspes.

Item, Conserue of Buglosse, of Burrage, and of Roses, each apart or mixed togither.

Sugar of Roses melted in Well water, and so dronken, is also passing good for the same: and in like maner the Sugar of *Manus Christi*.

Some vse for lauing a shiue of bread soaked in Rosemary wine, for that it strengtheneth and quickeneth appetite; but it is better for the colde than for the hot Ague. If so be that the patient doe get blisters in the mouth, or the tong furre, and the throate doe burne, as chanceth oftentimes, then looke into the first part, the thirteenth chapter, and second §. where you shal find very good remedies for the same.

## Ordinances for all those that are recouered of a long sickenes. §.12.

NOw if it come to passe, that sicke folkes begin to amend, and the disease weare away, the breath beginneth to be free, the paine to cease, the sleepe to come, and haue lust and appetite to their meate, then may be freely sayd, that the patient beginneth to recouer: then is the patient to be kept very sober in his diet of eating and drinking, and not feede vpon any other meats then are requisite for such like diseases, like as Barly grout, Cozans, and broth wherin the roots of Parsley and Cicorie are sodden, for that all these things doe strengthen and moysten. There must also be vsed outwardly for the strengthening of the stomacke, oyle of Hints, of Mastick, of Wormewood and of *Spica*. You may also make a salue for the stomacke, with the foresaid oyles, being mingled with Cloues, Nutmegs, and Cinnamom, and with a little molten Ware.

Item, the plaister of Mastick, and other plaisters moe, that are specified in the description of the stomacke, are very good for it, being laide on the stomacke outwardly. Concerning the patients binding of the body, you may vse any coling things, specified in the third part, the eleuenth chapter, and 20. §.

Aboue all the rest, that is spoken of before, for the recouery of all diseases, it is passing good to alter the place or situation, especially to draw neere to the mountaines or hils, whereas it is drie, and far from the sea, and from all noysome and stinking lakes.

*Aromaticum Rosatum* doth strengthen wonderfull much.

## *The fourtth Chapter.*

## Of the halfe third daies Ague, called Hemitritæa.

THis is also a kind of continual Ague, the which is one day slacker than an other, & appeareth in the outward members, at one time with great heat, and another with great cold; therefore must you haue daily care to mark how it taketh one, and what humors there be that doe raigne most of all in the same ague, that there may the better order be taken for redresse thereof: like as in the beginning of the continuall agues, and hereafter shalbe taught in the description of the Quotidian, Tertian, & Quartaine agues. The mixture of these agues is of *Cholera* and *Phlegma*, for which cause

cause it is ioyned halfe with a tertian, and halfe with a quartaine ague, whereby groweth a continual ague. And when the *Cholera* getteth the vpper hand, then is the tertian the more stronger: and when there is most of the *Phlegma*, then is the quartaine the mightiest.

So that when they are both of equivalent efficacie, then it is onely called *Hemitritæa*, that is, when both these humours do worke equally, and haue their operations alike.

There is for the heate of these agues giuen commonly to the patient Barley water, that is sod with Melon sædes, Gourde sædes, Endiue sædes, and such like. For the colde, is Pepper, Cinnamon, and Annis sæde, and the Wormewood much praysed, especially *Oxysacchara*, be it of whatsoeuer humor this ague doth proceed.

## *The fift Chapter.*

## Of the Tertian Ague.

LIke as we haue in the former chap. made mention of the tertian Ague, and haue numbred the same amongst the hot Agues (whereof we nowe do speak) so doth our methode now require to adde these and all other hot agues vnto them.

This Ague doth alter her selfe into many kinds of sorts and species, according as it mingleth it selfe with other agues, which oftentimes happeneth.

But if this Ague remaine in her owne propertie, then do the learned call it *Exquisitam*, & *Legitimam*, that is as much to say, as nete of it selfe and vnmingled: and it is such a kinde of Ague, wherein the propertie of the person, his age, the time of the yeare, the state of the body, and the whole former order of diet do agree one with another, and accord with the humor which causeth this ague. This exquisite tertian ague commeth not aboue seuen times, and it is wholly without perill.

The second sort of this Ague, they terme *Tertianam notham*, or *Spuriam*, that is as much to say, as a bastard Tertian Ague, wherof we will speake and declare hereafter apart. Now to speake of the right nature and propertie of the tertian Ague, they are commonly subiect vnto it which are cold of nature, and of a middle age, bicause that in them the Gall most of all aboundeth: also in sommer time when the *Cholera* raigneth, there happen many hot and burning *Causones*, whereof we shall hereafter make mention.

This tertian Ague raigneth most in hot dry countries, in hot dry dwellings, and in hot aire. All bodies that do labour sore in the sommer, watch much, liue in great sorrowe, are nourished with subtile meates and such like, are most subiect to these sorts of agues: as also all they that vse to much Phisicke, they that are hot and drie of nature. And although all species of the tertian ague (as also the *Exquisita*) are the verie hottest; yet haue they neuertheless with the ague *Causone* this difference, that the foresaide tertian ague forceth much gall with the blod into the vaines, and there inflameth the same.

To be briefe, these are called *Tertianæ exquisitæ*, for that they come vpon the third day, expelling the *Choleram* through vomits, going to the stole, and through sweat.

And whereas none of these foresaid things appeare thereby at all, then is it to be called only *Tertiana*; for that the same thereby onely differeth from the *Exquisita*.

For when this tertian ague maketh apparance which continueth many howers, to wit, the whole space of the tertian ague, the which remayneth continually 28. 30. 36. or 40. houres, the same doe the learned terme *Tertianam extensam*, that is, a lengthened or extended tertian ague.

In like manner they terme that *Tertianam duplicem*, which is mingled with the quotian ague.

Item, *Hemitritæam* whereof we haue declared before, and many moe that we omit for breuitie sake.

It commeth to passe that all Tertians approch with a greater and with a more trembling cold, and haue commonly this nature that they do not continue long, nor yet (as is also said) keep not their fits aboue seuen times. And if there be any that giueth hir occasion by some ill diet that the

the same continue any longer; yet doth she alwaies alter her owne nature into another ague, the which may be preuented through good gouernment of life. The occasions of this ague are partly declared before, to wit, sore labor, or great exercise, and that chiefly at hot times, long vse of things that increase the *Choleram*, and inflame the humours, as Garlicke, Pepper, and al that is dressed therewith, also Ginger, and fined strong wine, and such like.

The signes of the verie true tertian ague are these, when it doth assayle you with great shaking, and cold, which is more violent in this tertian, than in any other ague.

Afterwards the heate followeth vpon it, a strong swift pulse, and drouth of the tong, and of the whole body. The patient feeleth a pricking ouer all his bodie, as if he were prickt with nailes: the vrine is red as fire, and you may perceiue the heat by the feeling: there is great disquietnes with it, and no sleepe at all; yet without any paine in the head, vnlesse it be not an exquisite tertian, but a mingled ague. Also if there be any great thirst, madnes, and frowardnes with it, there commeth a sweat in the end vnto it: & these signes are the more surer, if the patient be yong and cholerick, in the summer time, in a leane bodie, and that hath liued verie continently, and is much inclined to vomit *Choleram*.

It is first to be considered that all the common rules, that we haue before collected in describing the continuall ague, are also verie requisite herein, as these rules following shall further declare.

First, the exquisite Tertian or third dayes ague that procéedeth of red *Cholera*, must be well moystned and cooled.

Secondly, for as much as the *Cholera* is the hottest and dryest humour of the body: therefore it is requisite that it be expelled which is fallen into the stomacke by vomits: and that which falleth downe lower, is to be expelled and purged by going to the stoole, be it by potions or clisters.

Thirdly, all moystning meates are verie good, except such as putrifie quickely in the body.

Fourthly, the recouery for this and all other putrified agues consisteth herein, that all putrified humours must be cleane purged out, and the vnnaturall heate quenched: for if in the exquisite tertian, the corruption be lesse then the heate, then the more diligence ought to be had for to coole the same, then for to purge the humor.

Fiftly, if the patient be much bound in bodie, then is he in the beginning to be opened and losed with moderate clisters, that the bad humours may be somewhat expelled and diminished.

Sixtly, bicause all fruits are hurtfull for all agues, therefore they ought to be forborne.

Seuenthly, two or three howers before the ague commeth, the patient is to eate somewhat; and likewise also when the ague is departed.

Eightly, when by the preparatiue medicines the humor is made to vanish a little, and to be concocted (wich may be perceiued by the vrine) then is it high time that the same be purged, and that by that way whither it most inclineth.

Ninthly, if after the assault of the ague, and after the departure thereof there followeth sweat, then must the same be suffered to take his course, vnles that some swouning, or such like accidents are feared.

Tenthly, at the beginning of the ague the patient must shun drinking and sléeping, to the end that the humor thereby be inclosed in the bodie, and that the drinking hindreth the vomiting vp of the humor.

Eleuenthly, the letting of blod is neuer good for the third daies ague, before that the patient haue had it three or fower times.

Twelfthly, there are no Pirobalans to be giuen to the patient at the beginning of this ague, because they purge at the first, and afterwards binde the body.

Thirtenthly, he ought also to be secluded from *Diagridion*: for it inflameth.

Fourtenthly, he must not take any sower thing with any thing made of Barly, for that the one spoyleth the other, albeit either of them by themselues are commodious.

Fiftenthly, Rubarb purgeth *Choleram*, but it warmeth somewhat, and leaueth a heat behind; therefore the same is to be taken in the water of Endiue.

Sixtenthly, if it be perceiued that there do any hot vapors ascend into the head, they are forthwith to be withdrawen, by a moderate Clister, thereby to draw them downewards, and

to

to strengthen the head, that it receiue them not so spædily.

And to come to the cure thereof, it is requisite that we make some mention of such things as are declared in the foresaid rules, which I hope shall neuer a whit mislike the reader. This is the opinion of all expert Phisitions, and the nearest way, and aboue all other (so far as is possible) to cole and moysten the body; for because this ague is hot and drie, therefore must it be cured and corrected with contrary things, to wit, with cold and moyst things.

When as then the *Cholera* lighteth in the mouth of the stomacke, then must the same thorough vomits be expelled: but if it descend, and fall into the bowels, then must it be purged downeward, albeit the nature of an exquisite Tertian be such that it commonly expelleth the same of it selfe, either by sweat, or by vrine. The *Cholera* is also lightly to be purged downward, and that through a milde Clister, whereof there be diuers described before in the third chapter §. 7.

And if so be that néede require any stronger, then take of the foresaid decoction twelue or sixtéene ounces, mingled with *Benedicta laxatiua*, Cassie, and course Sugar, of each halfe an ounce, confection of Beuercod two dragmes, *Sal gemmæ* one dragme, Sallet oyle, and oyle of *Sesamum*, of each one ounce and a half, mingle them all togither, and exhibite this Clister at least an houre before meate.

For the prouoking of vrine, there is a potion to be made wherin Smallage or Dill hath béen steéped.

If you would vse stronger, then loke in the third Part, the eightéenth Chapter, and the first §. &c.

When as then the humor is purged through Clisters, and is expelled through the vrine, then doe some famous Phisitions giue counsell, that the patient should open the *Saluatella* vpon the hand, and afterwardes to purge him with milde and cooling medicines, as hereafter followeth.

Take fower Dates and Cassie, of each a quarter of an ounce, Rubarb one scruple, Whay of milke three ounces: mingle them togither, and drinke it, and fast sixe howers after it.

Take of the decoction of fruits, called *Decoctio fructuum*, fower ounces, steépe two dragmes of Rubarbe in it all a night: early in the morning wring it out hard, and mingle therewith two ounces of Manna, one quarter of an ounce of *Diacatholicon*, take it fasting: but of the *Diacatholicon* may you take more or lesse, according to the ability of the patient. There are moe such like in the description of the continuall ague.

After purging, let him drinke fiue or sixe dayes one after another, of this potion following: take *Oxysacchara* one ounce, sirupe of Violets halfe an ounce, water of Sorrell, and of Cicory, of each an ounce and a halfe, and mingle them togither.

But when as you perceiue that the corruption beginneth to be concocted, then may be giuen to the sicke body without feare the iuice of Wormewood, drest in this manner: Take the highest sprigs of Wormewood, poune them to pap, and then straine out the iuice: and afterwards take euery morning hereof a spoonefull, and fast two houres after it: so doe also at nights two houres after supper. Some vse to steépe the Wormewood in *Melicraton*, and drinke thereof.

This following is an especiall medicine, for the griefe in the stomacke of *Cholera*, to wit, to vse often bathing in fresh water, for thereby is the *Cholera* wasted, cooled, and moystened, if the same be vsed twice a day, and may remaine therin so long as it liketh the patient, but it must alwayes be vsed with moderation, and at opportune times.

Secondly, he must obserue such an order of diet, whereby the *Cholera* may be auoyded, whereof is sufficient mention made in the description of the Gall, and stomacke.

But briefly to expresse the meaning of *Galen*, which is, that in *Tertiana exquisita* such gouernment is to be kept, that the patient drinke no wine so long as the disease endureth: but the disease being cleane gone, that then wine is first to be taken watered.

All cold and moyst meates are perfect good for this malady, wherewith the patient may cherish himselfe as long as he thinketh méete, and as his stomacke can digest them.

Amongst all greene herbes, these be good; Orage, Blites, Dockes, Mallowes, Lettice and Gourds. Likewise also Barley paps, and all riuer fish: and amongst foules, let those suffice as haue soft flesh, and of other the wings onely. Item, all wood foules, the brains and fæte of Hogs, rere sod Egs, and especially the yolkes be better than the whites.

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He may vse all fruts that are not hard of digestion: but he must forbeare at any hand Hony, Mustard, salt meates, and all hard meates. All this hath *Galen* left behind and described for a diet in the mired tertian ague.

Here is to be noted that at all times the patient shall eate at least fower or fiue howers before that the ague approcheth, that it may finde an emptie stomacke: and in like manner he shall not eate vntill two or three hours be past after it.

## *The sixe Chapter.*

## Of the counterfet and bastard Tertian, that is, a false third daies Ague.

THe third daies ague which the Latinists terme *Notham Spuriam*, that is a bastard Tertian, is so called, by reason of her due cause which proceedeth not of meere *Cholera*; and because that the *Cholera* is mixt with *Phlegma*, so that both of them are conuerted into one kinde of humour. And the difference of them which is betweene the late described *Hemitritæa* and this *Notha*, is that the first appeareth in the beginning with two kindes of humours, and the *Notha* commeth with one onely, and hath but one kind of putrifaction of two seuerall humours

The signes whereby this counterfet tertian may be knowen from the exquisite tertian, are these: First, this *Notha* (as is aforesaid) is not exquisite, but mired. The exquisite tertian commeth not aboue seuen times, except the patient or the Phisition haue committed an error, whereby it is continued. And the bastard tertian heateth not the bodie so greatly, and all the symptomes are not so vehement as accustometh in all other Agues; for this Ague lasteth longer then twelue howres, and otherwhiles remayneth two moneths, specially in old phlegmatick persons, and that in winter season.

These signes also following do manifest how to know the difference betweene it and the right tertian Ague, to wit, that the humour or matter of this Ague departeth not so soone, and abateth not the bodie so quickly, neither doth this Ague end with such a sweate.

These are the common rules to be obserued for this Ague: First, euen as this counterfet tertian Ague differeth from the right tertian Ague, so require they seuerall kinds of cure. Secondly, as the same is mixt with *Cholera* and *Phlegma*, so must also the medicines that serue for the same, be mingled, and must be both digestiues and purgers. Thirdly, for that the sirupe of vineger doth attenuate *Phlegma*, and doth digest *Choleram*, therefore is the same very commodious to be vsed for it. Fourthly, because the same Ague commeth not so speedily to the state or highest, the patient may eate and drinke moderately, least for want thereof he lose his strength, and may expect the state of the Ague.

And to speake farther hereof, it appeareth plainely, that touching these Agues, the old prouerb may be verified, where men vsually say, the Ague hath three deadly enemyes, namely, purging, fasting, and letting of bloud: which three in truth do not only gall these bastard tertians, but also all other Agues. But in this Ague, whereof we haue spoken, which is not so exquisite and pure as the former, there must be regard taken that the sicknes increase not, least thereby the sick persons be quite ouerthrowne, because (as aforesaid) there are two sundry kinds of impediments at hand, it is scarse possible therein to keepe a meane: yet specially is abstinence good, that the more the same is vsed, so much the more will the sicknes be discussed and spent, but the same feebleth greatly the strength of the patient; for how much the greater it is, so much the more doth it abate and weaken the patient. But to the contrary, the more that the patient feedeth, so much the more doth the maladie increase, wherefore speciall care is to be had, that that be alwayes done or left vndone which is most requisite and profitable, so that in strong natures the abstinence, and in weake good nourishment be prescribed, which not only in this, but in all other maladies is to be specially obserued and kept.

In this counterfet and mixt tertian Ague, at the first the patient is not to bathe, but onely when it beginneth to abate; and the patient must not haue euery day meate to eate, but euery

uery other day, and must kéepe himselfe quiet, couer close his breast, & otherwhiles vse a Clister.

Item, for purging you must take halfe an ounce of Cassy, *Diaphœnicon* two dragmes and a halfe, and whay of milke three ounces mingled together. For a preparatiue of the humour vse this potion following: Sirupe of vineger one ounce, *Syrupum de Eupatorio* halfe an ounce, mingle them together with water of Sorrell, of Cicorie, and of Fennell, of each one ounce; drinke it off in the morning fasting cold or warme: this is continually to be taken, till his vrine begin to ware paler, and certaine small cloudes be perceiued in the bottome.

Afterwards, let him take these things following: take Cassy prepared with Cicorie water three ounces, Rubarb and *Agaricus*, of each one scruple, *Spica* of Indy, and Ginger, of each foure graines, decoction of Melons, Gourds, and Citruls three ounces, mingle them together with the rest, and so giue it him warme.

There is also to be vsed for these Agues, letting of bloud, and that at the very beginning. The whole ordinance or gouernment of dyet must not be cold nor moyst, as is sayd of the right Tertian, but must be such that it warme, digest, and open. It is also very good to dresse all his meate with Parsley, Fennell, and such like things, and his Barly paps with some Pepper. Item, let him vse Honywater, wherein Hyssop, Marierom, and Spikenard hath béene stéeped or sodden. Also all things that prouoke vrine (except such as warme and dry too fast) are passing good, and likewise *Syrupus acetosus compositus*. If you desire mo other things, then loke what is before written thereof.

And you must not faile, but to giue euery seuen dayes once to the patient for this Ague the iuice of Wormewood. *Oxymel* is also passing good, and especially that which is made of Squils, which openeth all obstructions. Some also accustome to giue for these species of Agues Methridate or Treacle, according to that the same is ouerhot or cold. To conclude, vomit after meate is so requisite for all Aguish persons, that thereby only many are frée and holpen.

Some will haue many things to be vsed for this Ague, as there be many will giue counsell thereto, when all meanes and wayes haue béene tryed, then take two ounces and a halfe of the salue of Poplars, and mingle it with cobwebs, and so lay them vpon the pulse three howres before the ague commeth. Some bind it vpō the pulse before the Ague commeth with Cinquefoile. Item, take a handfull of Eldern leaues, Lauender and Salt, of each alittle, mingle them well together with Sallet oyle, and so lay it vpon the pulse, this should also driue away the Ague.

## *The seuenth Chapter.*

## Of the burning Feuer, called Causon.

OF this Ague is rehersall made amongst other Agues in the first Chapter of the first part, that it is (like to the right tertian Agues) the hottest of all other Agues, euen as we haue also sayd in the fifth Chapter, in which two places her properties are expressed, for the obseruation therefore of our accustomed methode, we will héere shew and reherse somewhat thereof.

First, this Ague is thus described: *Causon*, that is, burning feuer, it is a very forcible and continuall Ague, and procéedeth of a red *Cholera*, which putrifieth and enflameth in the vaines néere the hart, in the lyuer, and in the mouth of the stomack, or about any part of the body. The occasions thereof are sometimes the very hot time, great labour that is done in the heate of the Sunne, hot meates, wrath, inflamation of the lyuer, and of the bloud in the vaines, and other causes moe, that are rehearsed in the two places aforementioned.

The signes of the same Ague are a continuall heate, and neuer ceasse burning, and that rather inwardly then outwardly, with many mo terrible accidents: also, there is great drought of the tongue, which at the first is yellowish, and afterwards burnt and wareth blackish, with great thirst, without any sweate (if a *Crisis* be not at hand) the pulses beate frely, the eyes are hollow, the appetite faileth vtterly, and the water or vrine in this Ague is fierie, and yellow of colour: yea, it chanceth otherwhiles that hearing, séeing, and spéech is taken away by this Ague, with a great bindim g of the bodie.

In

In these perillous Agues that commonly make a dispatch of one in fower, fiue (or at most) in seuen daies through death or health; these common rules following are to be obserued, and also all those that are herebefore noted in third chapter, and third §.

First, hasten to expell and mitigate the humour.

Secondly, when the vrine is yellow, or yellowish, and the pulse slowe, then must you not let blod; for that the *Cholera* thereby will be the more inflamed, bicause the moist blod which delayeth *Cholera*, might thereby be drawen out.

Thirdly, if the vrine is red and thicke, and the pulse strong and mightie, then first of all must you open a vaine.

Fourthly, if it do seme that it is god to let blod, then must it be done at the first: for afterwards it is not allowable, least that thereby great feblenes, yea death it selfe be procured.

Fiftly, when the heate is almost past, then are you to giue the patient to eate and drinke sparingly; yet in such measure, that the naturall strength be not therby too much infebled: otherwise force the patient (although against his will) to vse cooling meates.

Sixtly, you must also giue the patient oftentimes cold water to drinke, and let him suffer no thirst.

Seuenthly, when his nose or any other part happen to bleed during his sickenes, then must you speedily staunch the same, that he lose no manner of strength thereby.

Eightly, that the hot damps of this *Cholera* may not ascend into the head; the same therefore must be cooled with the oyle of Roses, Vineger, Saunders, and with Rose water. And when as the patient cannot sleepe at all, or happeneth to fall into any frenzie, the same must be cured with meete things, as may be found out in the register.

Ninthly, first of all must this *Cholera* be expelled (be it by vomits or stooles) and seeke afterwardes to coole the great heate, which cannot more conueniently be done, then that there be sufficient cold water giuen vnto the patient to drinke.

Tenthly, euen as to fore we haue expressed, these diseased are commonly much bound in the belly, which must be preuented the first or second day with milde clisters.

Eleuenthly, the patient must also haue a drink giuen him wherin Prunes and sower Dates haue bene sodden: also heed must be taken that he goe twice or thrice a day to stoole.

Twelftly, the hart must be comforted (which is inflamed with this heate) with cooling cordiall waters without all delay. And these are the common rules which are to be obserued in this burning feuer.

Concerning his order of diet, his dwelling place should be coole, airie, and be sprinkled with water and Vineger. His head must be set with Vine braunches, Willow boughes, and other coole greene things: for the same do coole and alter the aire, that by the lungs is drawen towards the hart, whereby the heate of the hart is chiefly cooled.

Secondly, euen as is expressed in the third rule, if the patients vrine be red and thick, then must his Vedian or *Basilica* be opened, and the same day or the day following must he vse these medecines following, thereby to preuent all terrible accidents of the hart.

Take flowers of Burrage, Bugloss, and Violets, of each halfe an ounce, twentie or fiue and twentie Prunes; sethe them all togither in sufficient water till the third part be sodden away, then take three or fower ounces of this broth, and put therein Cassie and sower Dates, of each three quarters of an ounce, Rubarbe steeped in Endiue water half a dragme: afterwards giue it to the patient earely in the morning.

Item, to coole and to prepare the humour make this syrupe: Take great and smal Endiue, Lettice, Purslaine, Agrymony, Liuerwort, sprigs of Poppie leaues, and greene Mayden haire, of each a handfull, Violets, Waterlillies, Roses, and *Lens palustris*, of each one ounce, sedes of Lettice, Endiue, and Purslaine, and of small Endiue, of each a quarter of an ounce; sethe them al togither in sufficient water till there be eighteen ounces remaining, then put as much Sugar thereto, and let it sethe againe and clarifie it: put thereto Endiue water, Rose water, and the iuice of Pomgranates, of each fiue ounces, burnt Iuorie, red and white Saunders, Camfer, and white Poppie sedes, of each a dragme and a halfe; then afterwardes sethe them all togither vnto a syrupe, giue thereof fower times in fower and twentie houres tempered with Barley or fountaine water.

And when you perceiue the next day that the ague is abated, and thereby make shew as

though

though the fourth day it would end; then must you not giue the patient to eate (but as necessitie requireth, & as the fift rule sheweth:) crums of white bread soaked in fountaine water are good for him. Likewise Almond milke is also good for him, if the same be made with Melons or Cucumber sedes. You may also mingle amongst his drinke syrupe of Vineger, Mucilage of Endiue, of Purslaine, and Melon sedes: and in like manner the syrupe of Poppie heads, and chiefly of blacke Poppies. But in case there light vpon any yong patient any intollerable thirst, and thereby longeth to drinke cold water, then must you let him haue it, and that so much as he may drinke vp at a good draught: and then afterwards if the thirst and heat yet continue with the patient, then giue it him once againe to drinke. But note that olde folkes haue not any such drinke. Secondly, good heed must be taken that none of the principall parts thereby be damnified: but onely let such haue it as it is meete for. Thirdly, it most not be giuen at all if the ague proceede of any cold humour. Fourthly, it most not be ministred when the naturall strength is much decayed. Fiftly, if there be no great obstruction at hand. Sixtly, if the sickues be not increasing, but decreasing. Seuenthly, it is not tollerable, vnlesse the thirst and the lust to drinke water be verie extreme. Eightly, if there be any feare of any great feblenes, then must you mingle that water with the iuice of Pomegranates, or with Veriuice, Hen broth, wherein Lettice, Purslaine, and Cucumbers are sodden, is also verie meete for him.

Item, raw Butter milke well sugred and with crummed white bread in it, is maruellous medicinable. But if there come any sweate, then must speciall care be had that the patient continue in it, and sweate as long as his strength will abide it. With the blood must be dealt as is said in the eight rule.

*The eight Chapter.*

## Of the Ague which is called Synochus.

Amongst all other continuall Agues is this also comprehended, which the Greeks cal *Synochus*, whereof we haue also spoken before in the third chap. that the same groweth through the superfluitie of the blood, being mingled with *Cholera*. The learned describe two manner of these agues; whereof the one is prouoked of the blood that is not putrified, and the other sort of a putrified and noysom blood in the vaines. The cause of the first ague is, if the partie be by nature sanguine and full of blood, and therewithall vseth daily meates that ingender much blood: as namely, good delicate flesh and wine, yolkes of egs, and such like (little or too much) lacke of exercise, vapours of superfluous and ouer hot blood, that draweth vpwardes and neuer findeth any issue; bicause the pores and all inward passages are obstructed. The signes of this ague are, when the pulse doth beate alike strong and swift, if the heate be not extreme, then may it best of all be perceiued in the palme of the hand: the vrine for the most part is like vnto that of healthfull persons, yet the same is often red and thicke, and specially in a corpulent bodie. Herewith may appeere also a rednes of the bodie, and of the face, with a fulnes of the vaines, and there is no cold nor shaking, but a troublesome breathing: otherwhiles they fall into a dead sleepe, as it were into a *Lethargus*, whereof we haue spoken in the first part, the twelfte chapter, and tenth §. Before that any do fall into this ague, he feeleth first a great wearisomnes ouer al his bodie, and an itching of the nose, ach of the head, and in his sleepe he seeth many red and blodie fantasies: aboue al this the speech is troublesome vnto him.

For this blodie ague are described these rules following. First it is the opinion of all learned Phisitions, that all such patients are to be letten blood euen vntill they beginne to fall into a swoune. Secondly, if it appeere very waterish and cholericke, then must the same be coled and thickened. Thirdly, if the same be too grosse and too thicke, then must the same be made subtile and thin. Fourthly, the body must after letting of blood be well frothed, that the pores may be opened. Fiftly, when as the letting of blood is neglected (and the patient yet strong enough) then is the same to be done still, yet at all times with the counsell of a learned Phisition. Sixtly, if the patient will not abide letting of blood, then must alterating, penning, and expulsiue things be vsed, wherby the superfluous humor and blood may be abated. Seuenthly, the letting of blood and drinking of colde water worke and effect so much, that you neede not vse any other things.

Eightly,

Eighthly, this Ague requireth great abstinence, if nature may abide it. Ninthly, when this Ague procedeth of surfetting in meat, then must the letting of blood not be used before the 2. or 3. day: notwithstanding that the malady is such wherin the opening of a vaine may not be omitted, for that it quickly annoieth: wherfore must the first rule be forthwith applied, by letting him blood in the Median, so long til he begin to swoune. And if the same cannot be effected at one time, then is the same to be done at sundry times, euery time a little. Afterwardes let the patient vse cooling things, as namely, sirupe of Veriuice, of Purslain, of Pomegranates, and of Limons, or of Sorrell, much cold water is also to be giuen to the patient to drinke, yet with such direction, as before in the description of the Ague *Causon* hath been shewed.

Let him haue bread to eate that is steeped in the iuice of Pomegranates, or Veriuice.

Barly water is the most commodious drinke that he may drinke; & sirupe of Roses may be mingled amongst it, if he go not to the stoole, then make him a chicken broth wherein Mallowes are sodden.

Purge the patient also with sower Dates, with Conserue of Prunes, Cassy, or with Manna, and so procede with cooling things till the heat be clean extinguished.

## Of the Ague *Synochus*, with putrified blood. §. 1.

THe other sort of this continuall Ague is also very strong, procéding of a putrifaction of the blood. And hereof is a disputation also amongst the learned: for some say, that when as the blood commeth for to putrifie, that then it is no longer blood, and therefore this Ague *Synochus* cannot be ingendred of blood. The causes are the same that are of the other, but that only with the former there are many inward vapors without any putrifaction of the blood. In like maner the signes of both these Agues, are the same, but that in the first, the heat is greater, and all other symptomes more violent, than in this. In fine, herein do they both agrée, that there neuer is any increasing or abating of the fit, as may be obserued in other cõtinuall agues. Now to cure this ague, the patient must be let blood out of hand, if the stomacke be not ouercharged with meate, & thatthe age and the strength will permit the same, and thereupon purge, as is taught for the former Ague. And if it fal out (as it accustometh to fall out) that with this ague there were adioined a feeblenes of the Liuer, then must these Trocises following be prepared for it.

Take burnt Iuory, Dragagant, and Starch, of each a dragme, séedes of Purslaine a quarter of an ounce, Licorice a quarter of an ounce and one scrup. make therof then Trocises, with Dragagant, dissolued in Endiue water; they doe cole and comfort the stomacke, and allo the liuer.

Another: Take two scrup. of Roses, two scrup. and a halfe of Berberies, séedes of Melons, Cucumbers, Citruls, Purslaine, and burnt Iuory, of each a scrup. Dragagant, Gum, and Almonds, of each halfe a scrup. Rubarb, Saffron, and Camfere of each seuen greins: make thereof Trocises, and minister one dragme of them at once with Barly water: you may also mixe the aforesaid Trocises with conserue of Roses, and so vse them.

For this are also commodious the losings *Diatrionsantalon*, *Diatragacanthum frigidum*, and that for both sorts of these agues, bicause both of them do alike one and the same kind of remedies.

## Of the order of diet. 2. §.

BOth of these Agues doe require a sparing diet, as Barly pottage, Oaten paps, Hen broths wherein Lettice or Veriuice is sodden, and such like. One may also sethe Lentils by powring out the first broth therof, and dressing the second with Parsley, and a little Vineger, or iuice of Pomegranats. The broth of red Pease, with Sugar, stewed Apples, Pears, and fresh Gourds dresst with Almond milk, are speciall good. He may also eate otherwhiles Melons, Citruls, Endiue, Lettice and Purslaine But if the patient be bound in the body, then may you sethe in the Almond milke, Spinage, Mercury, and such like: or take Conserue of Prunes, sower Dates, Cassy, and Manna, of which you will: also mild Clisters may be vsed and taken for this purpose.

And if the patient haue great headache, then delay the same with oyle of Roses, Vineger, or with *Oxyrrhodino*. In like maner may you also vse a little oile of Violets, or oile of water Lillies,

being dropt into his eares, and to hold Roses, Camfere, or Saunders before his nose. If the patient cannot take any sleepe or rest, and that no lithargy be feared, then is the iuice of cold & moist herbes to be vsed, and in like maner of small & great Houseleeke, of Nightshade, Lettice, Purslain, and of Poppie leaues, or Poppy heads, Poplar salue, and such like; dip a cloth therein, and lay it vpon his forehead. The very best & most vsuall drinke that can be vsed in this sickness is Barly water: but in great heate you must mingle therewith (as is said) the iuice of Pomegranates or Veriuice. Item, cold water with sirupe of Pomegranats, or any other coling sirupe, and if there chanceth any swouning called *Cardiaca* with it (wherof we haue admonished in the second part, the sixt Chapter) then is the same to be holpen with coling and fragrant things; euen as hath bin shewed in the foresaid places, and especially apply this plaister following to the Liuer: Take red, white, & yellow Saunders, of each three drag. Roses & Barly meale, of each one ounce, Camfer a quarter of an ounce; make a plaister therof with Rose water. If so be that he fall into a great sleepe, then must you chafe the hands and the feete very vehemently with Vineger, powring the same also vpon a hot stone, that the vapor thereof way ascend into his nose: You must also call earnestly vpon him, pull him by the haire, or by the nose, and vse such like things more for the same, as is shewed in the first part, the 12. chapter, §. 10. for when as these vapors do ascend forcibly into the head, then is the dead Palsey to be expected. Whereas is vnquenchable thirst, there must the water be mingled with Vineger, and holde these losings following vnder the tong: Take of the iuice of vnripe Grapes, of Sorrel, of Lettice, wine of Pomegranates, and white vineger, of each an ounce, put therto white Sugar, and Sugar candy, as much as is thought meete; letting it seethe so long togither, as shall suffice to make losings of it. Here is nowe sufficiently intreated of this *Synocha*, and of other hot agues.

## *The ninth Chapter.*

## Of the Quotidian Ague, Quotidiana.

THe cause of this daylie Ague procéedeth of a putrified *Phlegma*, and slimy corruption which nature forceth towards the exterior partes of the body, and there ingendreth such a colde, which may be called rather a shaking, than right cold: wherwith it so burtheneth and suppresseth nature, that thereby the Pulses are faint, and vnnaturall heate stirred vp, and the Pulses are found vnequall. When as the cold auoydeth, then by and by followeth the heate, which is shorter than the cold; continueth longer because of her slownes, and by reason of her toughnes: whereby this Ague commeth to her state very slowly, and declineth very sodainly. So that it hapneth therein, as if one lay greene wood vpon the fire, where the moisture withstandeth and suppresseth the heate, and remaines so long without burning, till all the moysture be consumed, and then sodainly burneth away, as long as there remayneth any wood.

The occasion of this ague is outwardly colde and moyst ayre, the long vse of colde and moyst meate, as fish, fruit, and such like, and vnaccustomed idlenes, to bathe much in sweete waters, and great ryoting.

Item, if the body be ouercharged with ouer moyst and slimy humours, that putrifie in the body, goe out of the vaines, and send stinking vapors towardes the heart, whereof an Ague might ensue.

This Ague is also very easilie (by her signes) to be knowen from the Tertian Ague: for it beginneth not by and by after the first day with colde, but beginneth by little and little: also the pulse altereth not, as it doth in the Tertian ague. The patient complaineth of no great heat, of no short breathing, neither of any great thirst. His vrine is like vnto the vrine of such as haue newe gotten the quartaine Ague, not knowing of any sweat at the beginning, but in time doth he perceiue it: so that these signes are so manifestly differing from the Tertian Ague, that they seeme to haue no communion at all.

Also, one may perceiue by this patient, that the heate is somewhat mixt with a vapor which appeareth outwardly. Also the pulses of this ague be much fainter than of the Tertian or Quartaine agues. The tong is moyst, and he is quickly prouoked to vomit, whereby he casteth

casteth vp much filth, and in like manner is the going to the priuie colde by nature, moyst, vndigested, waterish, and full of vapors. The vrine is white and thin, and otherwhile thicke and troubled, and the whole body full of waterish humors: all bodies that liue in quiet, are fat & moyst, haunting daily ryottousnes, and surfetting, much bathing in fresh waters, and such as haue their habitations neere to moyst places, are most of all subiect to this disease. To conclude, this ague long enduring, is not without perill of life.

Now to remedie and cure this Ague the better, you must aboue all obserue these rules following. First, this patient is to vse that which warmeth, and attenuateth the humor.

Secondly, if the patient can hardly cast or vomit, then it is a signe that the tough phlegme of the stomacke must be incided.

Thirdly, you are in the beginning of the Ague to force the patient to vomit, whereby the matter or humor might partly be abated.

Fourthly, these inciding and attenuating medicines must be vsed from the beginning, to the very ending of the maladie, yet now and then, as the Phisition thinketh meete.

Fiftly, all kinde of agues in the beginning do accord with these three things, to wit, that the nature be brought through easie meanes to be laxatiue, to prouoke vomit, and moreouer to vse such thinges that doe incide and attenuate the matter, and expell vrine.

Sixtly, for as much as the debility of the stomacke and of the Liuer is an occasion of manie filthy humours, therefore neede requireth that you seeke to comfort and open the same, and also the Splæne.

Seuenthly, for that this ague from the beginning, till it come to the highest state, requireth much time; therefore are you to consider of the patient accordiugly, and to giue him much or little meate.

Eightly, one must in the beginning of the Ague, and likewise as often also as it assayleth, keepe the patient awake, and that so long till it begin to decline, that the expulsion of the humors be not thereby hindered.

Ninthly, he is not to be fed so long as the fit of the Ague indureth, but a good space before, and afterwards, vnlesse that some debility and weakenes require the contrarie. And howe these Agues are by medicines to be cured, that is before in the fifth part, the twentieth chapter, sufficiently taught and expressed: whereby euery one may gouerne himselfe, and especially these Pils here following are to be prepared for these phlgmaticke Agues. Take the rindes of *Mirobalani Chebuli*. Rubarb, Cinnamom, Cardamome, and Cloues, of each a dragme, Aloe three dragmes: beate all these togither very small, and with the iuice of Mints, wherein a dragme and a halfe of *Agaricus* is steeped: then make pils therof, and euery morning and euening take halfe a dragme at once.

You are also to receiue a potion that is described in the third part, the twelfth chapter, beginning thus, Take Gentian, &c.

You are generally at the first to vse alwayes for these Agues *Oxymel* and other things moe that prouoke vrine, as it hath been taught in the third part, the eightéeth chapter.

This patient is also to vse none other meate, than such as doth separate the tough phlegme, and expelleth it. In like maner, when the Ague is at the state, then must care bee had for the mouth of the stomacke, like as there are therefore diuers medicines ordained in the description of the stomacke in the third part, the eleuenth chapter. Vomiting is for these Agues passing good, for thereby will many slimy humors be expelled: And how to prouoke vomite, you may search and finde in the first Register.

## *The tenth Chapter.*

## Of the Quartaine Ague, Quartana.

When as these quartaine Agues are mixt with other Agues, then hath shee her beginning of Melancholy, as the Quotidian Ague of *Phlegma*. And because the blacke melancholicke blood hath his residence in the Milte, it will commonly be felt in the same place at the beginning. This ague is (as her cause is) cold and drie. Albeit the same humors are very grosse, colde, and heauy, yet doth their

cold nature not appeare forthwith, to wit, in the beginning, or the first day, but by little and little, as it ingendreth: so that the cold when the Ague is at the highest, doth not otherwise shew it selfe, then it doth vnto such as are stiffened by extreame cold in the hard winter: and it is to be likened by a stone, muskle, or bone, which lying in the fire, and being hot, cannot well know the heate till you fele it.

So fareth it also with melancholick humors, when they happen to kindle, then remayneth there no moysture till they be cleane burnt, and therefore are they the longer before they kindle, then any other, for that (as is sayd) the corruption commeth to kindle by little and little.

By the foresayd occasions it commeth to passe also, that the pulse beateth very slowe, faint, and longsome, yea (in yong folks) so very faint, that they may be likened to old folks, for as this Ague beginneth to increase and attaine to the highest, then will the pulse be the more swifter and forcible, yet not so strong as it is in the tertian Ague, whereof we will further write and make mention.

The causes of this quartain Ague (euen are as abouesaid) first of the melancholick bloud time of the haruest, and after that the winter, for that at these seasons these humors are not only stirred, but also augmented more vehement and durable, so that otherwhiles they indure vntill winter, whereas to the contrarie the same are shorter in Sommer; and the rather, if the nature of the countrey be enclined that way, and the time of the yere otherwhiles is such, that it engendreth foule bloud, whereby then such and other Agues are caused. Wherefore good hede must be taken to all these foresayd things, and in like manner whether the patient be not of melancholick nature, and hath not vsed before to eate such kinds of meates, whereof this melancholick bloud is ingendred or increased, as bread of Millet, Lentles, Beanes, Chestnuts, salt Chese, salt fish, Beefe, Hares, Harts, Cabbages, & such like. Item, all other things that inflame the bloud, as Garlick, Cresses, Pepper, Mustard, strong & spiced wynes, burnt wyne, & all kinds of hot spice or fruits; but specially great labour, trauell in the heate of the Sunne, long anger, great sorrow, and long former Agues, whereby the bloud and other humors are burnt and putrified, and are altered by the great heate in *Melancholiam* before they be expelled, whereof you haue further instruction in the description of melancholy, and of the stomacke.

Item, haue speciall care whether the Milt of the patient be not swolne, or haue any other infirmitie. Or whether the patient haue before had no erratick Ague, for that the quartaine Ague neuer commeth alone, but commonly alwayes after another ague.

You must alwayes marke well, whether the vrine be white, thin, and waterish, in these things, as also in the pulse and cold doth it altogether differ from the tertian, but regard not you the vomiting of the gall, for that is the only nature of the tertian ague; but if you finde by the motion of the pulse or otherwise, after that the ague is gone, or if there be any signes of the ague, then is there no doubt at all but that it is a quartaine ague.

Now to cure this ague, we will first of all shew you certaine rules: and for the first, if the pulse be forcible, and beateth swiftly, the water be red, and grosse, the patient be yong and full of bloud, then shall you not omit, but open the *Basilica*, or Milt vaine on the left hand: but if the bloud be red and clere, then stop it againe; but if it be thick and black, then let it runne, and that so long as the parties strength be able to beare it. Secondly, if so be that the patient haue not much bloud, let him then not blede at all. Thirdly, you must not giue to any that is taken with the ague any strong purgation at the first, by reason that all melancholick humors are very tough and grosse, and the same may not be purged in the beginning, but mild purgations must be vsed, and gentle Clisters. Fourthly, all meates and drinks that are prepared daily for the patient, shall be laxatiue, that he may alwayes haue some vacuation. Fiftly, against such time as the ague approcheth, the patient must at any hand refraine fode, that nature thereby may worke the better on the matter of the ague, also the easier expell and withstand it. Sirtly, he may not bathe vntill the ague begin to decrease. Seuenthly, he must forbeare all fruits, by reason of their grosse moysture, that lightly doth putrifie, and may prouoke obstructions. Eightly, these patients must take hede of the cold ayre, and settle themselues in temperate dwellings. Ninthly, they that haue any obstruction in their vaines, are to vse such meates and drinks that warme and moysten. Tenthly, because that this humour is compact, and the state thereof a great while after it beginneth, the patient is not to be kept ouersparingly, but let him be cherished

shed with meate, that he may retaine his force and strength, and expect the *status* of the disease. Eleuenthly, for this kind of sickness you must not giue him any ouerhot and dry things, for feare that the ague be not thereby doubled, prolonged, and altered into a continuall ague. Twelftly, you are not to vse ouercold remedies, because they do thicken and harden the matter, wherefore milde meanes are alwayes to be vsed and taken.

Out of these foresaid rules it is easily to be vnderstode, that no strong medicines are to be vsed in the beginning of this ague, except one see that there is great store of bloud at hand, at which time the Median may be opened in the right arme.

Also if the bloud be black and thick (as it happeneth to be of such that haue a diseased splene) then may one let it runne the longer, but if it be red and cleane, then must it be presently stopt.

The ordinance and gouernment of his life must be such, that he fede not vpon any thing that prouoketh or breedeth winde, but vse all meates that ingender good bloud, and keepeth the bodie open and soluble: and if any defect be hereof, then must a milde clister be ministred. Also, he shall forbeare hogs flesh, and all meates that are slimie, and hard of digestion, and of all that which might make the bodie cold and dry.

His drinke must be thin white wine, his meate all manner of field fowles (but no water fowles) fish of light digestion, and not slimie, salt meates and Mustard may he also vse. Also he may sometimes vse the confection *Diatrion pipereon*, or *Diaspoliticon*: and although the patient did drinke euery day a little Pepper with water, it were not amisse: this patient shall not wholy forbeare from riding, from walking, and from bathes, if he hath bene accustomed to it, yet is the bath not very good for him.

If this quartaine ague be not very strong, nor yet continue long, then can it not hurt, if the patient vpon his free dayes do execute his affaires and busines. But about the time as is supposed that the ague is come to the highest state, then must the patient fede very moderately, yea more sparingly then euer before, keeping himselfe very quiet, and annoynt the belly with such things as may keepe the bodie open and soluble: and also vse such things as prouoke vrine, whereof you shall finde good instruction at his due time and place.

And as sone as one perceiueth that the humors begin to auoyd, then are those things to be vsed that expell melancholy, and that not once, but as often as neede shall require.

Also to prouoke him to vomit, and that after meate, and (if neede be) let him take a little black Elleborе therewith to ease and further the vomiting.

But they that cannot vomit, must be purged, Treacle is also passing good for them. Yet it is to be noted, that none of these foresayd things may be vsed, before that the sickness be at the highest, for thereby might of a single quartaine ague be made a double, and lastly of a double quartaine, a three double ague.

*Galen* writeth, (out of whome this counsell is gathered) that he knew a Phisition, who (before the quartaine was at the highest) gaue his patient Treacle, whereby the same ague so increased, that he dyed thereof.

When as this order hath bene obserued in this ague, then do the later Phisitions teach, that these things following are very fit to be vsed.

Take Ginger one ounce, cut it small, and then sethe it in red wine vntill there remaine fiue ounces, then mingle therewith one ounce and a halfe of Julep of Violets, and so drinke it, to wit, two howres before the ague commeth vpon you, and the same will make you sweate throughly.

Item, take an ounce of the iuice of Plantaine two howres before the fit of the ague approcheth, it will remoue the ague. The water of *Carduus Benedictus*, or the herb sod in wine and dronken, cureth the ague. The common people take the powder of this herb, and strow it vpon a shiue or twaine of bread that is soked in burnt wine, or *Aqua vitæ*, and so eate the bread before the ague come. *Oximel scilliticum compositum* openeth all obstructions in the quartaine and tertian agues.

Some commend the wyne of *Asarabacca* rootes, for this roote hath the nature of the Elleborе, it dryeth all inward parts, and prouoketh vrine, and will therefore also expell the ague. The like vertues are ascribed to the wines of Harts tong, of Hyssope, and of *Tamariscus*. The sirupe of *Oxysacchara* is also passing good.

*The eleuenth Chapter.*

## Of the consumption or Ethicke Hectica.

THis is one of the most perilous Agues that may light vpon a man, for by her hot and dry operation, she dryeth vp all naturall moysture of mans bodie. This *Hectica* is not satisfied with the hurt that it doth to all naturall moysture, and vitall spirits, but it dryeth also all nourishing partes, and all the flesh of the whole bodie (yea the marrowe of the bones also) so that it may duly and rightly be called the consuming Ague.

This destroying heate beginneth first in the hart of the Ague, which is tearmed *Cauſon*, that is, the burning Feuer, whereof we haue written in the seuenth Chapter, which continueth there so long, vntill it consume the very sap and moysture of the hart. And albeit that it doth not consume and waste all the moysture of the hart, yet doth it burne and spoyle the same. For it fareth with the hart, as with a wæke in a Lampe, that at the beginning doth burne bright and cleare, but the longer that it burneth, the harder, and the more burnt the dryer it wareth, where by alittle and alittle it loseth light & extinguisheth: and albeit more oyle be powred vnto it, yet burneth it not then the brighter, but the flame remayneth small and slack, and the longer that it burneth, the darker it is, till at the last of all it goeth cleane out of it selfe. So fareth it also with this *Hectica*, with or without an Ague, as plainely may appeare in very old men, which are commonly sayd to dye lyke a Lampe or Candle. This is to be noted also in Children, that sometimes also vse to abate and fall away.

This consumption, namely that which is without an Ague, is called of the Grækes *Marasmodes*, that is, a consumption; and of the Latinists *Senectus*, that is old age, whereby we may call it the infection of the hart, whereof we haue spoken in the second part, the sixt Chapter and ninth §. In like manner in the description of the consumption, in the fift Chapter, 22. §.

When this *Hectica* spreadeth her selfe ouer all the whole bodie, drying it altogether vp, then is it (as we haue alreadie told) called *Marasmodes*.

This sicknes is incurable, and aboue all mens help, for that the naturall heate would quickly like a tree (through very great age, or in them that lye about the fire, through extreame heate) be dryed away.

The causes of this *Hectica*, are all outward things, which doe heate the partes of the bodie, whereby many Agues might be prouoked, whence at the last this consumption is founded and springeth.

Item, the hunger and thirst, if they be not remedyed betimes, the which for the most part happeth to cholerick and leane men, who falling into a quotidian Ague, are thereby lightly turned into a burning, and lastly into this Ague *Hectica*.

Item, the perishing of the Lights may very well be a cause of this *Hectica*, whereby is hindred that the fresh ayre may not cole the hart sufficiently, and there be moe other occasions, whereby the hart may be inflamed.

We will now admonish somewhat of her signes. They that fall into *Tabem*, that is, into a consumption, are easily to be discerned; for before that one come to fæle their pulses, one may sæ how that their eyes be sunke and fallen into their heads.

The apples of their eyes will be dry in this agonie, and wrinkled, and the flesh round about the eyes fallen away, so that one may otherwhiles almost sæ the bones of their browes.

It sæmeth also otherwhiles, that these diseased persons face is so bedusked with dry dust, as it is in them that haue gone the whole day through the dust in the heate of the Sunne. Also the liuely ruddines and colour ouer all the whole bodie is vanished and gone, and likewise the skinne of their forehead so hardned and shronke, that they sæme to close their eye lids very badly, and sleeping, they lye with their eyes halfe open, which can be no due sleepe, but rather an ouer-

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great watching, and the flesh in the temples of the head doth so wast away, that there seemeth to be a great hollownes. To conclude, there remayneth no more then the very skin and the bones, so that when one seeth them naked, he would iudge none other, then that the carcasse were couered with a dry skin, and that all the intrailes are taken out, or lye hid in the breast, and when as one toucheth the skin and plucketh it hard, then shall he finde it thorow dry, and it seemeth that by plucking it will follow. These sick persons haue a hard pulse, and at the first touching of them doth one perceiue small heate, but when you hold your hand long vpon them, then may you feele the heate vnder your hands increase, and diuers such like signes more.

Of this maladie *Hectica* and *Tabes* is a great disputation, whereof heere we will not make many words, but will commend that matter to the learned: yet neuertheles, before we come to the cure, we will briefely admonish thus much, that such as be of a moyst nature in the beginning of the consumption, are not assayled with this Ague *Hectica*, but they only that be dry of nature, and somewhat hot, and therewith do great labour, watch much, and liue in carefulnes, whereby their naturall moysture is wasted and spent, these presently are taken with this Ague *Hectica*, and specially such as chafe much, liue in extreme sorow, or frequent great heate. And although this sicknes, when it hath long endured, and is once roted into the body be thought incurable, yet neuertheles men must not disdaine the help and meanes which God the Lord hath ordayned for the vse of man, but pray hartely vnto him, that he will blesse them for the glory of his holy name.

Wherefore these rules following are to be obserued and imitated, for thereby may be gathered a perfect cure of this sicknes. First, it is needfull for the languishing persons, that they vse all things that may moysten and cole. Secondly, because these diseased persons must neither be purged, nor warmed, therefore the warme bath is also hurtfull, for thereby the heate is increased. Thirdly, all their meate and drinke must be coling and moystning, or at the least wise temperate, as Barly pap, *Ptisana*, Henbroth, and *Panada*. Fourthly, the curing of this *Hectica* is like to that in the drouth of the stomack, whereof we haue written in the third part, the second Chapter, 7. §. Yet are coling things hereto required, by reason of the great heate of the Ague. Fiftly, if neede require that other meates are to be ministred vnto him which are not coling, as namely, wyne, and fresh broth, yet neuertheles therewith are coling things to be vsed. Sixtly, if the Ague proceede of any impostume, or bruse of some other part, then must speciall regard be had, for the healing thereof, and that the lyuer be cooled and brought in good course. Seuenthly, a good cole ayre is one of the principall helps, and therewith fresh linnen also that is washed in water, where Roses, Willow leaues, or *Trociſci de Camphora* be steeped. In like manner Rose water is very commodious for it. Eightly, the smell of Campher, Rose water, fresh Poppie heds, Roses, Saunders, and such like, is very requisite and profitable for this patient. Ninthly, all coling plaisters, (wherein no astringent things are intermingled) are to be layd on his brest. Tenthly, if this diseased person desire to haue health, then must he (so farre as is possible) encline himselfe to sleepe, and to all quietnes and rest, and keepe himselfe from thirst, hunger, penstuenes, anger, hatred, & much sorow. Eleuenthly, he must not sleepe vpon any thing but a mattresse. Twelfthly, it is also maruellous good for this sicknes to sleepe by the noise and rushing of waters, or by springing fountaines. It is very good to hang vp all greene things about his bed, or to sprinkle his chamber with the water wherein such herbs are or shall be sodden. Thirteenthly, Goats milke or Asses milke, wherof that is best of them that are fed in a medow where cole herbs growe, is a most soueraigne medicine for this maladie. Fourteenthly, womens milke surpasseth all other milks. Fiftenthly, Buttermilke is likewise very good for this sicknes. Sixtenthly, to conclude, for consumptions are all manner of milks from the beginning to the ending therof very excellent good; and also good fresh Henbroth sodden with Lettice, Purslaine, and Veriuice, is exceeding profitable for the patient.

But aboue all things, speciall care is to be had, that he obserue and keepe a good dyet, wherefore he is to eate and drinke but little, vsing alwayes such meates as do nourish well, to wit, Pheasants, Partriches, yong Quailes, and such like, as Hens flesh, Veale, Mutton, and Lambs broth &c. wherein Lettice, Purslaine, and such-like coling herbs are sodden.

And as we haue declared before, let him vse alwaies Goats milke, or Asses milke, and aboue all, womans milke: for all these are so highly commended for this disease, that it is not possible to tell of any thing that may exceede them, to helpe and cure this maladie. For if he vse any of

these, or any other good milke, yet in such measure that he be not cloyed by taking too much thereof at once, but to take it the oftener, and namely, betimes in the morning, mètely warme, or when it is new milked, and that about two ounces thereof at once, and then afterwards in the day time fower times more, about three or fower ounces at once, so that fiue draughts bee taken within 24. howers.

His meate must be (as is said) Barly pap that is drest with fresh broth, and pap of Starch, or that is made with grated bread, and wherein also one of the foresaid herbes are sodden, sometimes one of them, and sometime another. Pease broth wherein Hens or any other thing is sodden, or of it selfe, is passing good.

The very best drinke for this disease, is Barley water wherein Sugar pennets is dissolued: and to retaine the patients strength, you are to permit vnto him thin white wine, that which is very clære, being mingled with faire water, when he sitteth at meat: but the mealetide being past, let him drink nothing but Barley water.

They that are quelled with this maladie, haue for the most part alwaies a very drie mouth, drie tong, and great thirst; whereto prepare these Confections following, and hold them in his mouth to refresh the same therewith: Take the sædes of Fleawort, and Quince kernels, of each three ounces; stæpe them seuen or eight howers togither in lukewarme water, prèsse out the mucilage, put thereto afterwards the iuice of Pomegranates two ounces, Sugar Candy one ounce and a halfe, Starch as much as is mète for to make it in forme of a Confection. If you will haue it to drinke after the maner of a Julep, then leaue out the Starch, and put thereto the water of Purslaine and of Citruls, of each eight ounces, and so let it sæthe a little togither; and lastly clarifie it with the white of an Eg. If one hold græne Lettice or Purslaine in his mouth, that refresheth it much.

You haue also in the third part, the twelue chapter, and ten §. and afterwardes in the seuentæne chapter, and seuen §. verie many things which are all good against the thirst, where you may haue choise of that which is best for this maladie.

These cooling and comfortable medicines following are to be daily vsed for refreshing and comforting: namely, conserues of Roses, conserues of Waterlillies, and the the syrupes of them both, conserues of Cicorie. In like manner also the rootes of the same in a sallad or Confected, are very mète for it.

The confected Citrons, and the iuice thereof; the iuice and syrupe of Orenges, Conserues of white Roses, and all that is made thereof, is for this purpose highly commended: for they coole more then red Roses.

Secondly, the kidneies and backe bone are also through this malady very much tormented, with a great heate; whereto is very commodious the salue of Roses, wherewith he must be annoynted sixe or seuen times in 24. howers. Also it is very good to moysten the backe bone often with milke, and also to annoynt it with oyle of Roses, or with oyle of Violets.

Thirdly, there hapneth otherwhiles to this patient (that is fæble already) a sore sweat, which may cast the patient altogither downe, which may by the foresaid meanes be hindered. But if that will not helpe, then besprinckle the face and the whole body often with this water following: Take twelue ounces of Rose water, a quarter of an ounce of Camfere, Purslaine sædes and red Saunders of each a dragme, a quarter of an ounce of Starch; mingle them all togither.

This drinke following is also highly commended: Take sixe or seuen riuer Crabs, lay them in a quarte of water, then cast therein a handfull of ashes, and let them stand fower howers long: afterwards rub them well therewith, and wash them cleane with faire water three or fower times, and so sæthe them, and take the tayles of them, cut them very small, and sæthe them againe with a quarte of Barley water, till they be almost consumed; then straine the broth thorough a cloth, and giue thereof three or fower ounces euery time to the patient to drinke, when you will. But if you will haue this water to coole more, and nourish lesse, then sæthe the Crabs whole and vncut, and not so long time as is aforesaid.

After this manner may you also dresse a Mortoyle, that liueth in fresh water, and is excellent good for this disease.

The small fishes that are taken in fresh waters, are very commodious for this disease, if they be taken without spice.

In the description of the Consumption *Phthisis* in the second part, the fift chapter, §. 22. are many kindes of remedies prescribed for this *Hectica*, and afterwards also in the first chapter, of the panting of the hart through heate are diuers Cullises described, that are very good and profitable to be dronken.

You may also prepare these confections following for the same: take of the white flesh of a yong Hen or Capon fiue ounces, Starch one ounce and a halfe, new oyle of sweete Almonds fiue ounces, fiue whites of new layd Egs; let the oyle, Starch, and Egs seethe togither on a soft fire vntill it be thicke: afterwardes mingle the flesh of a Capon being chopt small amongst them, and make cakes thereof, whereof the patient may vse a little at each time, and as often as him pleaseth; which also is as good as if he toke much at once, seldome, and better. Or prepare this following: take white Poppie seedes, pæled seedes of Melons, Citruls, Cucumbers, and of Pompeons, of each a quarter of an ounce, Almonds, Hasell nuts, Pistacies (all of them shaled) and Sebestes of each three dragmes, Pingles (that haue bene steped 24. howers before in Rose water) fiue dragms, Conserues of Burrage, Bugloss, & *Species Diarrhodon Abbatis*, of each one quarter of an ounce, Conserue of Roses fiue dragmes, *Manus Christi*, with Pearles and Sugar Pennets, of each halfe an ounce, rosted Capons flesh two ounces, white flesh of Hens, that is stuft and dresst with Bugloss, Balme, Burrage, and Endiue, three ounces; cut both of these small, and then mingle therewith *Species Diambra* and *de Gemmis*, of each halfe a dragme, *Doronicum*, Saffron, Cinnamon, Roses, and red Corall, of each fiue dragmes, *Species Diatriasantalon*, and Graines, prepared Pearles a quarter of an ounce, Sugar sodden as thicke as hony, as much as neede requireth for to make a Confection; mingle them well, and vse it as afore said, one quarter of an ounce at once.

There is also vsually made for this, a Confection of oyle of sweete Almonds, Starch and Sugar. The preserued Gourds are also wonderfull good against this vnnaturall heate.

## Of the Ague *Hectica*, with a paine in the breast *Empyema* and *Phthisis*. 1. §.

IN this compounded Ague, which is placed amongst the *Putridæ* or putrified Agues, there doth appeare besides the former signes, cold, and a very stiffenesse of cold, which commeth at vncertain times, sometimes by day, and otherwhiles by night, and that alwaies vnstedfast, which happeth by the diuersity of the humors, whereof now the one, and then the other is stirred vp and inflamed. The corruption which is gathered togither in the breast, out of the head, or out of the vaines, doth chiefly cause this consumption which lyeth there putrified and mingled with the blood, is cast out and expelled: and albeit that this kind of consumption, and also the former bee incurable, yet you must be maruellous diligent by these meanes following, to accomplish healthy as far as it is possible.

First therefore you must refraine and shun all things that are sharpe and salt, as Mustard, Radishes, Onions, Garlicke, and such like.

Item, all flatulent and windy things, and all that is cold by nature, and hard of digestion, as vnsodden milke, porrage of Peasle or Beanes, vnleauened and dough baked bread, Verjuice and Limons &c.

His drinke must be good common cleere Beere, or any thin red swéete wine: but he must refraine from strong wine and beere. But if he cannot beare wine nor beere, then giue him to drink good sugred Barley water.

Yong Lambs flesh, yong Swine, Muttons of a yéere old, and Calues, are very wholsome meate for him. Also Larkes, wood foules, Partridges, Fesants, and Hares, and specially riuer Crabs, sod in Barly water, or milke, are passing good.

Colewórts sodden, stewed Barly dresst with Starch, Calues féete sodden in Vineger, the lights of all beasts, but chiefly of Fores and Hogs, rere sodden Egs, or the same dresst with other meate, fresh butter, and Cheese but little salted, milke pap, three or fower drie Figs eaten before meales, and swéete Pomegranates rosted in the warme ashes, are all of them much nourishing. After meate let him also eat three or fower rosted Hasell nuts, and Saffron and Cinnamom in his meate measurably.

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These confections following are also most commodious for him: take white Poppie seedes an ounce, rosted flesh of a Capon fower ounces, Starch three quarters of an ounce, prepared Pingles fower ounces, peeled Almonds three ounces, Roses three dragmes, yellow Saunders and Mace, of each a quarter of an ounce, Cinnamom three quarters of an ounce, Cloues halfe an ounce, *Lignum Aloes* two dragmes and a halfe, Nutmegs a dragme, Amber two scruples, Muske fire greines, fresh oyle of sweete Almonds fower ounces, Sugar which is sodden with Rose water and Balme water, as much as neede requireth for a confection: mingle all these well together, beaten and shread small: Take therof euery morning & euening halfe an ounce euery time before meate.

And when as this disease falleth out of the head into the breast, and that this Ague *Hectica* hath from thence her beginning, then must speciall care be had for to comfort the braines, which may thus be compassed. First, let the head be shorne bald, and then vpon the naked shorne head lay this plaister following: Take *Laudanum* a dragm and a halfe, Rosin and red Storax of each three quarters of an ounce, Mastick, Roses, and white Coral, of each halfe a dragme, *Sandaraca* a dragme and a half, Mace two scruples, Cloues one scruple; dissolue the Gum and Rosin in vineger that is not too eager: then mingle it altogither with molten Ware, and make therof two round plaisters, which you may lay thereon, now one, and then another.

Secondly, take a little peece of Mastick, chewe the same once a day at the least a long time, and then spet out the moysture, and about the third euening, let him alwayes after meate swallowe vp a peece of Mastick.

Thirdly, the fift night when he goeth to bed, let him take a drag. and a half of this confection following: Take of the Confection *Diapapauer* halfe an ounce, Frankincense and *Sandaraca* of each eight greines, and mingle them altogither.

Fourthly, take of the Confection of *Loch de Pino*, and *de Papauere*, of each an ounce, prepared Fore lights one quarter of an ounce, Ireas two scruples, flowers of Centory halfe a scruple, make a Confection thereof with Vine cuicte, whereof the patient is to take euery morning two or three dragmes, and likewise at night as much more, to wit, two howers after meate. Also you may drinke it mingled with warme Barley water, or with sweete wine, and so drinke it. Also the patient may take of this Confection into his mouth, and so swallowe it vp oftentimes.

Fiftly, take two ounces of Currans, a dragme of sliced Licorice, Hyssope and Horehound, of each two scruples, yellow seedes of Roses two dragmes, prepared Fore lights one dragm and a halfe, Dragagant and Gum, of each a dragme; melt the Gum in Vine cuicte, halfe a scruple of Saffron, white Pepper fiue greines, and white Sugar thrice as much as all the rest doe weye; make it to powder, whereof let him eate a sponefull after dinner and supper.

Sirtly, when as the patient hath vsed ten dayes long the foresaid three things, then let him take these things following other ten daies: Take distilled Colewort water two ounces, water of blew Flouredeluce flowers, and of Horehound, of each half an ounce, powdered Elecampane rootes, and House eare (that groweth on the mountaines) of each a scruple; which the patient must take luke warme early in the morning, and fast howers after it.

Seuenthly, take Knotgrasse, Houseare, Roses, red Coral, Bloodstone, and yellow Amber, of each one scruple, Dragagant halfe a scruple, Hony of Violets, and Sugar Pennets, of eache three quarters of an ounce: afterwards sethe the Hony and Sugar till it be thick, and then mingle them with it, and take thereof an hower before supper a sponefull, and againe as much more at midnight.

Eightly (this being done) you must vse this Confection following: take fresh rootes of blew Flouredeluce one ounce, fresh Elecampane rootes halfe an ounce, Comfrey, Daysies, iuice of Sloes, Dragagant and Gum, of each a scruple, Frankincense, Mastick, and *Sarcocolla* (prepared with womans milke) of each halfe a dragme, Bloodstone, yellow Amber, Dragon blod prepared Fore lights, Centory flowers, Myrtle seede, Knotgrasse, Houseare, and Bryonie, of each two scruples, dissolue all the Gums in the mucilage or slime of Sebestes, that were steeped in warme hony water, let them sethe therein, scumming it alwaies: and when it is sod to pap, to wit, the herbs and the rootes, then straine out the iuice through a cloth, and put thereto two ounces of sweete wine, Currans halfe an ounce, and ten or twelue Dates; poune all the same very small, and mingle then the Gums with the rest of the foresaid things: also halfe a dragme of Saffron, powdred Saxifrage a dragme and a halfe: whereof giue the patient a sponefull in

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the morning, and halfe an houre before both his mealtides halfe as much, and let him swallow it downe by little and little. This clenseth the breast ingendreth flesh, and withall damnifieth not the breath.

Ninthly, when the patient hath vsed this confection fower daies long, then let him take nine of these pils following: to wit, in the morning betimes three, and three more before none, and also before supper other three moe. This must he continue fower daies togither or longer, euen as the cause requireth. Take Lungwort, Knotgrasse, Comfrey, Daisies, of each a dragm, Saffron, Liquorice, Saxifrage, of each one scruple, Starch, Sealed earth, prepared Tutie, and Dragagant, of each two scruples; make pils thereof with the iuice of Comfrey, and fourme eight to a dragme.

Tenthly, if occasion serue that the hart must also be strengthened, and to quench and refresh all drouth, and to cole and to moysten all heate: for which you shall take new conserues of Roses two ounces, conserues of Bugloss one ounce, burnt Iuorie, Roses, seedes of Endiue, of Purslaine, and Lettice, of each a dragme and a halfe, pæled Melon seede, Pompeon seede, Gourdes seedes, and pæled Cucumber seedes, of each fiue dragms, Sugar pennets two ounces, Starch one ounce, prepared Crabs tailes (as in this chapter not long agoe is taught) fower ounces; poune all verie small, and mingled into a confection: then when he hath vsed the pils, let him take a spoonefull thereof, and that in the morning earely, and likewise againe an houre and a halfe before both mealtides, and after them halfe as much.

Last of all, this patient must lay this small bag vpon his left breast: Take Violets, Waterlillies, burnt Iuorie, Roses, red and white Corrall, Harts bones, and *Doronicum*, of each a drag. and a halfe, the Iacinth stone, the Smaradge stone, and Saphyre stone, of each halfe a scruple, Pearles a dragme and a halfe, three leaues of beaten Gold, and Mace a dragme and a halfe, Saffron a scruple, Cardamom, and Galingall, of each fiue graines; poune each alone, and then mingle them all togither, and lastely make it into a silken cushion or little bag.

But if you couet to haue the braynes strengthened, then looke in the beginning of the first part for the paine of the head, and after that where the braynes are described.

## *The twelfth Chapter.*

## Of the Ague Marasmode.

IF this Ague and of the nature thereof we haue in the former described *Hectica* made a plaine demonstration. This is of some taken for to be a second *Hectica*.

In fine, they are both such kind of Agues, that there is small helpe of man to be had against them.

This properly is that which the Phisitions call *Senectam*, that is the olde age, to wit, a consuming of the whole bodie. The cause of this is, that the heate and the drouth get the masterie, which might be caused when one is fasting and hath a cold stomacke. In like manner also when one is ouer heated, and straight way drinketh cold water vpon it: also the hot aire and the heat of the time may well prouoke and raise that, which wasteth, dryeth vp, and oftentimes expelleth the naturall heate, whereby the body is sustained, whereof the cold and drouth do follow.

Moreouer, this sicknes may be caused of the debilitie of naturall heate which cannot nourish the whole bodie: and in like manner of cold vapors that ascend towards the hart and ouercole the same. Likewise of all cold causes that lye hidden in the bodie, as may be seene by verie old folks.

These are signes of this maladie that it is without any ague, but with a slow pulse, with an extenuation of the whole bodie, without heate, and in feeling may a generall cold be perceiued. The vrine is thin, white, and waterish.

In fine, there are no other signes to be found then age, as are to be seene in very old folkes.

Now to come to the remedies of this kind of consumption, this patient shall vse as neere as he may, all warme and moyst things. He must often bathe himselfe in fresh warme water and vse many moystening clisters, as the broth of Lambes heads, of Trypes, of Hens, and the like: for

for these are very commodious for him because that they moysten the bowels, and refresh, and nourish the lyuer.

But you must put hereto neither Salt, nor any spice that they be not too sharpe, and may be held in the longer. You must also take for this Clister not aboue sixe ounces of broth at once, but in fower and twentie howres you are to minister three or fower.

Also the rubbing or bathing of the externall parts after meales, is also greatly commended, and as Pony in the Ague *Hectica* is very hurtfull; so is it in this disease *Marasmode* very commodious. Further all light meates are passing good for him that are not slimie, as fresh broth, reare Egs, with a thin and pleasant wine, being measurably vsed, and such like.

Item, all the Salues, Plaisters, and other things which are prescribed for the Feuer *Hectica*, may also be vsed in this sicknes.

But for these diseases speciall heed is to be taken of cold, and of all things as in any way consume the radicall humidity.

Those that will haue any further declaration of this infirmity, let them read that which hath beene said in the description of the consumption or feuer *Hectica*.

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## *The thirteenth Chapter.*

## Of the long lingring Agues.

THe long continuing of Agues dependeth vpon three kindes of causes.

First, when any one hath an outward sore which hardly wil be cured.

Secondly, if the patient or the Phisition euer mistake, or keepeth som bad order.

Thirdly, this is also procured by some outward occasion, as by the time of the yeare, by continuall rayne, by the nature of the countrey, by the vnhailnes of the dwelling place, by great care, and troubles of minde.

But when it is knowen that there are none of these foresaide occasions, then must it of necessitie depend on the fourth cause, that is on a grosse, tough and slimie humour. If therfore you wil haue remedie against the continuance of Agues, then must you cure and take away the foresaid causes with their contraries. For that these long continuing Agues are commonly caused by an obstruction of the lyuer, whereto these things following are principall good: to wit, *Syrup. Diarrhodon, de Cichorio, de Lupulis, de Eupatorio, de capillo Veneris, Oxymel compositum. de Bysantijs, de Radicibus.* Item, the decoction of *Adiantum*, Harts tong, Agrimonie, Wormewood, Endiue, Cicorie, of all, or of some of them. The common pestilentiall pils (called *Ruffi*) and Rubarbe, Cassie, *Hiera picra*, conserue of Prunes, *Agaricus*, and sirupe of Roses laxatiue, are also excellent good.

Item, you must boyle also Parsley rootes with your meate: the wine shall be mingled with water wherein Cinnamon, Annis seed, Coriander, and Fennell rootes are sodden.

You must annoint the liuer with the salue, that in the third part, the twelfte chapter, and third §. is described, beginning thus: Take oyle of bitter Almonds, &c. In which place you shal finde many moe other remedies against the obstruction of the lyuer through heate and cold. For the lyuer being deopilated and opened, then will the long lingring Ague be easily mitigated.

ch: 14

## *The fourteenth Chapter.*

## Of swellings that follow after the Ague.

IT commeth oftentimes to passe that some haue their fete swollen after the long continuing of an Ague: then vse a bathe to sweate in, and take one ounce of the distilled water of Cammomill flowers which hath beene drawen onely out of the yellow seeds of the flowers. You must boyle in the water of this bathe Sloe leaues, and therewithall bathe and sweate. In the bathing you shall forbeare from drinke: but this bathe is more commodious after some Phlegmaticke

Agues

Agues, then after any hot agues, and what order of dyet is to be obserued after a lingering ague when the patient beginneth to recouer, hath bin sufficiently shewed and declared in the third Chapter and 12. §.

## *The fifteeneth Chapter.*

## Of the Plague.

THis most noisome, terrible, and perillous maladie of the Plague, is called of the Grækes *Epidemia*, and of the Latinistes *Lues*, *Pestis*, and *Pestilentia*, which last name we also vse. This maladie is described by *Galen* after this maner.

The Plague is a sicknes that doth infect all, or at the least very many men, and is caused of the venemous ayre. Or thus: The Plague is a disease that either spedily killeth, or sone forsaketh a man.

And where such sicknesses get the vpper hand, there distresse and miserie aboundeth; for it hath bin sæne by experience, that it hath made away men, cattell, and soules of the ayre, yea many thousands of fishes in the waters, and that not onely Villages and townes haue bæn depriued thereby of all their inhabitants, but also great Cities and countries haue by the same bæn made desolate.

### The causes of the Plague. §. 1.

OF the naturall causes of the Plague there are as many opinions amongst the Philosophers, as there are causes that procure it: as namely of venimous vapors of the earth that are infected by some earthquakes. Or if a countrey be hot, moyst, full of stenches, full of lakes, or still standing waters, and cloyed with stench of dead bodies (as it oftentimes befalleth (after great wars and slaughters) but especially is the ayre infected as is abouesaid through sinne, wherby it may diuersly be venomed.

Also when the ayre is warme and moyst, and that it doth raigne much in time of heate, with a Southerly winde; whereof we will not at this present make any further discourse: but they that desire to haue any ampler description hereof, they may reade ouer the Philosophers, & other learned Phisitions.

But howsoeuer this is the most certaine cause of this sicknes, that God the Lord for our manifold sinnes and wickednes, to wit, idolatrie, incredulitie, and ingratitude, hath vsed this Plague and many afflictions moe, as hunger, warre, and shedding of bloud, to punish the foresaid sinne and transgressions. These are his rods and scourges (euen the ministers of his wrath) to chastice the wicked world, as (through his Prophets) he hath foresayd and threatned the world, and as both holy Scriptures and heathen writers testifie, that it hath afterward ensued accordingly.

### Signes of the Plague to come. §. 2.

FIrst, it is a certaine signe that the ayre is infected, and that a Plague is to be expected, if in the end of Sommer there appære Cometes, or any other Impressions, which men call flakes of fire, Starres that fall or shote, and such like in the element, which procæde of vapors that are drawen vp out of the earth into the ayre, and there are kindled, whereby both men and cattell are infected.

Secondly, when any vnaccustomed heapes of beasts are sæne, as of Frogs, Toades, Grashoppers, Mice, and Wormes, which oftentimes hath bæne apparued heretofore.

Thirdly, when in the winter the South or East winds abound, mistie or foggie weather, full of vapors, and glowing or drowsie, and like as it would rayne, and yet not rayneth at all: these are signes that the ayre is not as it should be. Also if the spring of the yære be cold and dry without rayne, the wind Southerly, the ayre foggie and lowring, and standeth so at a stay eight

dayes

dayes long, and then altereth into warmth: if these alterations often chaunce, then is it a certaine and infallible signe that the Plague is at hand. In like manner also, is it a sure token of the Plague to ensue, when in the Sommer time it is hot a dayes and cold a nights.

Item, when the Sommer is not hot, but glomie and clowdie, and one day hot and another day cold, then must we loke for a Plague in harueſt. In like manner also if two or three dayes be very hot, and afterwards very cold, as it often chaunceth, then doth it prognosticate a Plague.

## How to preuent the Plague. §. 3.

THere is no more christian nor certaine meanes for to escape this great punishment, then for a man to reconcile himselfe to his heauenly Father, and to pray vnto him with much contrition and hartie repentance of his sinnes, that it would please him to withhold his threatnings and punishments for our due deserts, and that we acknowledge him from the bottome of our hearts to be the right only and true Phisition that will and can preserue vs, be it liuing or dying, in perpetuall health and welfare.

Yet notwithstanding hath he not in vaine created naturall meanes, nor forbidden vs to vse them, but rather all things, as Phisitions, Phisick, rootes, herbs, sædes, and the ayres, yea all that is aboue and vnder the earth for the benefite of man, and to serue him, therefore we ought duly to accept and receiue the same as a most godly benefit and noble blessing of so good a God, and in no manner of wise to despise the same, and therefore are all learned Phisitions most highly to be estæmed that haue found out so many meanes for all kinds of diseases, as also for this present infection, and haue reuealed and made them knowne vnto mankind: and to the end men may haue a good instruction how this sicknes may be holpen with the forsaid remedies, there shall be obserued these three principall points, the first whereof is for the healthie, that thereby they may knowe what order is to be kept whereby they might be fræd from this venemous contagion.

Secondly, we are to shew that if any be taken with the ague, or other signes, with sores or biles, or not at all, what ought to be done to them, or what is to be left off.

Thirdly, we will speake of all such as kæpe those that are so diseased, and are to minister and serue them, for the which there be many approued and famous medicines selected, both by the auncient and latter Phisitions, our most louing and mercifull God giue vs his gratious blessing and prosperitie to finish them.

First then it is generally concluded by all learned men, that for as much as the hart requireth a swæte, cleane, and healthie ayre, like as the bodie requireth meate and drinke; also that nothing is more venemous, noysome, nor hurtfull for the same, then a foule stinking ayre, for thence commeth it especially if a lose and vnstayed life, either in excesse of meate, drinke, exercise, incontinencie, wrath, and such like be adioyned, that the venemous ayre with other infections, the soner hurt the hart and inner parts, and by their contagion disease the whole bodie, and lastly bereaue man of his vitall breath.

## How the healthy may be kept and preserued from the infection of the Plague. §. 4.

SEen as we haue oftentimes heretofore admonished, so will we now shew by what meanes the haile and healthie may in the time of the Plague be fræd and preserued from this contagious maladie; therefore is it first of all nædefull to obserue a good dyet in eating and drinking, and further a faire cleane dwelling, which must be smoked and perfumed, thereby to correct and take away the corruption of the ayre. For this, must be vsed all fragrant things, to kæpe the bodie lose with laratiue medicines, and to comfort the hart with cordials, and alwayes to take somewhat whereby all the parts of the bodie and the vitall spirits might be comforted and defended against the venemous ayre, and contagion of others that we might be conuersant withall, with many moe things as hereafter shall appeare.

And first of the order to be obserued in dyet. It is passing good, and very nædefull for euery bodie

bodie that wisheth to liue out of the danger of the Plague, to take great hæde that his bodie be not pestered with ouermany humors, nor ouercharged with meate and drinke, but to liue very soberly, and that all such meate as he taketh, must be more drying then moystening, for that whereas there is an vnmeasurable fulnes of the stomack, there are many bad humors ingendred, which afterwards by this contagion very easily are infected. Neither ought any bodie to eate before that he fæle and finde that his former meates are digested, and when nature by hunger or thirst requireth fode, then satisfie her without longer delay: for as the ouercharging of the stomack is a great cause of corruption, euen so also doth an emptie stomack procure bad humors. It is likewise very commodious, that all the patients meate be rather cold then hot in operation, which must be dressed with sowre and eager things, as we shall hereafter instruct you more at large. His bread must be of good wheate, well raised, baked, and seasoned. Of fowles, the Partridges, landfowles, Pullets, Hens, Capons, and yong Pigeons. Item, yong Weathers and Veale (yet rather rosted then sodden, or else if it be sodden) then must it be dressed with sowre things. And for that the Plague oftentimes infecteth all fouresoted beasts, as Oxen, Shæpe, Swine, and sometimes the very birds of the ayre, therefore great hæde must be taken that then neither the flesh nor the milke of them in any way be vsed. Also the Magistrates ought not to permit any of the flesh of those beasts so infected to be sould.

Note also that in the time of the Plague all sowre things are very wholsome, and therefore that vineger is highly commended, with all kind of meates, and especially vineger of Roses or of Gillyfloures, or of Framboys. Item, horse Radish with Vineger and Sorrell beaten for sauce, Pomegranates, S. Johns Grapes, or *Ribes vulgaris*, Veriuice, preserued Cherries, conserues of Barberies, and all Sirupes that are made of these foresaid things, vnripe Grapes dressed with their meats, newe Limons and Citrons, these are all very good to be vsed in time of the Plague.

Item, for all such as haue no paine in their eyes nor ach in the head, are rosted Onions (or the same softened in faire water) passing good: but Garlick aboue all the rest (being dressed in meates) is wonderfull good, and much esteemed for a preseruatiue against this kind of infection. Therefore it is commaunded, that men dip their bread in vineger, wherewith the iuice of wild Thyme and of Garlick is tempered: also to eate the kernels of two or three Nuts dipped in the same. And you may vse this sauce following with your meate: Take Vineger, and iuice of Limons, temper it as you thinke good with pouned Walnuts, and with a little grated bread, and you may also (if you please) put thereto some Saffron and Cinnamom.

And you may make a temperature also with Corrans, and Vineger, Flesh broth, Cinnamon, poched Egs are also permitted, if they be vsed with Veriuice.

Of fruits, all that be sower are onely tolerated. And you may strow this pouder following vpon the meate: Take prepared Pearles a quarter of an ounce, red Corrall, and fine Bolus, of each halfe a dragme, Cinnamon two dragmes and a halfe, and then mingle them all togither.

The meates that are forbidden to be vsed for the healthie are these: to wit, Milke, and all that is dressed therewith, all swæte fruits, stewed Apples and Peares are allowed, muddie or slymie Fish are especially prohibited, as Eeles, Tenches, and such like; but such Fish as are taken from sandie ground are not bad: olde poudered Flesh, or salt Fish are also suspected. But be it Flesh or Fish, let the same be alwaies dressed with some sower thing, as with Vineger, the iuice of Limons, Veriuice, and such like. Or you may vse these Sauces following: Take the iuice of Pimpernell, of Sorrell, Bugloss, of Scabious, of Rue, of Lettice, of Endiue, of Baulme, of Elecampane, all togither, or some of them, as it pleaseth you, and mingle them with Vineger and bread, as you thinke good.

Item, Capers with the iuice of Limons, or of Citrons, is also a healthie sauce to be vsed. All water foules, as Duckes, Gæse, Hernsewes, and such like, let him not eate; notwithstanding that the Duckes blod is thought to be a preseruatiue against venom.

And for your drinke you must not vse any but onely to slake thirst withall, or according as the partie hath eaten: the best drinke is white clære and thin Wine (which is not swæte) being tempered with scæled water, or that wherein Gold hath bæne extinguished. But there can be no better thing then to drinke faire fountaine water, which is tempered with Vineger and Sugar, or water wherein the iuice of Pomegranates is mired. You may also make a drinke of Barberries, and Juniper berries, whereof you næde to take but now and then a little draught.

And

And you must also note heere, that it were not amisse to drinke euery mealetide a draught of Wormelwood or Sage wine, or in stede of them to take a bit of bread that is steeped in the wine of Elecampane, and wine of Zeduarie.

These are the ordinances that in the time of the plague are to be kept and obserued in meat and drinke, hauing alwaies a good regard (as we haue all readie said) of the time of the yeere, of the constitution of the patient, of his accustomed manner of diet, and so forth, whereby either of the foresaid things may be vsed or omitted.

## How their dwellings ought to be. §.5.

IT is also verie needefull for a preseruation against this sickness, that the house, and all the chambers (as well as the bodie) be kept neate and cleane. Therefore euerie householder ought if he loue the health of himselfe and his family to looke diligently that his house, or place of his dwelling be kept very cleane. All tame beasts, & especially Swine ought to be kept far apart from al your dwelling houses. Your house is to haue many windowes in it, and that such windowes as do stand towards the West and South must you keepe close and shut: but the windowes that be towards the East and North must be opened wide, so that the plague be not in those quarters neere hand. Warme stoues are verie vnhaill, and especially if they do lye low: but in the chimney it is best to burne drywood, and most of all Juniper wood, dry Vine braunches, Firwood, Ash, Okes, Cipres wood, Bay trees, and Rosemarie sticks, & that according to the nature of the place where eury kind of wood is best to be had, and chiefly the Beech tree; for that there is no kind of wood that more taketh away the venemous vapor or infection of the plague, then the Beech tree doth.

Moreouer, you must cause the house to be swept wherein you dwell at least twice a day, and be sprinckled with Vineger, or Rose water, and then to smoke it with some of these things following: to wit, with Inniper berries, Hyssop, Marierom, wild Thyme, Mints, Rosemary, Marierom gentle, and Basill, with Lauander, Penniroyall, and Apple parings, or such like. And for rich men you may make diuers compounded things, whereof we will write at large, which you may vse as neede shall require.

First there are perfumes which the Apothecaries do call *Ozyletes:* for this must you vse Juniper, yellow Saunders, Paradise wood, Frankinsence, and Juniper berries, of each three drag. Amber, Juniper, Gum, *Sandaraca*, and Rosemarie flowers, of each a dragme, Nutmegs, and Cloues, of each a dragme and a halfe; poune them all togither to pouder, and then put to it of *Laudanum* one ounce and a halfe, *Benzoi*, and red Storax, of each a quarter of an ounce, blacke Frankinsence, three dragmes, Tilly coles that are to be sprinkled and moystened with *Aqua vitæ* being beaten small, halfe as much as all the rest: afterwards make the morter and the pestell verie warme, and then put therein the *Laudanum* with a little Turpentine, temper them togither till they be as soft as dough, and mixe then therwith all the foresaid things, and make hereof a strong dough with mollified Dragagant, and roule it on a Table that is rubbed ouer with oyle of Spike, and make the candles as great and as small as you list to haue them, making them vnderneath with three feete that they may stand and let them dry in the sun: and when you set those candles in a close chamber to fume, they will for certaine expell all the venemous ayre of the plague.

These things following are vsed for this at Augburch in high Dutchland, to wit, *Laudanum* two ounces, blacke and white Frankinsence, of each one ounce, red Storax halfe an ounce, *Benzoi* three quarters of an ounce, Cloues, Roses, Cinnamon, black Coriander, Mastick, *Sandaraca*, Cypres wood, Bayberries, yellow Saunders, and Nutmegs, of each a dragme beaten small, Liquid Storax two ounces, Ware one ounce, Turpentine two ounces and a halfe, burnt wine, or *Aqua vitæ*, as much as is needefull, the *Laudanum*, Storax, Ware and Turpentine, is to be molten in a warme morter; and hereof may you make candles as is before taught: if the dough be hard, then make it soft with burnt wine. Another: Take Paradise wood, Saffron, Cinnamon, Cloues, yellow Saunders, and Roses, of each halfe a dragme, Mastick, red Storax, and Frankinsence, of each a quarter of an ounce; poune them verie small, and then make it vp with Liquid Storax into dough: but temper not too many Tilly coles amongst it, that the vertue of the otherthings be not thereby abated, and forme them as afore.

Or

Or take *Benzoin, Gallia Moscata*, red Storax, & roots of Costus, of each halfe an ounce, *Diptamus*, Tormentill, Citron pèels, & Setwall, of each a drag. red & white Behen, of each halfe a drag. red, yellow, and white Saunders, Roses, of each half a drag. poune al that are to be pouned, melt the *Laudanum* with Rose water in a warme mortar, & then forme candles therof, as is aforesaid: These candles are specially good against the pestilent ayre. But for that the right Costus roots & Behen are ill to be gotten, are these candles but seldome made.

These following are also used: take *Laudanum*, red Storax, Myrrhe, & Mastick, of each a quarter of an ounce, Rosemary leaues, wild Galingall, & Roses, of each halfe an ounce, Cinnamom, Cloues, yellow Saunders, & Nutmegs, of each a drag. Tilly coles moystened with burnt wine or *Aqua vitæ*, foure ounces, then fourme them as before.

Yet other: Take Cipers wood & Juniper, of each half a drag. smal beaten Juniper berries (the kernels taken out) Rosemary leaues, and wild Galingall, of each three drag. blacke and white Frankincense, of each halfe an ounce, *Laudanum* three quarters of an ounce, Tilly coles as aforesaid.

In the stéd of these fuming candles, men vse to make also cakes of all the foresaid doughes (but only the coles left out) and in winter time you may vse them laid on the coles, or on the hot furnace of your stoue.

Item, take yellow Saunders, *Benzoin*, and red Storax, of each a quarter of an ounce, white Frankincense one drag. Nutmegs & Cloues, of each half a drag. Roses, Coriander, and Sugar, of each a scrup. beat all smal to powder, and then mingle them togither with Dragagant dissolued in Rose water (as afore is taught) in a mortar, and in summer then prepare them with fresh Roses, to wit, that each cake be couered with a Rose leafe, and then pressed flat: but if you would haue them costlier, then put vnto it fower greines of Muske, and two greins of Amber dissolued in Rose water, and then will they be exceeding pleasant.

These are also vsually made at Aulburgh: Take *Benzoin* three quarters of an ounce, the roots of Cipers halfe a drag, red Storax, and white Saunders, of each 3. drag. Cloues & prepared Coriander, of each a drag. Calmus and Frankincense, of each half a drag. Muske two greins, white Sugar fiue ounces: then make cakes hereof with dissolued Dragagant.

Item, take ben Cipers & Juniper wood, of each three drag. Rosemary flowers, & Juniper berries, of each a quarter of an ounce, white and blacke Frankincense, of each halfe an ounce; beat them very small, and temper them with as much *Laudanum*, that it cleaue togither, or with dissolued Dragagant, Turpentine, or Storax.

Or take Juniper berries, Bayberies, Roses, Worm wood branches, Mastick, Frankincense, Cardamome, Rue, and Cloues, of each a like quantity; then mixe them togither with dissolued Dragagant as aforesaid, and then lay it on the furnace in your stoue.

Here followeth now a very costly water to temper with these kindes of Cakes, Candles, and Pomanders.

Take good Rosewater one pinte, Lauander flowers three M. Cloues & Cinnamom, of each half an ounce, yellow and white Saunders, of each three quarters of an onnce, Mace a quarter of an ounce, Roses one M. *Benzoin* and red Storax, of each two drag. poune them smal, and powre thy Rosewater thereon, or Muscadel wine, or any other strong wine, eight ounces, *Aqua vitæ* one onnce: let it be close stopt one moneth or twaine, and so stand in the sun: Afterwards distill it in séething water, stopt very exceeding tight and close, with a Helme. And with that which is stilled temper Muske and Amber, and then set it in the sun againe.

This Rose water following is also very excellent for the same, or any such like intent: When you will distill the Roses in common Stils, then must you not set them in sand but in ashes, and then put some Roses into it, and cast on it the powder of Cloues, then lay on it more Roses, and so doe till the Still be full; then put on the helme, and make it tight and close, taking hæde of burning. But if you will haue it stronger, then put to them more spices, as *Benzoin*, and such like. Lastly, then may you strengthen the sauour of the water distilled with Muske and Amber: both of these waters may also be vsed for other things as is aforesaid. But if you wil spare this labour, then may you vse the foresaid things each apart, or mixed togither (as you please) with hot coles, and so let it sauour and fume.

In like manner may you prepare these powders following: Take *Benzoin*, red Storax, Paradise wood, Muske, Amber, Cloues, Frankinsence, Myrrhe, Mastick, and *Gallia Muscata*,

which or as many of them as you will; poune them to powder: for this powder you must omit (the coles) the *Laudanum*, and the other dissolued things, the which otherwise are commonly vsed in the compositions before.

Item, take grated or powdred Cipers wood a M. also of prepared Cipers half as much, beaten Rosemary halfe as much as of the Cipers, blacke and white Frankincense, of each halfe an ounce, Bay berries shaled cleane a quarter of an ounce, being grossely beaten, mingle them well togither, and strow a little of it on the coles; for it is a most pleasant sauour.

And if you feare that such odoriferous sauors were too hot in summer, then may you put therto some of the leaues & sæds of Mirtle, also to augment the quantity of Camfere, Saunders, and Citron pæls; sprinkle it also with vineger or Rosewater. In stæd of fire strow the chamber with Rose leaues, and let them be swept out at night that they be no cause of stench; and before you go to bed you must fume the chamber well.

It is also very mæte that you kæpe lying in the chamber where you slæp, odoriferous Quinces, Citrons, Apples, Peares, Orenges, and such like. When they begin to rot, then must they be had away, and other layd in their places.

Also in summer you may prepare this powder following: take Roses, Mirtle sædes, Citron pæles, red, yellow, and white Saunders, Sorrell sæds, & wild Vine leaues, of each one drag. & a halfe, Mirrhe, Paradise wood, and Dragagant, and Gum, of each two dragmes, Camfer a drag. all stamped small, & put them togither. You may also make it vp into cakes with dissolued Dragagant. If it be in winter, then take Mirrhe, Paradise wood, Mastick, red Storax, and Frankincense, of each a drag. Cloues, Citron pæles, and the rots of Cipers, of each halfe a drag. Camfer a scrup. *Gallia Muscata*, ten greins, Muske and Amber, of each fiue greins; beat them togither into a powder. You may also make cakes of it with liquid Storax, & Rosewater: if you will put *Laudanum* to it, then make the same warme as aforesaid, & fashion your cakes as big as you will haue them. For the common people and for the husbandmen the Bay træ is very good, or if the countrey yælde it, Juniper wood, with his berries, & with drie Hen dung fumed: Or take powned Wormewood and Bay berries, of each a like. The rich folkes doe vse to lay also with their clothes odoriferous bags, for which all the powders that are before mentioned for fumes, and hereafter for Pomanders, are very good, excepting the *Laudanum*, the which is not to be poudered, and other moe such soft things. This following is very common in France; Take Ireos fower ounces, Roses two ounces, wild Galingall, Cloues, and Marierom gentle, of each two dragmes, yellow Saunders, and *Benzoyn*, of each two ounces, red Storax halfe an ounce, then mingle them all togither and put them in a bag. If you will you may put thereto Muske and Amber, or Camfer. In the first part, the twelfth chap. you haue also an especial bag for to strengthen the head, as thus: Take Ireos &c. the which is very commodious for this our purpose. Also you haue in the second chapt. and elswhere, applications for the strengthening of the hart; the which are not onely profitable, but also very necessary for this intent.

## What exercise is to be vsed in the Plague. 6.§.

IN the time of infection the healthy are to exercise themselues moderately, and rather vse an easie walking than a great pace, that thereby the venemous ayre may not ouer much bee drawen into the body, as it hapneth to such as at such times doe greatly labour and trauaile; but when a man abideth in a cleane place, voide of pestilent ayre, and will exercise his body according to his old accustomed manner, that cannot but be thought passing good.

## Of the sleepe in this sickenes. §.7.

AT such time as the Plague raigneth, some think that it is better to slæpe by day than by night, euen seuen or eight howers long; first vpon the right side being mætely well couered, and his head raised high. But seeing the same is not accustomed with vs, then must they eat but little in the euening, and slæpe the foresaid time of seuen or eight howers. But if he could not slæpe a nights, then must he about 12. a clocke, being two howers after his meale compose himself to slæp.

Others

Others counsell to sleepe a nights in a chamber that is well fumed, and close shut, but not very long, for that through much sleepe the body is too much moistened, the which must alwaies be inclined to drouth as much as possibly may be. They also forbid sleeping by day, & that chiefly in winter.

Also, you must take heede of excessiue and ouer much watching, for that greatly dryeth and weakeneth nature.

## Of Purging and letting blood. §.8.

CAre must also be had that the body be not too much bound: and if the going to stole come of it selfe, it is the better; if not, then must the partie bee holpen with Suppositories, and milde Clisters, with Cassy, Manna, sower Dates, and such like meanes, whereof we haue here and there spoken at large; but especially in the third part, the eleuenth chapter, §.20.

Other would haue that yong cholericke bodies should generally be purged in the summer, and in the beginning of winter, with the foresaid cooling and laratiue thinges, and also with yellow Mirobalans boiled with Plum-porredge: but in the end of Autumne, and in the winter with stronger medicines, to wit, with Agarick, with Turbith, and with Polypody; but they must be vsed with great heede and discretion.

Touching letting of blood: When the partie is once purged, and aboue sixteene yeres olde, being full of blood and strong, and without any obstruction of the liuer, then may he haue a vaine opened. In like manner also women, if their termes or flowers be stopped, and if they be without piles in the fundament, then may they in May and in Autumne, let blood, and if occasion serueth, once a moneth, to wit, in the Liuer vaine, or milt vaine, euery time three or fower ounces, for this taketh away the boyling of the blood and the *Cholera* in the vaines. Yet for this infection must sometimes one, sometimes more be opened, but especially that which is fullest of blood.

But great regard must (as hath been said) be taken of the age and weakenes of the patient; also whether a woman haue conceiued or not; or whether she haue her termes or not, or haue the Hemorrhoides or not, with many such circumstances more, that the weaknes of the party thereby be not augmented.

Aboue and beside all this must the patient abstaine from venery as much as may be.

## Of the motions of the minde. §.9.

NOw concerning the motions of the mind, as sadnes, feare, sodaine motions of the minde, and such like, doe greatly alter and spoile the blood, whereby it may the soner receiue the pestilent ayre, and anger especially inflameth the hart, like as also doth ouer much gladnes: notwithstanding moderate gladnes is most commodious for the hart.

## Of bathes and other common causes. §.10.

AT such times take heede of bathing, for that thereby is the body moystened, the pores opened, and all the members made the readyer to receiue the infection of the Plague.

It is therefore very ill done (yea a temptation of God) in time of the Plague to frequent common bathing houses, for that the plague can by no meanes bee soner, gotten by reason that as well the pores of the infected as of the sound are opened, whereby the venemous vapour of the infected is let forth, and may easily be receiued of the healthy: wherefore it is much better (as the custome of this our countrey is) to refraine wholly from bathing.

In like manner it is not good at such times to wash the head, for thereby are the vitall spirits weakened, but onely to combe their heads with an Ivory combe.

But the hands must often be washt, sometimes with wine, and otherwhiles with vineger, & especiallie with Rose vineger.

How one shall gouerne himselfe without dores. §. 11.

IT is very good that at this time euery man obserue a good dyet within dores, and not accompany himselfe with many men, for amongst many are as well those that be infected, as those that are healthie, whereby the diseased infect the healthie with their breath: but for that it is vnpossible to forbeare it, by reason that euery man hath busines with others, it is therefore best that euery one defend himselfe from all ill ayres. Wherefore first we counsell the common sort, and men of occupation (which cannot beare greater charge) to obserue these rules following, to wit, that he in the morning betimes before he goe abroade or settle himselfe to worke, take three or foure dry Figs, three or foure kernels of Nuts, and fifténe or sirténe leaues of Rue, with a little salt. This composition or medicine is so sure and approued, that men haue vsed the same euery where for all manner of Plagues three hundreth yeares before the birth of Christ: and the same was found out by K. Mithridates that waged warres with the Romanes. Some adde to it a few Almonds, and make it to a confection with clarified Hony. It is also passing good for all such as be not afrayd of the bitternes, that they vse in the morning fasting a péce of the rote of Gentian, and especially when he hath vsed of the premisses. Other do also giue counsell to eate but one Fig and one Nut kernell, but it is too little for a full growne person, for children it will suffice.

It is also very good before the going forth in the morning to breake ones fast, and thereupon to take a little Unicornes horne, Tormentill, Gentian, Angelica, Diptamus, Citron péeles, or a bit of Zeduary, and hold it in your mouth: or to wash the mouth with vineger wherein Wormewood hath béene decocted.

For this also confected Calmus is much commended, taken before the going into the ayre, for it hath an especiall virtue against all venemous ayre. Also some do counsell not to go out of dores before that the mouth and nostrels be cleansed with wyne wherein Treacle is mixed.

This composition following is commended for an especiall preseruation if inunction be made with it: Take the iuice of Garlick and Rose vineger, of each an ounce and a halfe, Treacle three quarters of an ounce, Beuercod two dragmes, mixe them together, and therewith annoynt the mouth, lips, and nose.

Some do vse this salue following, therewith to annoynt the hart before they go out of the house, the which is not good only for the healthie, but for all such as are alreadie infected: take Treacle three quarters of an ounce, Saffron and Campher, of each ten greynes, the iuice of Limons and vineger, of each alike much, or as much as is néedefull to make a salue.

Or in the stead of these, he may weare the cordiall shield which is described not long since with the cordiall bag in this manner: Take Burrage &c. It is also very good to weare gold rings wherein are set pretious stones, as Rubyes, Carbuncles, Saphires and Jacincts, both within the house and without dores.

It is also much forbidden that any stirre out of dores before the Sunne rising, as also before the going downe thereof to repaire and kéepe himselfe in his perfumed house or chamber.

Further it is very good to cary some odoriferous thing in their hands, when one must deale with other folke, that through this pleasant smell the braines and the hart may be comforted and defended from all pestilent and contagious vapours.

It is also not amisse for the common people that they carie in their hands a little bore of Juniper made full of holes, wherein a little spunge moystned with vineger and Rose water, and strowed with the powder of Cloues, be held in the hand all the Sommer time, whereto also some leaues of Rew may be added dayly refreshing them, that they continually smelling to the same. In this manner also mayst thou hold some fruits in thy hand, as Apples, Peares, Quinces, Oranges, and such like: but if it be in the winter, then take Marierom gentle, Rue, Balme, *Valeriana*, Juniper beries, or some other thing stéeped in vineger, put it into thy bore, and vse it as is afore said. Also thou mayst bestrow thy moyst spunge with Saunders, Campher, Saffron, Paradise wood, Cloues, or Ireos. But the rich and able folk do vse *Poma Ambræ*, which we call Pomanders, whereof there are made many sorts, as here may appeare.

Yet men must note here that all such strong odors whereas there is any paine of the head proceéding either of heate or cold, then are they neither so good nor so often to be vsed but in such sort as hereafter followeth, whereby the same paine as it often falleth out, be not augmented.

and

and women must beware of these smels, and especially those that are vexed with the suffocation of the Mother. And if it be in winter, and the patient be cold of complexion, then are you to prepare these pomanders: Take *Gallia Muscata*, Roses, Cloues, Zeduary, Mace, Nutmegs, and Paradise wood, of each a drag. Saffron a scrup. red Storax a drag. and a halfe, *Ambra* & *Muscus*, of each 6. greins, poune them altogether except the two last, and then make thereof with prepared Dragagant a Pomander, euen as is taught in the first part and the second chapter.

Item: Take yellow Saunders a quarter of an ounce, Paradise wood a dragme and a halfe, Roses, Cloues, Sedvary, Mace, and Nutmegs, of each halfe a dragme, Cloues, Cardamom, Coriander, and blacke Coriander, of each a dragme, all of them beaten to fine pouder, *Laudanum* one ounce, *Benzoin* halfe an ounce, dissolue them with Rose water and make thereof an odoriferous Apple or Pomander; and if then you put thereto Muske and Amber, it is at your choise and plasure. This Pomander is speciall good against a bad foggie ayre, and this following may also be vsed in winter: Take *Laudanum*, and red Storax, of each halfe an ounce, Cloues, and Cinnamom, of each a dragme and a halfe, Nutmegs, yellow Saunders, Roses, Basill, and yellow Amber, of each halfe a drag. poune them all togither, but dissolue the *Laudanum* in warme Rose water, and then make thereof a Pomander.

Also the morter (wherein these things haue bene tempered) must be wiped about with a little kemmed shæpes woll, and then wrap thy Pomander therein, afterwardes binde it vp in red sarcenet and then they will keepe their sent the longer.

Another: Take cleane *Laudanum* halfe an ounce, *Benzoin* a quarter of an ounce, red Storax three dragmes, Paradise wood, yellow Saunders, white Frankinsence, and yellow Amber, of each a dragme, Rosemarie flowers, Marierom gentle, garden Mints, and Basill, of each halfe a dragme, Cloues, Nutmegs, Cardamom, Cucubes, and Coriander, of each a dragme; temper them all togither, and forme it into a Pomander with a little liquid Storax, and at the last put a little Muske and Amber vnto it.

But if it be in Sommer, or that the person be of an hot complexion; then take water Lillie flowers, Mints, Violets, wild Vine leaues, Roses, Mirtle seed, white and yellow Saunders, Citron peeles, dryed Quinces, dryed Prunes, of each halfe a dragme, Saffron, and Campher, of each a scruple, *Gallia Muscata* ten graines, make them vp into a Pomander with Vineger wherein fine Bolus is dissolued: with this maist thou also vse Vineger and Rose water.

Item, take Roses, Violets, Bugloss, and Burrage flowers, of each halfe a dragme, yellow and white Saunders, of each one dragme, Irros three dragmes, Baume, Citron shels, of each two dragmes, dissolued *Laudanum*, skant as much that it may be tempered with the rest and made vp into a Pomander with Dragagant dissolued in Rose water, and at the last adde a little muske. There are also diuers Pomanders prepared that are good at all times; amongst which first these three following are to be vsed in the time of the plague.

Take Roses a quarter of an ounce, red and white Saunders, of each a dragme and a halfe, Campher one scruple, *Ambra* halfe a drag. Muske 4. greines, Paradise wood two scrup. Citron peeles half a drag. Cinnamom, Mace, and Nutmegs, of each a scrup. red Storax half an ounce, *Laudanum* one ounce, beate them very small, but dissolue the *Laudanum* with liquid Storax, and then make thereof a Pomander.

Another: Take Roses, Violets, and floures of Bugloss, of each two scrup. Mirrh, Calmus, Nutmegs, Spica of Indy, Sandaraca & Mastick, of each a scrup. Muske & Amber, of each halfe a scrup. red, white, & yellow Saunders, of each a drag. Roses 3. drag. iuice of Purslaine & of Oranges, of each 4. ounces, water lillies, & parched Coriander, of each one quarter of an ounce, red Corall, & burnt Iuory, of each half a drag. sirupe of Citrons & fine Bolus, of each halfe an ounce, sealed earth a quarter of an ounce, poune all that are to be pouned except the Amber and Muske, set them in the Sunne in a close stopped pot, or on a warme fornace vntil all the iuice be dried in, afterwards take foure ounces of *Laudanum*, that is dissolued in Rose water & vineger, and Turpentine washed in Rose water as much as is needefull for a masse, and hereof make them Pomanders. Item, take Roses, Cloues, Mace, Spica of Indy, water Lilly floures, Violets, Marierom, *Asarabacca*, & *Stechas*, of each halfe a scrup. red & white Saunders, red and white Corall, the seed and peeles of Citrons and Cucubes, of each 10. greines, Saffron, Ambra, of each one scrup. Campher, Frankincense, Mastir, fine Bolus, and Sandaraca, of each halfe a scruple, Paradise wood one dragme, *Muscus* three greines, *Specierum cordalium* halfe a dragme, *Laudanum* one

ounce and a halfe, dissolue it in Rose water, and with the rest make a pomander.

Yet another, at all furnished Apothecaries you may finde diuers preparatiues of pomanders, so that thou needst to adde nothing but Muske and Amber, of the which we will describe foure sundry sorts.

Take *Laudanum* three ounces, red Storax three dragmes, Marierom gentle, Roses, Campher, red, white, and yellow Saunders, of each a dragme and a halfe, Cinnamom, Nutmegs, Cloues and Mace, of each a drag. Paradise wood two scrup. dissolue the *Laudanum* (as is afore-said) and then make thereof pomanders, vntill such time as you will adde some other thing to it.

The second is made as followeth: Take *Laudanum* and *Benzoin*, of each three drag. Paradise wood, and Cinnamom, of each a drag. and a halfe, Cloues, Nutmegs, and Cucubes, of each halfe a drag. red, white, and yellow Saunders, of each a drag. Saffron a scruple, poune all that is to be pouned, and forme thereof a pomander as before, and if you list you may prepare it with Muscus, Ambra, and Campher.

Thirdly, take red Storax and floures of Bugloss, of each two scruples, Cloues one dragme, white and red Behen, of each a scruple, Paradise wood two scruples, Myrrha, Calmus, Nutmegs, Spica of Indy, Frankincense, Juniper gum, and Mastick, of each halfe a drag. red, yellow, and white Saunders, of each a drag. Roses three dragmes, Coriander a drag. and a halfe, make it vp as aforesayd.

Fourthly, take Roses two drag. yellow and red Saunders, of each a drag. and a halfe, a scruple of Campher, Amber halfe a scruple, Muscus foure greines, Paradise wood two scruples, Citron pèles halfe a drag. Cinnamom, Mace, and Nutmegs, of each a drag. red Storax halfe an ounce, *Laudanum* an ounce, afterwards make a pomander thereof as before.

Some take an ounce of pure *Laudanum*, and cut the same as small as may be, and mixe therewith pouned Citron pèles and their sèeds, of each a dragme, Saffron and Campher, of each halfe a drag. and tye them altogether in a pèce of Sarcenet, or if you will you may make a pomander of it, tempering it with the iuice of Basill.

## Preseruatiua, or preseruatiues, that defend men from the Plague. §. 12.

THere are also diuers things that men (being in health) may vse in the time of the Plague, whereby they be not so sone infect of other men, for the which first of all these simples are for the most part good, to wit, Citron sèedes, Scabions, Pimpernell the great, Rue, Valerian, Cicorie, Sorrell, and both their waters, Elecampane, Diptamus, Gentian, Tormentill, *Carduus Benedictus*, *Angelica*, & Bayberies, one of these things holden in the mouth, taken in powder, or drunken, are all speciall good against the Plague, and they may be vsed in many other compositions, as may be sène by these following.

All famous Phisitions do for this sicknes counsell, first, that men should spèedely flye farre from the contagious places, and returne backe againe with leasure: for he that is a farre off from the Plague, shall not be infected therewith, euen as no man is slaine in the warres, that is not present there. Also it is to be noted (as hath bèene alreadie sayd) that men ought to be lose bodyed, and frèed from all superfluous humidities and vncleannes. Therefore those that are aboue the age of eleuen yèares, are to be oftentimes purged with these common pils hereafter described. Also care must be taken that the hart and all other principall parts of the bodie be comforted and kept dry, which may be done by the right Bole armeneck. In like manner also with Mithridate and Treacle, if that euery wèeke, or at the least euery ten dayes a dragme in waight be taken with the water of Sorrell, sweating after it, & kèping within doores all the day after.

Yèere is also to be noted, when any one will take of this Treacle or Mithridate, that he haue eaten nothing afore, nor eate not any thing afterwards in fiue or sixe howres. But amongst all other medicines & preseruatiues, these last before mentioned pils beare the prick and price, which are to be had at the Apothecaries, called *Pestilentiales Ruffi*, *Communes*, *de Tribus*, and *sine Cura*, which the principall Phisitions haue described and commended so highly, that it hath neuer bin sène that such as vsed the same orderly were killed of the Plague, which also any one may at all times, be the person yong or old, vse without any danger: for like as it is with a pot beginning to sèethe, it casteth vp scum, and is cleansed through scumming, euen so do these pils take away all superfluities and vncleannes which is gathered together about the principall partes, and preserue the bloud from all kinds of putrifaction. These pils are made in this sort:

Take

Take Aloe one ounce, Mirrha and Saffron, of each halfe an ounce, beate them altogether with good pleasant wine, hereof are you to take euery weeke a dragme, or euery third day three pils as big as a great peale, and thereupon drinke a prette draught of white wine that is delayed with Rose water, or with Sorrell water, yet ought women with Child to abstaine from them. These pils are of great force in the time of the Plague, and do also driue out all superfluities of the stomacke.

Others take Aloe three quarters of an ounce, Mirrha three dragmes, Saffron one dragme, Rubarb a quarter of an ounce, prepared *Agaricus* one dragme, Cloues, Citron seedes, and the peeles, and Spica of Indie, of each a scruple, Tormentill, and red Saunders, of each a dragme and a halfe, fine Bolus three dragmes, Campher ten graines, poune them well all together, and make pils hereof with sirupe of Citrons.

Item, take the iuice of Sorrell, the iuice of Bugloss, and of Cicorie, of each two ounces, fine Bolus one ounce, mixe them all together, and stirre them often in 24. howres, afterwards adde these things following, Aloe three ounces, Camfer two scruples, Saphirs, Jacincts, and Smaragdes, of each halfe a scruple, Perles one dragme, Citron seede a quarter of an ounce, Paradise wood, Basill seede, Amber, red Coral, and Zeduary, of each eight greines, Roses, Violets, Sorrell seede, Burrage floures, and floures of Bugloss, of each halfe a scrup. stamp them all together, and mingle it well, and afterwards set it in the Sunne or in any other warme place till all the iuice be dryed away. This being done, then powre more iuice thereon againe, and so do three times. Now whē you desire to vse hereof, then make seuen pils of one drag. with some *aqua composita*, and take hereof euery morning or euery euening one pill, and that before meales.

These following are also highly commended: Take of the common Plague pils (that are herebefore described) fower scruples, prepared *Agaricus* halfe a dragme, Zeduary and *Angelica*, of each one dragme, Rubarb one scruple, *Trociscorum Alhandali* fiue greines: then make pils hereof with water of *Carduus Benedictus*: take of these pils one drag. once a weeke, three houres after supper, and in the morning drinke a good draught of the decoction of Peale, and eate somewhat three howers after.

Some vse these pils following: Take Aloe and *Agaricus*, of each one dragme, Mirrhe and fine Bolus, of each a quarter of an ounce, Saffron a dragme; then make pils hereof with Balme water, or water of Bugloss, and so vse them as hath been said.

These pils following do not purge, but defend the hart and all inward parts from all bad infection: take Paradise wood halfe a dragme, burnt Harts horne two scruples, red Saunders one dragme, Tormentill, Citron seede, *Terra sigillata*, and red Coral, of each halfe a scruple, Sorrell seedes, *Diptamus*, and Zeduary, of each a scruple, fine Bolus three dragmes, *Species de gemmis frigidis* a dragme and a halfe, *Lignum Balsami* halfe a dragme, Camfere 4. greines: then make hereof pils with sirup of Citrons, or with the iuice of Ribes.

These following are yet more forcible: Take Paradise wood halfe a dragme, Tormentill two scruples, *Diptamus* one scruple, Zeduary and *Lignum Balsami*, of each halfe a dragme, Saffron one scruple, Cloues fiue greines, Uerueine halfe a dragm, burnt Harts horne two scruples, red Saunders one scruple, red Coral and Sorrell seedes, of each halfe a drag. fine Bolus three ounces, *Species de gemmis frigidis* three drag. Camfere fower greines, make pils hereof with sirup of Citrons, or with the iuice of Ribes.

Others that are good for the hart: Take Citron seedes two dragmes, Jacinct, Smaragdes, *Doronicum*, and bones of a Stags hart, of each one scruple, Zedvary, wood of Paradise, of each two scruples, the rootes of fiue leafed grasse, or Cinquefoile, of each a quarter of an ounce: then make pils hereof with sirupe of Citrons.

Of all these foresaid pils may be vsed which you please, and when you please, therewith to comfort the hart, and defend it from all ill ayre.

There are also diuers Confections prepared for preseruatiues, that you may vse in stead of pils, to wit, morning and euening, wherby nature is ayded, thereby the better to withstand the pestilent ayre.

For these, take *Terra sigillata*, white *Diptamus*, fine Bolus, Mirrhe, Wormewood, Rue, Scabious, Pimpernel, Sorrell, and Zeduary, of each a dragme, Aristology, Tormentill, and Bayberries, of each a dragme and a halfe, fiue or sixe kernels of Walnuts, ten or twelue new Figs, Mithridate, and Treacle, of each an ounce, Saffron and Camfer, of each a scruple, Unicornes

horne, prepared Pearles, bones of a Stags hart, burnt Harts horne, and Smaragds, of each one dragme and a halfe, pæled sædes of Citrons halfe an ounce, Mace one dragme: poune all that is be pouned, and then temper all togither with sirupe of Citrons to the consistence of a confection. This Confection killeth all venome of the Plague, and preserueth men very marueilously from her infections, if they take thereof in the morning and euening, to wit, in winter time with a draught of Palmesey, and in summer with Rose water. But if you haue not these confections, then vse that of Nuts and Rue, that herebefore is described in the eleuenth §.

Another Confection that is most excellent; take Iuniper berries, Cloues, Elecampane rots, and Nutmegs, of each one dragme, Aristology and Gentian, of each three quarters of an ounce, Purslaine and Sorrel sædes, *Doronicum*, red and white Behen, *Spodium de Canna*, bones of a Stags hart, Paradise wood, red and white Corall, shauings of Iuory, Bayberries, Mastick, and Rue, of each two scruple, Figs, Raisons and Dates, of each an ounce, Saffron two scruples, Cinnamom and Licorice, of each halfe an ounce, Tormentill and rotes of Auence, of each three dragmes, white *Diptamus*, Almonds, Pingles, pæled Melonsæde, Gourd sædes, Citrul sædes, and pæled Cucumber sædes, of each one ounce, prepared *Agaricus* three quarters of an ounce, the rote of *Peucedanus*, *Terra sigillata*, *terra S. Pauli*, and fine Bolus, of each two drag. Pomy, and Seduary, of each one dragme, Camfere halfe a dragme, *Species Diatriasantalum*, and *Diarrhodon*, of each two dragmes, Citron pæles, Smaragdes, of each a dragme, *Muscus* a scruple, Treacle, *Diatessaron*, and *Mitridatium*, of each an ounce; poune all that is to be pouned, and hereof make a Confection with sirup of Citrons. Item take Conserues of Roses, of Violets, of Burrage and of Bugloss, of each halfe an ounce, Smaragde, Jacinct, and Pearles, of each one dragme, bones of a Stags hart, filed gold, Citron sædes, fine Bolus, and sealed earth, of each halfe a dragme; poune all that is to be pouned, and then make thereof a confetion with sirupe of Citrons.

Another: Take conserue of Roses, of Bugloss, of each an ounce and a halfe, *Doronicum*, bones of a Stags hart, Jacincts, Smaragds, Saphires, of each halfe a scruple, yellow Saunders, Cinquefoyle, and Paradise wood, of each three dragmes, Sugar one ounce, wine of Granado, and sirup of Limons, of each halfe an ounce, ten or twelue gold leaues; then mingle altogither to the consistence of a confection.

Another that is very good and approued: Take Conserue of Roses, of Bugloss, and of Burrage, of each fiue ounces, *Doronicum*, Seduary, Basill sæde, Mace, Saffron, and *Adiantum*, of each one dragme, bones of a Stags hart, Jacincts, Smaragdes, and Saphires, of each a scruple, Pearles one drag. fiue leaues of beaten gold, sirupe of Apples, and of Citron pæles, of each two ounces, Violet water three quarters of an ounce, white Sugar fower ounces; slæthe the sirup and Sugar with water enough, till it be as thicke as Hony, and afterwards temper the spices therewith: then beate it well to gither, and put thereto Rubarb one quarter of an ounce, that hath bæn steeped fower and twenty howers in Malmsey: Lastly ad thereto Muske and Amber, of each fower greins: This being done, mingle them all togither, and keepe it safe (being well stopt) in a glasse.

Item, take Mithridate and Treacle (that at the least is ten yere olde) of each halfe an ounce Citron sæde, and fine Bolus of each halfe a dragme, Rose water (with the which *Muscus* is dissolued) as much as is nedefull for a confection: Hereof may you vse euery day one drag.

All that are sound and whole, as also those that are infected, may vse the waight of a quarter of an ounce of this confection following, morning and euening, without any danger: Take Jacincts, Granadoes, Smaragds, Saphires, Pearles, bones of a Stags hart, and Paradise wood, of each halfe a dragme, Red and white Saunders, red and white Corall, burnt Iuory, Tormentill, fine bolus, *terra sigillata*, Camfere and small filed gold, of each one scruple; beate them all togither very small, and then take Sugar fiue ounces, that is sodden with Rose water to a sirupe: then temper it so thick as you wil haue it, with sirup of Citrons. Men may vse also otherwhiles in stead of this confection, two or three dayes togither, of this drinke following, which also is a wonderfull preseruatiue a gainst the Plague, and may be vsed as well of yong as of old folke, yea also of yong children, and women with child: Take fine Bolus a dragme and a halfe, beat it to fine powder, and drinke it with white wine and with Rose water, very warme in the morning: and eight daies after you must take a dragme of Treacle or Mithridate, in the winter with wine, and in the summer with Rose water.

These

These foresaid medicines are not only good against the Plague to come, but also against that that hath already infected.

And forasmuch as those foresaid confections are made of many costly things, that may be too deare for the common people, for this cause haue we of purpose described the confection of Nuts and Rue, which they may vse in steade of these. Or take the kernels of Nuts, Rue, and Juniper leaues, of each a like quantity; poune them all well togither, and with Vineger make thereof a confection, whereof euery morning you may take the bignes of a Nutmeg.

In like maner may one also prepare this following: take eight and twenty or thirty Nut kernels, and forty or forty and two Figs, Wormewood Rue, Scabious, and Sorrel, of each half a ℔. Aristologie two dragmes and a halfe, Tormentill, Pimpernel, and white *Diptamus* of each one dragme, fine Bolus halfe a dragme, red and white Corall, Sorrell seedes, of each halfe a dragme, Citron seedes one dragme, Juniper berries three dragmes; chop and stampe all that must be stampt, and hereof with clarified hony make a confection: hereof may one take at one time the bignes of a Walnut.

Also make another, which is called the confection of Juniper berries, as followeth: Take Nut kernels, Juniper berries, of each two ounces, beat them wel togither, put thereto fower ounces of clarified Honie, and temper with it, Cinnamom, Ginger, Mace, and Cloues, of each a dragme, white *Diptamus*, Tormentill, Sedoary, Citron peeles, Rue, *Carduus Benedictus*, and S. Johns wort, of each a quarter of an ounce, Cardamome, Paradise wood, blacke Coriander, *Angelica*, white and red Behen, fine Bolus, and sealed earth, of each a dragm; then mingle them all togither. If the quantity of Nutkernels, Juniper berries, and Hony be too little, then may you take twice so much. And for the common sorte it is also excellent good, that euery morning he doe take eight or ten Juniper berries that haue been steeped in vineger.

Now follow certaine powders that preserue men from the Plague: but (as hath been said before) great regard is to be take in the time of the plague, that the hart may be defended from al pestilent infections as much as is possible. To this end are all the abouesaid medicines, also manie powders, confections, cordial waters, and other such like, as hereafter followeth prescribed: Take Rubies, Granates, Jacincts, Smaragdes, & Saphires, of each half an ounce, white & red Corrall, and shauing of Iuory, of each three quarters of an ounce, shauen Harts horne, & Sorrell seedes, of each halfe an ounce, prepared Pearles a quarter of an ounce, Saffron ten greines, beaten gold fower leaues; mingle them all togither.

Item, take prepared Rubies, Saphires, Jacincts, Emrodes, and Pearles, of each halfe a dragme, red Corall, burnt Iuory, shauen Iuory, Vnicornes horne, *Diptamus*, Sedoary, Cinnamom, and Tormentill, of each two scruples, *Doronicum*, Aristology, red, white, and yellowe Saunders, Citron peeles, and Sorrell seedes, of each halfe a dragme, Saffron two scrup. white Amber one scruple, red and white Behen, of each two scruples and a halfe, Sugar fiue ounces and a halfe; mingle them all togither, and then take halfe an ounce thereof euery time.

These following doe the Apothecaries call *Species liberantes*, that are very much esteemed, and much vsed at Ausburg, by reason they defend the hart and all inward parts very maruellously against against all venemous ayre; they are made in this manner: Take prepared Bolus and sealed earth, of each three quarters of an ounce, Tormentill, Sorrell seede, seede of Endiue, peeled seedes of Citrons, and prepared Coriander, of each three dragmes, red, white, and yellow Saunders, prepared Pearles, red and white Corall, yellow Amber, shauen Iuory, bones of a Stags hart (that hath been steeped a while in Rose water) red and white Behen, *Doronicum*, Cardamome, Mace, Paradise wood, Cinnamom, Saffron, Sedoarie, and Cassy wood, of each a dragme, Emrods, Saphires, Granates, and silke wormes nests (chopt as small as may be) of each a scruple, Camfere fowerteen greines, Muske and Amber, of each fiue greines, Sugar candy, and Sugar pennets, of each a quarter of an ounce: beate all very small, & mingle it togither: ye shall giue one dragme of this powder in the winter with wine, and in summer with Sorrell water.

The Emperors powder against the Plague: Take Pimpernell, Gentian, Tormentill, Dragon, Rue, Wormewood, Nut kernels, prepared Granats, and Juniper beries, of each a like much; make them into powder, and vse it vpon a rosted peece of bread. If you will make a confection of this powder, then put thereto Rose vineger, and Treacle, as much as shall suffice.

Another

Another powder: Take fine prepared Bolus one ounce and a halfe, Cinnamon one ounce, Tormentill, and white *Diptamus*, of each halfe an ounce, Pimpernell, *Angelica*, and Gentian, of each a quarter of an ounce, prepared Coriander three dragmes, Saffron, Sealed earth, Citron peeles, red and white Behen, red Corrall, yellow Sanders, shauen Iuorie, & prepared Pearles, of each a quarter of an ounce, burnt Iuorie, Paradise wood, and bones of a Stags hart, of each two scruples, Granates, Saphires, Iacincts, Emrods, and Rubies, of each halfe a dragme, Spike of Indie three graines, Amber fiue graines, Muske two graines, Campher fiue graines, Sugar as much as all the rest do weigh: temper them well togither and make them into a subtile pouder, and vse it as afore.

Another like vnto this: Take fine Bolus very small beaten two ounces, Tormentill, *Doronicum*, *Diptamus*, and red Saunders, of each one dragme, shauen Iuorie, burnt Iuorie, and Citron peeles, of each halfe a dragm, Pearles two scruples, Rubies, Emrods, Granates, Saphires, and Iacincts, of each one scruple, bone of a Stags hart a dragme, Unicornes horne halfe a scruple: temper them togither and giue halfe a dragme hereof at once. You may if you will put Sugar vnto it.

Item: Take Citron seedes, and Sorrell seedes, of each two dragmes, *Diptamus*, Gentian, and Tormentill, of each two dragmes and a half, fine Bolus, and Cinnamon, of each one ounce, Pearles, Saphires, and bones of a Stags hart, of each one dragme, red, white, and yellow Sanders, and small Basill seedes, of each a dragme and a halfe, make pouder thereof. But if you wil make a Confection of it, then take an ounce and a halfe of the foresaide pouder, and twelue ounces of Sugar: and when you haue taken of it, then drinke a draught of Sorrell water after it.

*Montagnana* writeth that he neuer sawe any that haue died of the Plague, which diligently vsed this medicine.

Of all these foresaide pouders may also *Manus Christi*, or Sugar Cakes be made. The common custome is to take one ounce and a halfe of pouder, and twelue ounces of Sugar.

When the Arche Duke *Maximilian* that now is Emperor of Rome toke his iourney into Spaine, then was this pouder following ordained for him as a preseruatiue against all bad ayre: take Zeduary, Cloues, Nutmegs, Mirtle kernels Cinnamon, & Ginger, of each a quarter of an ounce, Gentian, *Diptamus*, Tormentill, Elecampane rootes, and Aristologie, of each a drag. and a halfe, Nutmegs, Sage, Rue, Baulme, Piony seedes, Citron seedes, Sorrell seedes, Basill seedes, Bayberries, Mastick, *Doronicum*, Frankinsence, fine Bolus, Sealed earth, and burnt Iuorie, of each half a drag. bones of a Stags hart, red Corrall, and Pearles, of each one scruple, conserue of Bugloss, and of Burrage, of each halfe an ounce, Rose water, and Scabious water, of each three ounces; then mixe with them ten graines of Campher, and boyle them with eight and twentie ounces of white Sugar to the consistence of a confection: and when the same beginneth to be cold, then temper the species with it, and so make *Manus Christi* of it.

These Sugar cakes following are very common at Heydelbourough in high Germanie: Take *Species Diamargariton* a quarter of an ounce, *Liberantes* fower scruples, Zeduary, and Citron peeles, of each one dragme, *Doronicum*, *Angelica*, and Pimpernell, of each halfe a dragme, Couchenele two scruples, Cinnamon a dragme and a halfe, Cloues one dragme, Unicornes horne halfe a dragme, Smaradges ten graines, *Muscus* two graines, beaten Gold, three leaues, white Sugar nine ounces: dissolue the Sugar in water wherein red crimson silke is sodden, and make hereof *Manus Christi*.

This following do the Phisitions call *Alexipharmacum*, that is, such a medicine that can expell all manner of venom, and whatsoeuer els is hurtfull to the bodie: Take Sallet oyle of one hundreth yeeres old or more, & if you cannot get such oyle, then boyle it vntill it wareth eger and sharpish, thirty ounces; Turpentine three ounces, *Euphorbium*, and Beuercod, of each half a drag. dew or raine Wormes (washed in Wine) halfe an ounce: afterwardes put therein eightie or ninetie Scorpions, and in the Dog daies take the Adder that is called *Viperam* cut in peeces, and let the oyle seethe in boyling water the space of fower howers, afterwardes set it ten daies in the hot sunne. This being all done, adde to it Zeduary, Gentian, Tormentill, white *Diptamus*, Aristologie, and Rubarbe, of each halfe an ounce, Hollyhocke leaues, Saint Johns wort, Danewæde, and Rosemarie, of each halfe a handfull, Treacle, and Mithridate, of each halfe an ounce; then poune all that is to be pouned, and temper them togither; and then being close stopt, burie

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it in horse dung for the space of three moneths. Lastely presse it through a strong strainer, and all that you can get out shall you reserue in a pewter bottell.

This medicine must be vsed in manner as followeth: to wit, that you take it cold, and not warme. It sufficeth also to annoynt the hart, the pulses, and the temples of the head but thrice a day, leauing two howers onely betweene euery inunction.

At Pisa is a custome that the Magistrates euery yeere giue to the Vniuersitie two prisoners that haue deserued death for to anatomiez, which is a good meanes to proue this medicine. When as they giue vnto one of these prisoners one scruple of Rats bane, and eight howers before his death annoynte him with this salue as is aforesaid; then find they indeed that such men might afterwards liue fiue daies longer. These aforesaid receits haue beene of others described but falsly.

This mixture following is highly commended to annoynt withall: Take Amber halfe a dragme, Annis seede halfe a scruple, Paradise wood, *Laudanum*, red and white Behen, of each a quarter of an ounce, Mace, and Citron peeles, of each two dragms and a halfe, Nutmegs, white Coral, red and white Saunders, of each one dragme, beaten Gold fiue leaues, Basill water, water of Saffron flowers, and Rose water wherein Muske is dissolued, of each fiue ounces, Vineger two spoonefuls, Malmsey two ounces; temper them well togither a great while, and annoynt oftentimes the pulses therewith, the temples of the head and the face, and reserue it being stopt very close.

In Saxony they haue a salt of Wormewood, called *sal Absinthij*, which will free and defend men from the plague without any further care.

We will also here describe certaine drinkes against the plague: First, it is not vnknowen what power there is in the compounded *Aqua vitæ* against the plague, and against all venomes, as is sufficiently rehearsed in the eight part.

An approued water: Take Tormentill, Valerian, Pimpernell, Dragons, *Diptamus*, sealed earth, fine Bolus, drie Vineger dregs, and long Pepper, of each half an ounce, Saffron one drag. Amber halfe a drag. Treacle an ounce, *Nux vomica*, and *Carduus Benedictus*, of each three quarters of an ounce; poune them all small togither, and powre as much thin white wine vpon them as you please; let it so stand fower dayes, and of this drinke a spoonefull at once, sweat vpon it, and fast fiue howers after it.

For the common people you may prepare this following: Take Valerian, the roots of great Burs, *Bardana*, *Diptamus* of Candy, Gentian, Bistorta, Tormentill, and Pimpernell, of each a like much: beate altogether grossely, and powre *Aqua vitæ* vpon it as much as will couer it; insolate it fourteene daies long, stirring it about euery day. This being done, then must you not take aboue a spoonefull of it at once. Also you may distill it, and vse it by it selfe: but by my counsell this should not be vsed in summer.

This drinke following hath been approued of many thousands: Take in May the rootes of great Burs, called *Bardana*, sixteen ounces, of the middle rinde of the Ash tree two M. chop it small togither, and distill it: giue of this water to drinke three or fower ounces, to wit, when hee is thought to bee infected of the Plague: it is also wonderfull good against all biting of madde Dogs.

Another: Take Rue, Wormewood, Roses, and Juniper berries, of each a handfull, twenty or twenty fiue kernels of Nuts; stampe these all togither to pap, powre wine and vineger theron of each one pinte, and stop it tight: then let it seethe in *Balneo* fower and twenty howers: this being done, then straine it, and of this giue euery morning fasting two spoonefuls to drinke. Item, take fifteene or sixteene heads of Leekes, peele off the vppermost shales, and stampe them small, and afterwards mixe thin white wine with them, and vineger of Rue, of each a good pinte or a pint and a halfe, and good Treacle one ounce, and keepe it close stopt in a glasse. And when you will vse it, then giue thereof a spoonefull or twaine to drinke in the morning betimes. It driueth out sweat, and expelleth venemous ayre. This drupe following is highly commended: Take Citron peeles, rootes of Capers, Verueine, red Saunders, and burnt Ivory, of each a quarter of an ounce, Cloues, Bugloss, Baume, Burrage, Calmus, of each halfe an ounce, Sorrell, Liuerwort, & Mallowes, of each three drag. Cicory seeds, Melon seedes, seedes of Pompeons, Gourds, of Cucumbers, and violets, of each two ounces, *Thymus*, *Epithymus*, of Polypody, *Mirobalani Chebuli*, and yellow Mirobalans, of each one ounce, *Agaricus* and Rubarb, of each halfe

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an ounce, the iuice of Fumitory, of Wormewood, of Danewæde, and of broad Plantaine, of each fiue ounces, the iuice of Quinces eightæne ounces, *Diagridium*, a quarter of an ounce, white Sugar twenty fower ounces; make hereof a sirupe: And when it is almost sufficiently decocted, then powre therto fower ounces of the iuice of Quinces, and then let it boyle till his consistence. This sirupe is maruellous good in the time of the plague; for it dryeth the body moderately, and clenseth also the same of all superfluous humors: it strengtheneth the hart, the liuer, and also the inward parts: You may take of it one ounce and a halfe, or two ounces euery weeke with the water of Bugloss, early in the morning, and then to sleepe thereupon a while, or at the least to lie still an howr after it.

Hitherto haue we described many medicines, whereby the healthy (in time of the plague) may be preserued. All these things must be vsed in good order, like as these medicines following also, to wit, that you vse sometimes the one and sometimes the other, and not alwaies one and the selfe same, that nature not accustome her selfe to it, and in the end doe thinke the remedy to be rather a foode than a medicine, so that it by that meanes cannot haue her operation.

*The sixteenth Chapter.*

## When any are infected with the Plague.

NOw this Chapter shall onely intreate of those that are already infected with the Plague, be it by what meanes soeuer that they haue first gotten the same; as with Agues, swellings, plague sore, or such like.

### Of the Ague in the Plague. §.1.

THe Plague commonly commeth alwaies first with an Ague, whereupon presently followeth the Tokens or Carbuncles.

Of the causes of these twaine hath been spoken before; whereby it hath also been said, that in the time of heate, as in the Dog dayes (when heate of man is drawen inward) that the hart as then is inflamed through an vnnaturall manner of heate: then also the outward ayre (wherein we continually abide) increaseth the heate, and the hart is so set on fire, that the heate spreadeth ouer the whole body, and thereby quickly causeth a pestilent Ague, especially if there be such humors in the body that are subiect to inflammation, but if the body be not thereby inclined, then can there be no cause (how violent soeuer it be) of such infection.

### Of the signes whereby this sicknes is knowen. §.2.

EVen as all other sikenesses haue their certaine signes, whereby they are knowen, so is it with this venemous ague, which manifesteth her selfe with seuen kinds of accidents: whereof the first is, and vnnatural cold and shaking, wherupon straight way followeth a great heat; albeit the same oftentimes altereth, so that sometime first the heate and afterwards the cold insueth. Secondly, let this happen howsoeuer it will, there followeth alwaies after it a great and intollerable thirst. Thirdly, bitternes and vnsauery of the mouth. Fourthly, losse of appetite. Fiftly, heauines of all parts of the bodie, with wearisomnes and sleepe. Sirtly, a binding of the bodie and the going to the stole is by constraint, and with great stench: the vrine also commeth with a great quantitie and stinketh much: lastly, bereauing of sleepe. And albeit these foresayd signes manifest sufficiently the violence that nature suffereth, it is to be wondred at, neuertheles that at the first neither by the nature and qualitie of the ague, nor by the pulse, nor by the vrine this infection is to be discerned, for it often hapneth that the vrine of all men so infected is very like the vrin of the sound, and that the heate is also much lower and obscurer then that of any other agues, and the pulse also quiet and scant to be felt.

Now when all these signes or any of them shall appeare, or that there be a plague sore, or other signes moe, then all auncient and latter Phisitions conclude with one consent, that there is

is nothing more profitable and requisite then that the patient do sweate well, and be delt withall as hereafter followeth.

## By what meanes the patient is prouoked to sweate. §. 3.

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FIrst, they ordaine these confections following, whereof shall be taken the quantitie of an hasell nut: Take one ounce of Treacle, Pimpernell, Gentian, *Bistorta*, Tormentill, Sage, Rue, Wormewood, Juniper beries, and nut kernels, of each one dragme, stamp them all together, and then with vineger make it into a confection. Or vse this confection following, called *Bezoarctica*, one dragme warmed in Sorrell water, or in water of *Carduus Benedictus*, at what time so euer you will, and then couer him very well, and then let him sweate thre or foure howres (if he be able) for the more he sweateth, the better hope is there of his recouery. But if the patient be vnder the age of twelue yeres, yet aboue fiue yeres, then must you giue him halfe a dragme, and further deals as is aboue said. It is also nedefull, if the patient may abide it, that he sweate morning and euening, this confection is made as followeth: Take of the best Treacle and Mithridate, of each halfe an ounce, Pimpernell and Angelica, of each ten greines, Cardamome fiue greines, Campher thre greines, Cinnamom ten greines, put them all together. But if you haue none of this confection at hand, then a dragme of Treacle or Mithridate with any of the foresaid waters, or take of the golden egge, which is described after two manner of wayes as followeth.

Take a new layd hen egge, and make a little hole in the top that the white may issue out, and the yolke tarry within, then fill it vp with good poudred Saffron, and shut to the hole on the top againe with the white of the eg and eghell, then rost it by a mild fire so long as the shell will hold, and that it be cleane all browne. This being done, take off the shell, and poune the inner part very small, then mingle it with white Mustard sedes, *Diptamus*, and Tormentill, of each a quarter of an ounce, *Nux vomica* a dragme: lastly, adde good Treacle to it in waight as heauie as all the rest, then temper it all together two or thre howres together, and make hereof a hard confection, which men call the golden Egge, and will remayne good twentie or thirtie yeres. The golden Egge.

The second: Take all that is before rehersed except the quantitie of the Treacle, and put thereto Angelica, Pimpernell, Zeduary, Campher, and good Treacle, of each as much as of the other, and that in waight: but I thinke that there is too much Campher, and too little Treacle.

Whereas it is not a little auaileable to know how this confection is to be vsed, therefore you shall vnderstand, that whensoeuer as this sicknes first beginneth with cold, then must you (if it be a man) before that twelue howres be past, giue to him the waight of a duccat, to a woman as much as a Rhenish gildern wayeth, and a child or boy half as much, with a small wine. But if this sicknes taketh one with heate, then take in the place of wyne water of Cicorie, or if you cannot get it, then take halfe wine halfe vineger, and sweate vpon it. This confection may be vsed at all times against all bad humors and venime, yet then must the *Nux vomica* be left out.

In the fift part the twelfth Chapter 1. §. is likewise shewed how to prouoke sweate. The auncient Phisitions accustomed to vse this powder following for to cause sweate: take Valerian rotes thre quarters of an ounce, Gentian, white *Diptamus*, and dry Rue, of each one ounce, good Saffron one dragme, red Corall, and Mace, of each a dragme and a halfe, temper it, and poune it all together, and giue one dragme thereof with a draught of wyne.

A maruellous oyle for to procure sweate: Take a glasse bottell as big as you will, fill the same half full of Elder floures, and put thereon the third part of Hollyhock floures, or floures of *Ebulus*, & againe thereupon a third part of the floures of S. Johns wort, so that with these thre things the glasse be full: this being done, powre thereon old Sallet oyle (the older the better) and at last stop it very close, and so let it stand all the Sommer a sunning, with this oyle must you rub the bodie very warme thre or foure times a day. It hath bin approued, that this oyle through the abundant sweat that it prouoketh, expelleth all contagion of the Plague.

Here follow now Diaphoreticall potions: Take Rue, Wormewood, and the vppermost tops of the blackberries, of each a handfull, Celandine a handfull and a halfe: powre thereon a

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pinte of vineger, afterwards stop the pot very close that there come out no vapor, and then let the third part sethe away; then strayne it out, and kéepe it close stopt, and when any are infected with the Plague, or in any wise poysoned, then giue him of this drinke, to wit, two or three ounces, and let him sweate after it, and not slépe at all.

The water of *Geranium* is also very good against all venim, and therefore good to be vsed in time of the Plague, whether there appeare any swelling or any other accidents, or not.

Some also commend this composition following to be an especiall remedie, and it is in déede not to be disdayned. Take a great Dynion, cut off the top, and make a hole therein, and then fill him with Treacle and the iuice of Rue and vineger, of each one dragme, then close the top to againe with the péece which you clipt and cut off, and fasten it with two sticks, and wind it in wet towe: this being done, roste it in the hot ashes till it be very mellow, afterwards stamp it to pap, and then strayne it thorow a cloth, and it will be a broth, then preserue this broth till time of néede. If one then be found that he be poysoned, then giue him a dragme thereof, and hold tosted bred sprinkled with vineger before his nose that he cast it not vp againe, and let him lye downe on the bed that he may sweate. But it is to be noted, that slépe in sweating is forbidden and hurtfull, wherefore the patient shall not slépe till the sweate be gone, that the venim hasten not towards the vitall parts, afterwards he may slépe, that he ware not impotent and weake, yet he is otherwhiles to be awaked. And if the age or might of the patient will permit it, then ought he to be let bloud, that the contagious matter which corrupteth the bloud and hurteth the principall parts, might be let out, and the inflammation lessened.

Herein do many Phisitions and Barbers dote and erre very absurdly, which straightway as sone as the suppose it to be the Plague, not perceiuing any signe thereof, begin their cure with letting of blod. For albeit that it may not be delaied too long, yet ought it not rashly to be done by reason of the former causes.

When the patient thus sweateth, then must the same be wiped from his face with a cloth, and hold before his Nose Rose vineger, Rose water, or such like: also let the ayre of the chamber be cleansed and perfumed with fire or sprinckled with Vineger; but especiall héede must be taken that the sweat strike not againe into the body. As he hath now sweate well and is wiped cleane, then must he be layd in another bed: for the exchange of beds is very good; for thereby they are the lesse infectious, which otherwise increaseth still more and more, and is more hurtfull for the diseased person.

Some are of opinion that the patient should not take any thing within an howre after his sweate, that nature first might be able to indure and beare it the better.

Besides the airing and sprinckling of the chamber, it is good counsell for the riche that there be a cloth wetted in Rose water, and hanged in the night before the bed of the patient; and when it is dry that it be moystened againe.

## How to comfort those that are infected with the Plague. §. 4.

For as much as there are many causes in this sickenes wherby the patient may be weakened, which the disease of it selfe bringeth with it, as great heat, much watching, thirst, pain, sweat, & such like things moe: wherfore good regard must be had how that the hart might be comforted and naturall strength be maintained: For the which this water following is ordained for the common sort of people, which not onely strengtheneth, but also driueth out the sweate: Take new distilled water of the kernels of Nuts fower ounces, poudered Verueine one dragme, good Treacle, two scruples, Saffron seuen graines: then mingle it all togither, and so giue it warme.

It profiteth much also that the patient alwaies haue in his hand odoriferous things, wherewith the hart, the braines, and all inward parts may be comforted, and the bad vapors taken away; for the which this Pomander following is very commodious.

Take red, white, and yellow Saunders, and Roses, of each one dragme, Saffron, and Campher, of each one scruple, Muske, and Amber, of each fiue graines; then make hereof a Pamander with Dragagant that is dissolued in Rose water, and then binde it in red sarcenet as is beforementioned.

Of

Of these Pomanders, as well hot as cold of nature are herebefore diuers described, where we haue treated of the preseruation of the healthie. And these sweating patients must not abstaine from meate, for that the emptines of the stomack is very hurtfull for them; and what meate and drinke is good for them, that shall be shewed hereafter. If the sicke person be so weake and feble that he may not be let bloud nor purged, then giue vnto him this drinke following, that shall do him good: Take white *Diptamus*, Tormentill, white Corall, Gentian, fine Bolus, sealed earth, and Verueine, of each one dragme, beate them all very small together, and take thereof one quarter of an ounce, good Treacle one dragme, iuice of Scabious foure ounces, Vineger halfe an ounce. But if you cannot get the iuice, then take the water of Nut kernels, and let him drinke it warme: yet in winter giue him wine in stead of these waters. The next day giue to the patient fine Bolus tempered with as much conserue of Roses, and foure ounces of Scabious water after it. Sometimes also must the common pils be vsed.

There is also to be made this cordiall confection as followeth: Take prepared Rubies, Jacincts, Granats, Smaragdes, fine Bolus, Perles, bones of a Stags hart, fine filed gold, and small filed Unicornes horne, of each one scruple, rawe silke that is cut very small, Roses, Amber, Citron péeles, and shauen Iuorie, of each halfe a dragme, white Sugar dissolued in the iuice of Limons as much as you please, séethe the same as thick as hony, and mingle the rest amongst it to a confection. Giue of this to the patient two or three dragmes with fresh broth, for it strengtheneth maruellous much all the vitall parts, it resisteth all vapors, and breaketh the force of the Ague.

In like manner there are cordiall waters to be outwardly applyed, whereof some shall be shewed hereafter.

Take Rose water sixtéene ounces, water of Endiue, Bugloss, Nightshade, Baume, and of Sorrell, of each eight ounces, Vineger, and good white wine, of each three ounces, red, white, and yellow Saunders, of each one quarter of an ounce, Corall and Roses, of each one dragme, burnt Iuorie, Saffron and Campher, of each halfe a dragme, then mingle them all together, and so wetting in it a double cloth, lay it ouer the hart.

Or take water of Bugloss, and of Sorrell, of each three ounces, water of Willow leaues, Roses, Wormewood, Grasse, Baume, and of the wild Vine leaues, of each two ounces, *Spec. Cordialium temperatarum* a dragme and a halfe, Saffron eight greines, Myrrha, *Diptamus*, Gentian, Paradise wood, yellow Saunders, Basill séede, red and white Behen, Jacincts, and Smaragdes, of each halfe a scruple, iuice of Limons three ounces, Vineger one ounce, Malmesey fiue ounces, put them all together.

Item, take the water of Bugloss, of Scabious, Violets, and of Burrage, of each fiue ounces, Rose water wherein Muske is dissolued eight ounces, *Specierum Cordialium* one ounce and a halfe, Campher halfe a scruple, white Corrall foure scruples, prepared Pearles a dragme and a halfe, beaten Gold eight leaues, Malmsey foure ounces.

Note that you must temper the water and the Malmsey togither: and when you haue taken twelue ounces of the same, then must you take a dragme of this pouder and mixe with it, and vse it as is before rehearsed.

Another: Take Sorrell water, and *Cardus Benedictus* water foure ounces, Vineger of Gilloflowers one ounce, *Species de gemmis frigidis* a quarter of an ounce, Saffron two graines, Campher fiue graines, Malmsey halfe an ounce, temper them all togither.

When as these cordiall waters are laide on the hart, then may you annoint the sicke bodies left breast pap with this salue following: Take an ounce of the best Treacle, iuice of Limons, and of Vineger, of each halfe an ounce, Saffron, and Campher, of each one scruple; then mingle them togither, and spread it on a cloth or on a red crimson clout.

This following is stronger: Take good Treacle two ounces, Rubarbe, and *Carlina*, of each one dragm and a halfe, olde oile of Oliue twelue ounces, fortie or 45. Scorpions: poune all that is to be pouned, and then let it séethe in water in a pot alone fiue or fixe houres long; afterwards straine it thorow a cloth, and first annoint the hart, the pulses, and the temples of the head. Afterward he must be annoynted vpon all outward signes or sores of the Plague, and at the last round about the necke: and this annoynting must be done once euery fixe howers very warm: the chamber must also be kept fumed and continually sprinckled.

We haue also made mention here before in the first part, the second chapter, and tenth §. and shortly

shortly after in the Ague *Hectica* of many things wherewith sicke folks are to be comforted and reuiued.

## What is to be done after sweating. §. 5.

When as then the patient hath sweat, is wiped, and layd in fresh bedding, then do some counsell to giue him out of hand one dragme of fine Bolus, to wit, with Rose water if a great heate be adioyned, or with wyne if without heate, and that not at one time only, but euery day: but it importeth very much whether you haue the right fine and orygent Bolus or not, for there are many kindes of earths vsed in stead of it.

Further, let him take immediately after his sweating, to wit, three mornings (one after another) of these sirupes following, for the cooling of these hot Agues, to warme the same first in hot water, and in case that he afterwards feele a sweating againe, then let him forthwith continue in his sweate if he can abide it.

Take sirupes of Limons one ounce, sirupe of Citrons halfe an ounce, water of *Carduus Benedictus*, of Sorrell, and of Bourage, of each one ounce, mixe them all together for a potion.

And if so be that after the vse of these three potions the patient should be purged (which in this Ague is seldome needefull) then must it be done with this following:

Take of the common plague pils ten greines lesse then a dragme, and ten greines of *Agaricus*, Rubarb one scruple, then make hereof small pils, and giue them all to the patient at one time.

## Another regiment when any one is infected with the Plague. §. 6.

First, these pils following are to be giuen to the patient in the morning betimes: Take of the common plague pils a dragme and a halfe, that are formed with sirupe of Citrons, and then let the patient (if the infirmitie may beare it) sleepe afterwards alittle: the next day after shall he three or foure dayes after other alwayes in the morning betimes, take a dragme and a halfe of fine Bolus powdered either with wine or with Rose water, as the time of the yeere requireth. This is a maruellous good medicine and without all danger, but only that it somewhat bindeth the bodie, which may be preuented with mild Clisters, which must be made of oyle only.

It is not amisse for this intent to vse these confections following euery other day, which strengthen the bodie, and make it sound: Take good Treacle one dragme, prepared Smaragdes seuen greines, then mingle it with wyne, and so giue it him.

But if the partie can hardly take this, then let him vse one of these Sugar plates following: Take Iacincts, Granats, Rubies, Smaragdes, Saphires, and bones of the Stags hart, of each one dragme, red and white Saunders, and red Corall, of each one scruple, burnt Iuorie, fine Bolus, prepared Perles, sealed earth, and Unicornes horne, of each foure scruples, filed gold one dragme, Sugar sod in Rose water sixteene ounces, make it vp into *Manus Christi*, or Sugar plates, and take two or three dragmes of them at one time.

As soone as the patient feeleth himselfe infected, let him presently take this potion following, and if he vomit not the same vp againe, but sweateth after it, then it is a good signe of amendment, and a manifest token of health.

Take white *Diptamus*, Tormentill, white Corall, Gentian, fine Bolus, sealed earth, and burnt Harts horne, of each one dragme, Smaragdes, Camfer, and prepared Perles, of each halfe a dragme, Mirrh, Saffron, and Citron seedes, of each one scruple: beate all very small, and take of it a quarter of an ounce, Treacle a dragme and a halfe, Sorrell water, and good white wyne, of each one ounce and a halfe, mixe them for a potion, and giue it to the patient warme lying in his bed, that he may sweat well, and that as long as he may suffer it: afterwards wipe him well, and lay him in another bed. But if the time of the yeere be cold, and the Ague not very hot, then may you put the more wyne to the foresayd potion: and contrarywise, if it be hot weather, and the Ague hot also, then let Sorrell water be mingled therewith.

But speciall care must be had that the patient cast not vp the potion againe, for the which

if

it is good, that there be a great cup set vnder his stomacke, without opening of the skin, and some good sauour be holden before his nose, his hands dipt in cold water, or smell to toasted bread that is moistened with Vineger, and such like things moe.

Some forbid that men in sweating shall either eate or drinke; which were somewhat indeed if the patient be strong enough: but when he is feeble, then haue you for this a good direction before.

## How to purge those that are infected with the Plague. §.7.

IN the end of the foresaid fift §. we haue declared, that purging for this sickenes is not greatly commended: neuertheles, if great neede require, then is there nothing more fit than the common Plague pils, with somewhat tempered therwith. This potion following may also be giuen him with all safety, for that it doth cleanse the blod of all superfluities: Take of the confection *Triphera Persica* and *Manna*, of each three quarters of an ounce, Rubarbe one dragme, then mingle them togither in fower ounces of Sorrell water. Or take Cassy and fower Dates, of each three quarters of an ounce, Confection of the iuice of Roses one dragme, then temper them togither with Sorrell water.

Item, take *Tripheram Persicam*, halfe an ounce, prepared Agaricke and Rubarb, of each one dragme, and mingle them as before.

Another. Take the Confection *Diasena* and *Triphera Persica*, of each three dragmes, *Confectionis Hamech* a quarter of an ounce, *de succo Rosarum* halfe a drag. mingle them with the decoction of fruits, or with Bugloss water.

But if the patient be so feeble that you dare not giue him a purging medicine, then let him haue a Clister of fresh broth or herbs, with Cassie, the yolke of an Eg, course Sugar, oile of Violets, and Salt. For all such diseases are the Conserue of Burrage and Bugloss very commodious, euen as they are also for all pestilent Agues, for they are both very comfortable; they reuiue the hart, resist venime, take away all weakenes, make men glad, and cleanse the blod.

We haue before in the fourth §. written of other things moe that also doe comfort the patient. This shall suffice that we haue spoken of the beginning of the Plague: we will now proceede and make mention of other accidents of this disease, and teach their due remedies.

## Of the vnnaturall heate in the Plague. §.8.

AMongst the other seuen accidents of this contagion (that we haue heretofore spoken of, and are alwaies permanent with the pestilent Agues) there is commonly great headach adioyned. Now to strengthen the head and braines, haue we set downe many godly instructions and directions, in the first part, the first chapter, §. 2. and also afterwards in the headach of heate.

This potion following may you vse for the same: take Tormentill, burnt Harts horne, red Corall, and fine Bolus, of each one dragme, prepared Pearles halfe a dragme, Camfere fower greins; beate them all togither to powder, and then giue thereof the weight of a drag. tempered with Sorrell water. For this also serueth this Julep following: take the iuice of Baume, of Burrage, Bugloss, Sorrel, and of Cicorie, of each one ounce and a halfe, Rose water and white Vineger, of each three quarters of an ounce, the iuice of Citrons or Limons halfe an ounce, Sugar as much as you please: seethe the Sugar to a sirupe, and when you will vse the same, temper it with Barly water vnto a Julep. Or take Conserue of Roses fower ounces, conserue of Bugloss two ounces, *Species Triasantali* one ounce & a halfe, burnt Iuory, Sorrell, Melon seedes, peeled Gourd seedes, Citron seedes, and Cucumber seedes peeled, and chopt small of each one ounce and a halfe, Sugar one ounce, Pearles fower scruples, and fiue leaues of beaten gold; then temper them well togither for a Confection: hereof may the patient vse as often as he will.

For this also is good the Conserues of Burrage and Bugloss, of water Lillies, of the iuice of Orenges, and all that therewith may be made.

## For the vnsatiable and great thirst. §.9.

THe second accident of these pestilent Agues is thirst, that by little and little getteth the vpper hand, so that the diseased falling into a frenzines, therby seeketh to leape into the water, or into Wels, thereby to cole themselues, and quench their thirst.

To cole the same, and to alay it, you maie vse this Julep following: Take water of Sorrell, of Scabious, of water Lillies, and of Endiue, of each sixe ounces, Granado wine foure ounces, Vineger two ounces, the iuice of Limons two ounces and a half, white Sugar as much as you wil; seethe it for a Julep, & then let the patient drinke hereof as much as he thinketh good. Another: Take Bugloss water, and of Sorrel, of each sixe ounces, water of Cicory, Endiue, and Willow leaues, of each fower ounces, sirupe of Citrons two ounces, sirupe of Vineger, and of *Oxysacchara*, of each one ounce, Granado wine eight ounces; let them boyle a little all togither, except the Granado wine: this being clarified, put the Granado wine vnto it. In like manner is also good the sirupe of Citrons, Limons, S. Johns grapes, or berries, Roses and Endiue, being mingled with some cooling water; or els with Well water or Barley water. Item, Well water which hath been once distilled: but aboue all things that can be deuised, is nothing better to quench the thirst, to withand poyson, to comfort the hart, then the iuice of Limons or the same being pared, and cut in slices, and strowed ouer with Sugar, and so to vse them, and to take the liquor of them with a spoone.

Item take Quince kernels one ounce, let them mollifie one whole night in eight ounces of Sugar water, then strayne them: this being done, then temper therwith one ounce of the sirup of water Lillies, and often times vse it.

As for the thirst, you haue diuers remedies thereto in the third Part, the twelfth Chapter, and tenth §. which are altogither very good. And afterwards yet more, to wit, in the seuententh Chapter, in *Diabete*, and also in the description of the Agues.

## Of the bitternes in the mouth. §.10.

THe third accident is the bitternes of the mouth, which procedeth of an inflammation of the Gall, wherof we haue written more at large in three other places, to wit, in the third Part, the eleuenth Chapter, and sixt §. Also in the fiftenth Chapter, and tenth §. Item againe, in the third Part, the twelfth Chapter, and sixtenth §. in which places you may reade it. All such patients must often hold the leaues of Sorrell in his mouth, or chew the seedes of the same.

He maie also very well holde in his mouth Gum Arabiack, and swallow it downe by little and little.

## Of the want of Appetite to meate. §.11.

THe fourth accident in this Ague is the losse of appetite; whereas this sicknes requireth that the patient in this malady, more than in any other, should be fed and kept in full strength and power; therefore it is needefull in this disease, that the appetite be stirred vp: whereof we in the third chapter, and fift §. and before that in the third Part, the eleuenth chapter, and ninth §. haue treated at length.

Especially you may prepare this stomachicall vnguent for it: Take Marmalade two ounces, Mastick, *Spica* of Indy, Roses, red Corall, of each one dragme, *Agaricus* one dragme and a halfe, beate them well all togither, and then annoynt the stomacke therewith, or lay it on plaisterwise. Make also these Sugar plates following: take Marmalade made with Sugar two ounces, burnt Iuory, Mastick, water Lilly flowers, and Roses, of each one scruple; rub the Marmalade in a mortar with sirupe of Citrons, and forme the cakes of the waight of halfe an ounce: then take hereof at all times, to wit, morning and euening.

Of

## Of the weakenes and sleepines. §. 12.

THe fift accident: Albeit we knowe well that nature grieuously striueth with this maladie, and thereby is wearyed, weakened, and voide of all strength, that is no wonder, for that cause it is highly commaunded that men must haue especiall regarde to the strength of the patient, for the which also are diuers meanes set downe howe to preserue his strength; so that it is needeles to rehearse the same at this present. Also it hath been shewed in the fift Part, the seuententh Chapter, and in moe other places.

## Of the binding in the body. §. 13.

THe first accident is the binding of the body, which is augmented by the heate. And to remedy the same are no strong things required, for strong purgations are not good in this sickenes; yet if great neede be, you haue had before in the seuenth §. also in the third part eleuenth Chapter, and 20. §. of the binding in the bodie diuers fit remedies, amongst which many easie and coling purgations may be chosen; wherefore those that will cure this sicknesse, let them beat foure ounces of *Sebestens*, and steepe them in water, and then giue to the patient many times of it to drinke. But if you will haue it more forcible, then steepe with them the leaues of the lesser Iuie.

## Of the losse of sleepe. §. 14.

NOw the seuenth accident of these pestilent Agues is losse of steepe. For this must you take Violets, water Lillie and Elecampane rootes, of each one drag. seedes of Dill and Saffron, of each one scruple; make them into powder, then binde them vp in silke, and hold it continually before the nose, and smell to it. But of this haue you further discourse in the first Part, the twelfth Chapter, and first §. the which you may reade ouer, and vse it for this purpose.

## When a Plague sore appeareth. §. 15.

WHen these foresaid meanes haue beene vsed, and that there appeare a Plague sore, then must you followe such thinges, as hereafter shall be set downe: but before we intreate of that, it is not demaunded in vaine whence this Plague sore *Anthrax* proceedeth, and of what nature that it be: whereof the learned doe write in this manner.

*Anthrax* proceedeth of grosse and hot humors: which when they begin to putrifie, then doe they alter into a very hurtfull poyson: sometimes it is red, otherwhiles yellow, and sometimes blacke, which is the very worst and most venemous. For this manifesteth that nature is not strong enough to expell the venemous matter into the vtmost and furthest partes, whence of necessitie followeth, that the foresaid venemous humors are dispersed in the noble partes of the body inwardly. To remedie the same you shall begin with the letting of blood, and that vpon the same side wheras the Plague sore is: Afterwards you must vse boring and pricke the same deepe, whereby the grosse blood maie bee drawen out: Lastly, you must purge the patient with some of these foresaid purgations, that are set down before in the seuenth §. And speciall heed is to be taken, that for this Plague sore men lye not thereon (as men vse to do in other swellings, that the matter might be repelled) but attractiue things are to be vsed in this, for to drawe the matter outwards, and that chiefly in the only place of the Plague sore.

In like maner you must lay no hot nor moist thing thereon, that ingender matter or corruption, but rather such things as drie greatly, and are reasonable cold by nature, that they may slake the heate, and hinder the vapor thereof.

But if that there appeare any rednes in any place of the bodie that would not impostu-

mate, then are you to vse these things following: Take the inside of a Radish, the Radish leaues, Elderne floures, and Bayberies, of each halfe a handfull; sæthe them all together to pap, and then put halfe an ounce of white Mustard sæde amongst it, afterwards make a soft plaister thereof, and lay it on the rednes. Item, take a black Cockrell, plucke him aliue ouer all his belly, and then bind his belly ouer the rednes, or ouer the swelling, for the naturall warmth of the bird will draw out the venime into him. Other slit his belly aliue, and so lay it thereon liuing. Or take a liuing Pullet, cut him vp vnderneath, and so bind him open against the swelling: hold the head in thy hand, and so let him dye. Then shortly after take another, and do as before. Further, lay thereon ripening things and cure it, as the other swellings. Some lay thereon liue Frogs.

Or take beaten Tormentill and Ginger, of each alike quantitie, and put thereto as much Treacle: afterwards put it into an Oynion made hollow, and rost the same in a mild fire, or amongst the ashes: lastly, stamp it to pap, and stirre thræ yolks of egs amongst it, and then lay it thereon.

And the better to draw out the rednes and swelling, the old Phisitions accustomed to make a plaister of Elderne leaues, of Scabious with the rotes, (to wit, of each alike) and to mingle the same with leauen, and so to lay it thereon.

Some do counsell also that you may temper therewith Salt, salt Peter, and Comfrey. And if you will haue it yet stronger, then are you to put pouned Mustard sæde thereto, and in like manner Pigeon dung, for that draweth out the swelling exceedingly, and maketh it great, all which aforesayd things you must often cause to be renewed.

This next following hath very great force to draw out the venime: Take coles of the Tillet træ, and make them glowing hot, afterwards sprinkle them with wyne and vineger: when as they are slaked, then bind them warme in a cloth that is wetted in the foresaid vineger and wyne, and wrung out againe, then lay these coles warme thereon, and when as the cloth is waxen yellow, then put it away, and take another.

Item, take the rotes of Crowfote brused small, and apply it on the place where the paine is, and the venime shall be drawne out very much. Others do vse this thing following, which is also maruellous good to draw out the Anthrax, that is, the Plague sore. Take a great Oynion wherein Treacle is rosted (as is lately taught) or lay thereon a plaister of *Oxycroceum*, which is alwayes found readie at the Apothecaries, and temper as much *Diachilon cum gummis* thereto. You may also make this plaister of leauen, Elderne floures, and Treacle tempered together: for as it is admonished, this Treacle is aboue all other things to be commended for this sicknes, both inward and outward. Also all Surgeons are here to be admonished, that they haue care to open these swellings before they be maturated, be it by the actuall cautery, or by incision, and that they hold open the same as long as is possible.

Item, the foresayd plaister of *Diachilon* only is also very good for to maturate and ripen it.

Or take of the common plaister *Diachilon* thræ dragmes, & the iuice of Celandine, and make thereof a salue with a little ware. Or sæthe Coleworts with a little Bacon, and lay that thereon, and when you sée that the swelling beginneth to impostumate, then are you to vse these plaisters, salues, and other things following: Take Hollyhock rotes, Scabious, and Mallowes, as much as nede requireth, sæthe it, and stamp it altogether to pap, and make thereof with Barrowes grease a mild plaister. Or temper wheate meale with Sallet oyle till it be a pap, and lay the same thereon.

Another. Take Mallowes, Hollyhock rotes, Linsæde, beaten altogether, & wheaten meale, of each alike much; sæthe them altogether, and poune it to grout: then mingle it well with Saffron, & so lay it warme thereon. Now whē as the swelling is once maturated, then you must open it out of hand, be it with an actuall or potentiall cautery or by incision, & so kæpe the same open. In the meane time while this swelling is a healing and runneth as yet, you must dayly giue the patient a spoonefull or twaine of Scabious water, or Rose water with fine Bolus, and sometimes *De speciebus liberantes*, that thereby the poyson may be expelled from the hart. This plaister following doth also ripen very much: Take the middlemost rinds of Elderne, stampe them very small, and temper them with white vineger, afterwards straine them through a cloth, and put thereto white Mustard sæde beaten, but not too much, for it is very sharp, and

make

make a pap thereof, and lay it on the swelling. Some suppose that this swelling of the Plague doth ripen much if one rub it ouer by day and night with a Saphire stone: but they that haue proued it, and found it to be true, they may write *probatum est.*

If the Plaguesore be of a very bad nature, then must the same be burnt out of hand, or a corsiue laid thereon: but if it be of no maligne nature, and not too hard, then must you vse drying things, that corrode not.

Others bind Pullets or yong Pigeons vpon it; and after that they haue set cups or Horseleeches thereon, wherewith they intend to draw out the venome, to strengthen the part, and to alay the paine.

Some haue also for a custome, when as the Plaguesore doth shew it selfe any where, that they make an issue with a corrosiue on some place of the patients leg, and keepe the same open, wherby all venemous matters therby might haue their course. Whē as now the Plague raigneth throughout a whole realme or countrey, then is it no bad counsell to do the same, when the patient hath first bin purged, and the same may be done on the right leg, foure fingers broad vnder the knee, on the outside of the leg. And this also is good for them that are troubled with the Gout. You may vse also in the stead of the actuall or potentiall cautery these salues following: take *Cantharides* two ounces and a halfe (the heads and wings pluckt thereof) poune them small to pouder, & temper it with one ounce of Barrows grease, molten ware, and hony, of each halfe an ounce, Campher and Dragon bloud, of each a drag. and a half. This being well mingled, you must then spread thereof as much as will couer halfe a Doller vpon a cloth, and lay it ouer the place where the Plaguesore appeareth, and it will in fire or seuen howres draw a blister, then open the same that the matter may run out. This being done, let not the patient sleepe in ten or twelue howres, nor drinke wine in three dayes. And for as much as through these accidents there is commonly great anguish and paine, then you must for alaying thereof vse this potion: take Treacle and Mithridate, of each halfe a drag. iuice of Scabious foure ounces, temper them all together, and giue it the patient to drinke meetely warme.

Now for to kill the Plaguesore: Take two or three yolks of new layd Egs, and temper therewith about halfe an ounce of pouned salt, and lay it thereon new euery quarter of an houre. This reiterating must so often be done, because these plaisters are infected themselues through the venome, specially when the sore is broken. And if this be not ynough, then take therewith Scabious, Comfrey, and Mallowes, of each as much as you please, and thereof make a plaister. And if that the sore would corrode further, then take fine Bolus, Dragon bloud, Vineger, Rose water, and the whites of egs, as much as you please, and spread or lay the same plaisterwise round about the sore.

Another. Take sote of the chimney, beaten salt, Sage, and wheat that is chued in the mouth, of each alike much, and make a plaister thereof with black Sope. And if so be that this Plaguesore will not be killed through these foresaid things, then put thereto some Scabious and Comfrey, and then clense afterward the sore with *Mundificatiuum de Apio*. Take Louage, one ounce, Barly meale two ounces, seethe them together in water to pap, and put thereto Sallet oyle. You must also often wash this Plague sore, to wit, with water of *Caranus Benedictus*, for that clenseth and healeth. These vlcers do many times spread wide abrode, whereby the flesh about it is spoyled: for this, you must vse stronger remedies, as the salue of Egypt, *Mercurium præcipitatum*, or that which is better, burning with an hot yron or gold, wherby all putrifying is taken away, and the part fortified; for the actuall cautery is an effectuall remedie that strengtheneth the parts that be of a cold nature, and doth defend them from putrifaction. Some also do scarify the vlcers round about with a razor, and then spread fine Treacle therein. But as the black edges of these vlcers increase, notwithstanding all these applications, then is it a signe that this venome is very strong, wherefore must you burne it deeper, and annoynt the escarres with sweete Butter, or with pap of Hollyhock rootes, or of Mallowes and Butter together. But whē the swelling or vlcers do yeild matter, then you must lay no more maturatiues thereon, that thereby the matter augment not, and the healing be the more hindered. Lastly, you must haue care to ingender flesh and skin, whereof we will write and treate further in their due place.

When as this Anthrax or Plague sore is thoroughly kild, then take Scabious, Comfrey, of each a handfull, and a little salt, then temper it together with fresh Barrowes grease, and lay it warme thereon, and change it new three or fowre times in a day and night.

Another. Take Scabious foure handfuls, Treacle one ounce, Barrowes grease one ounce and a halfe, stamp the herbs and make a plaister thereof, and refresh it often, euen as is afore-said. You are to cleanse the vlcers with salue of Turpentine, iuice of Scabious, and the yolks of Egs, especially when all other accidents are past. This plaister following is also especiall good: Take greene Rue one handfull, leauen halfe an ounce, Pepper one dragme, Salt a dragme and a halfe, three or foure dry Figs, poune them all well together, and make a plaister thereof, and refresh it twice a day. It is of a wonderfull operation, for it will separate the bad flesh from the good, and that in the space of two dayes.

When these swellings come to impostumate, and haue néede of cleansing, then are you to vse the salue *De Apio*, and therewithall you may prepare these things following: Take Turpentine (that hath bin often washed with water and Scabious) one ounce, Saffron seuen greines, and temper amongst it the yolks of two Egs.

Or vse this thing following to cleanse and to ingender new flesh: Take Turpentine that is washed with the iuice or water of Scabious foure ounces, Barly meale one ounce, two yolks of Egs, Saffron *Sarcocolla*, Mastick, and Frankincense, of each halfe a drag. temper it all together.

Thirdly, take small beaten *Sarcocolla* halfe an ounce, and hony of Roses as much as néede requireth for to make a mild salue thereof, and vse it so long till it be throughly whole. For this also may you sée what hath bin written in the fift part the first Chapter 16. §. And further in the fift part the seuenth Chapter and 14. §. where this matter hath bin treated of at large.

## When as there is no Plague sore perceiued. §. 16.

IF then there appeareth no Anthrax or Plaguesore, and yet neuertheles the pulse and the vrine sufficiently shewed that a pestilent Feuer were at hand, and that the patient by reason of his age and power may suffer well the letting of bloud, then must his Lyuer vaine be opened in the right arme. Other do counsell when as the Ague endureth, and his strength good, that the Saluatella on his left hand should be opened, and to let out foure ounces of bloud.

## For letting of bloud in the Plague. §. 17.

WE haue before declared that amongst all other remedies for this swelling, the letting of bloud is beneficiall, but to the end when néede requireth it be not omitted, you shall obserue these instructions following. When as after sweating you finde that any thing appeare (be it a black blister, or any thing else) and that the patient is aboue thirtéene yéares old and be strong, then must you let him bloud on the same side, and vnderneath the swelling, and make a good issue that the bloud may issue forth the better. If the swelling appeare behind the eares, which the Phisitions do call *Parotidas*, or *Gemellos*, euen as we in the first part the 9. Chapter 4. §. haue shewed, then must you open the head vaine on the same side in the arme, and if it will not bléede, then must you open that vaine in the other arme. Or if the swelling appeare in the arme pits, on the brest, or on the ribs, then must you open his Lyuer vaine in the arme on the same side. Some giue counsell that there should be put thereto three or foure Leaches one howre after, that they might suck out a good deale of that venemous bloud. But if this Anthrax or Plaguesore be any where about the priuities or in the groines, then must you let him bloud in the vaine vpon the foote, or betweene the great Toe and the next vnto it. And if that will not bléede, then must you open the vaine in the other foote, and let out more or lesse according to the age and the abilitie of the patient. Some also haue annoynted the swelling behind the eares with Hens grease: afterwards you must giue him in the confection *Philonium persicum*, yet at all times by the counsell of a learned Phisition: also in like manner the *Trociſci de Carobe*, and herewith we will conclude.

The

## The gouernment of life in the Plague. §.18.

AS much as first belongeth to the meate: you must note, that it is not nedefull that one nede not in a pestilentiall Feuer to forbeare meate, as in other hot and strong Agues, as in the Plurisie, or continuall Ague, and other such like: but the nede requireth here, that there may be often giuen to the patient (yea as some suppose euery three or foure howres) to eate and drink in the time of the Plague. And it hath in dede bene found, that all those that haue forced themselues to eate, were much soner cured then the other; wherefore do they well, that fede such a patient often with light meates that are dry and cold by nature, whereby they may withstand the heate of the ague by their cold, and the moysture of the bad and slymie humors by their dryth. These are strayned Peals, Barly pap, Oaten pap, Hasell nuts, Capon broth, Hen broth, or of any other yong flesh, wherewith Buglosse, Bourage, and such like herbs are sodden, whereof you may make *Panadella* with grated bread. And it is to be generally noted, that you may dresse all his meate with sowre things, as with Vineger, Veriuice, iuice of Limons, and such like. But if the fresh broth be too swete, then may you therewith temper two yolks of egs, which are first to be beaten with Rose vineger, and so make thereof a sowrish broth. All sowre things are also good for it, for that they prouoke appetite, which presently is taken away in these Agues by the putrifaction in these diseases, which specially febleth the stomack, in so much as very often they are addicted to vomit, whereby the patient will also be weakened; for if the patient can kepe no meate in his stomack, then can the bodie retaine no nourishment of the meate that is taken. But to returne againe to the wholesome meate for the plague, there are also good small Damask Prunes, conserues of Cherries, conserues of Raspes, and such like. Also all grene herbs are to be stewed, to wit, Bourage, Lettice, Sorrell, with a little beaten Saunders added thereto. The iuice of Limons, of Oranges, and of Citrons, is a speciall sauce for all his meates.

The most commodious drinke that he may drinke is Barly water, with iuice of Limons, Oranges, Sorrell, Pomegranates, or tempered with the sirupe of the same. Also it may be sodden like a Julep, and the sirupe tempered amongst it. The common sort may sethe amongst it Berberies, Sorrell with the rotes, or Quinces chopt small. But when the patient is weary of this drinke, then may he vse a draught of Almond milke, or thin Bere; and he may also drinke for this sicknes well water tempered with Rose vineger. Distilled waters, as the water of *Carduus Benedictus*, Sorrell, Bourage, or water of Buglosse, are very good for him. Item, water wherein vnripe Grapes are sodden, or mixed with veriuice: also the sirupes of Roses, of water Lillies, Violets, and of Cicorie, and their Juleps, are much commended for this sicknes. And with all these forelayd meates and drinks is *Manus Christi* prepared with Perles for this maladie much commended. Item, conserue of Violets, of Roses, of Gilloflours, and specially conserues of Cuckowbread, taking the bignes of a Walnut of it.

Contrarywise, the patient must vtterly forsake wyne, and all meates that are dresst with Spices. Fish, Milke, and all rost meate is hurtfull vnto him, and after meate the patient must kepe himselfe very quiet.

## Of a conuenient ayre for the Plague. §. 19.

THe ayre that is good for such sick folks, must be cold and dry, because the sicknes requireth all cole things, and that by the drouth all putrifaction may be withstoode. Therefore must the chamber (as it is sayd) be sprinkled with Rose water, and with Vineger wherein Saunders and Camfer are tempered. Item, the chamber must be sprinkled with all cold and fragrant herbs and floures, and in case there be any bad sauors or vapours in the chamber, then are the fuming candles or odoriferous cakes to be vsed, whereof we haue largely written before, and shewed how they are to be made. Besides these, it is also good counsell that there be kept a good fire burning in the same house, to wit, of Juniper wood, or any other swete wood. But if so be there be no bad ayre in the patients chamber, then are you not to kindle any fire in that chamber, but rather vse any cold and odoriferous things; and you may hang clothes that are made wet in Rose water or Rose vineger, and wrung out againe here and there about his bed or couch.

How they shall gouerne themselues that escape this Sicknes §. 20.

So for all them that recouer from this Plague or any other lingring sickenes, all things are good that strengthen the stomacke, and prouoke appetite to meate, and mildly open the body, as these confections following: Take *Mirabolani Chebuli, Indi.* Rubarb, Cinnamom, *Cardus Benedictus*, and Cloues, of each one dragme, Mastick a quarter of an onnce, Aloe three dragmes; mingle them all togither with the iuice of Pints wherein halfe a dragme of Agaricke hath beene steeped, then take thereof morning and euening the bignes of a Chesnut. For this may you also loke the foresaid third chapter, and twelfth §. where you may find a further discourse of these causes: and further if it be needful (as is rehearsed) then loke into the second part the eleuenth chapter, where touching these things a perfect direction is giuen.

*The seuenteenth Chapter.*

## An exhortation for them that keepe these Patients.

First, they that assist and keepe them that are infected with the Plague, must haue care that the patient be laid vpon a high couch or bed, that the venemous damps and stenches may rest aboue and be the lesse hurtfull to the standers by. And it were also not amisse that there be a burning fire alwaies betweene the patient and the standers by. If there be a chimney in the chamber, then loke what is spoken thereof before.

Secondly, when one commeth neere or toucheth the patient, then must his mouth be kept close shut, and draw his breath onely at his nose. He shall annoynt his nostrels with wine wherwith fine Treacle is tempered. The standers by are also to vse euery other day the Plague pils euery time a dragme, or a dragme and a halfe. He must also take oftentimes Mithridate.

Thirdly, fine Bolus preserueth men from all infection of the plague if a dragme and a halfe of it be taken with Wine and Rose water.

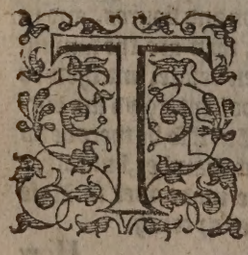
Fourthly, if you take as much of the golden Eg as the bignes of an Hasell nut one day one, and another day another: to wit, pils or any such like, and so forth. All they that visit them that be sicke of the plauge must wash their mouthes with Vineger, wherin Wormewood and Rue is sodden, before he come at them, and eate some Garlicke with a bit of bread. Further, they shall alway hold a Pomander in their hand before their nose.

All what is described in the beginning of the Plague, to wit, how the healthie are to gouerne themselues with them that haue the plague, is also verie requisite for this purpose.

All that is hitherto set forth for this disease are very passing and good meanes, which God through his gracious goodnes hath ordained and created for the good and welfare of man, wherefore he will of vs for these his benefits be praised, and be acknowleged for the onely Physition both of the bodie and of the soule: and therefore we ought especially to pray vnto him for his blessings, and thanke him for the gifts receiued; for without him all Physicke is in vaine, and of no effect.

*The eighteenth Chapter.*

## Of the Scruie, Scorbuticus Morbus.



The Scruie which is called in Latine *Hæritia nigra*, or *Scorbuticus Morbus*, is none other but a spreading abroad of melancholike humours throughout the whole body, chiefly caused & procéeding of the obstruction of the splæne. These sicknesses are for the most part incident vnto them that leade an idle life, and fæde on grosse meates and drinkes.

They that are burthened with this disease haue commonly a bleake and leadish colour, their breath short with an oppression at the hart, and a lost appetite, wearisomnes of the whole bodie, the gumsare blew and swollen,

swollen, quickly prouoked to bléede and putrifie; otherwhiles blew or grénish spots ouer all the body, stiffenes in the knées, and most commonly they haue blacke small speckles like Fleabits vpon the shins, and aboue that their vrine is commonly browne red.

Thus to cure this sickenesse the patient is first to receiue an easie purgation, as the potion made of *Decoctum laxatiuum*, of *Benedicta laxatiua*, or of Sene leaues: this being done, then may one open his Median vaine and let him bléed well, if he otherwise be full enough of blood.

The next day after you must prepare for him this grene potion following, whereof he must euery day thrée or fower times take a good draught: to wit, in the morning and before none one time, after dinner two times, and after supper and going to bed a good draught more.

Take *Becabunga* and Watercresses, of each two handfuls, stampe them in a stone or wooden mortar to pap, powre thereto a pinte of wine, and a pinte of small beere: afterwards stir them all togither, and straine them thorough a cloth, then giue thereof to the patient to drinke as is aboue said: and you must continue this till that the patient be thorow whole.

Another. Take the rotes of Horseradish, which is called *Raphanus sylueſtris*, as much as you thinke good, grate the same, or beat it smal to pap, and powre vnto it the moytie Whay of milke, and the other halfe Rhenish wine, or you may take some small beere as much as you please, and then mingle it with stamped Horseradishes: afterwardes straine it thorow a cloth, and drinke thereof thrée or fower times a day, as is afore said.

Item, take Scurvy grasse two handfuls, or as much as you please, stampe it to grout in a stone or wooden mortar, temper it with as much small beere and wine as you thinke meete, or after as you can drinke it, for the stronger the better: lastly, straine it thorow a cloth, and drinke thereof as aboue.

And if it come to passe, that in this sickenes of the Scurby, the gums of the patients mouth were vtterly spoyled and putrified: then wash the mouth with wine, and annoynt the gums with strupe of Mulberries, and with hony of Roses; and if nede so required, then must you annoynt your gums with the salue of Egypt, called *Vnguentum Ægyptiacum*. This may suffice for the cure of the Scruie.

## *The nineteenth Chapter.*

## Of the detestable sicknes, Dronkennesse.

IT will perchance offend the gentlemen drunkards, that I haue here put their sicknes of dronkennes after the infectious Plague, and Agues, and that I haue compared their sicknes to those: but I wil omit here the losse of euerlasting life, disdaine of humanity, and credite, consumption of worldly wealth, strife, murther, blasphemy of God, disclosing of secrets, whoredome, and many more vngodly workes that ensue thereof: wherefore we will here onely treate of the hurt that the body may hereby take thereof, and let other iudge afterwardes, whether this sickenes bee not worse than the Ague, yea worse than the Plagne it selfe. For *Salomon* speaketh not in vaine, that Drunkennes hindereth al wisdome, which cannot be otherwise confirmed than that it maketh a man a sole: darkeneth it not the vnderstanding? infeebleth it not the braines, the memory, & al the sences? bringeth it not more forgetfulnes with it, than is perceiued in yong children? Behold only how the hands, the féete, the head, yea the whole body tremble and quake, how the sight is darkened, the tong stammereth, and how that there is not one member of the bodie that is able to discharge his duety aright, yea, say they, this sickenes hath neither nede of the Phisitions nor Apothecaries counsell, make thereof as waighty a sickenes as you can, it may be holpen with a verie pleasant medicine, that is with a swéete sléepe. Whereto I say and answere: Oh good drunkard, there followeth with the time some other thing thereof, to wit, that thereby the good complexion of your liuer is spoyled, so that it doth not ingender any good blood, but other bad humors, whereby the Dropsie afterwards ensueth, or it doth so inflame the same with his fumines, that the whole body will be filled with *Cholera*, that lastly spoyleth and fireth the whole masse of blood, whereof then is caused fearefulnes, frightings, speaking in the sléepe, heauy dreames, the losse of all good colour, of naturall séede, vnfruitfulnes, leprosie, and lastly, a madnes it selfe.

Item,

Item, the Palsey, lithargie, the falling sicknes, and diuers such cold diseases. Is there not prouoked thorough this dronkennes a corruption of the stomacke? the parbraking of slimy and grosse humors? weakening of all the members? the gout? and to conclude, an vntimely death? so that it hath bæn sæne, that some in their dronkennes haue remained dead. Who is it then that doth not take this dronkennes and swilling or gulling, for the most contagious, perillous, and sodeinest sicknes? wherefore to helpe this extreame sickenes, there is no certeiner nor spædier remedy, than *Sobrietas*, which is sobriety, and fasting or abstinence; and albeit that this receit sæme to be altogither bitter, sower and vnpleasant for these Ale-knights, yet notwithstanding it will expell the forsaid malady, it sharpeneth the vnderstanding and wits, it maketh a good stomacke, whereby good bloud is ingendred, and bringeth to the body none other but health. I conceale that it strengtheneth the vitall spirits of all healthy bodies, causeth godlines to serue their creator, to sæke his glorie in holines and righteousnes, and to obey his commandements.

Whereas then some haue so weak a stomack that they of necessitie are constrayned to drink Wine: notwithstanding are so fæble of brayne that how soberly soeuer they drinke it, it disturbeth their heads and maketh them drunken. For this purpose may these things following be vsed: to wit, iuice of Quinces, or raw Quinces well chewed, and the iuice taken downe: likewise the iuice of Citrons, & Limons, or of their sirups, do hinder drunkennes: Hony is also much commended if it be taken after much drinking of wine; for therby will the vapors of the wine be so dryuen downwardes, that it cannot weaken the vnderstanding nor the braynes. Bitter Almondes confected, conserues of Gilloflowers; after that you haue drunken much, do preuent drunkennes. In the olde time men did make a Garland of Saffron flowers & did weare it on their heads; the same vertue is ascribed to the blewe Violets. And it is said that white Colewors cut into sallads and the same eaten, or the sæds thereof chewed in the mouth should hinder drunkennes: for the iuice of Colewors, or the pith of the stalkes doth stay the vapors of the wine from ascending into the head. The pretious stone Amethist should also preserue men from drunkennes.

But for to defend and preuent all contagions that procæd of drunkennes, we will adde some things more. First, he must be vrged to vomit with Oxymel of squils, with Radish sæde, with a feather dipped in oyle and put into the throate, and thereupon he must fast & slæpe: and after he awaketh againe, you must frotb his members, to wit, his hands, and fæte, with warme water wherein is sodden, Roses, Camomill, and a little Salt, and tempered with some oyle of Violets, whereby the vapors may be drawen downewards.

Item, lay a cloth vpon the head that is made wet with the iuice of Cucumbers, Purslaine, or in any of their waters: the patient must kæpe himselfe herein very sober, & vse lights meats, Colewors, Lentils, yong Pullets, and yong Pigions drest with the iuice of Limons, and Pomegranates: the prepared and confected Coriander is also verie good, and slæping thereupon vntill that all the Wine be digested, which may be sæne by the concoction of the vrine. It chaunceth oftentimes that drunken folkes haue great thirst, which if it commeth not through the abundance of wine, then giue them faire fountaine water to drinke, and sower fruits to eate.

You haue also an especiall thing in the first part, the twelfth chapter, and sower §. which is good for drunkennes, and thirst after drunkennes. There is also a great difference in drunkennes, and that according to the nature of them that are drunken.

He that is Sanguine doth sing, daunce, laugh, and is merrie: he may be compared to children that sone laugh, and for the most part know not why nor wherefore: and when as a long time they haue bæne merrie, then begin they to slæpe till that they haue slept it out.

The Cholericke man is in his drunkennes angrie, raging, clamorous, addicted to fighting, and will not be corrected nor admonished of any body, one cannot bring them to bed, they haue much babling, and are much bragging.

The *Phlegmatici*, they will be weary, lasie, slæpie, and kæpe themselues quiet.

The *Melancholici* are sorrowfull, bewaile somtimes their sinnes, their friends disease, and that is the greatest imperfection of their drunkennes: they are therein like to the Apes, but in this they are all alike, that they stammer with their tong, they ræle, and tarrie not by their right wits.

How hurtfull also drunkennes is, doth appeare in many places of this our boke of Phisicke,

where

where we admonish al men to refrayn it, & that not only of this vnmeasurable drinking, wherof we now make mention, but also where all expert Phisitions doe forbid wine. And we will for a conclusion adde this to the rest, that the Rape wine and Bærewine drunken after meate, doth make one more drunken and slæpie, then any other kinde of Rhenish wine. And it is a common opinion that watered wine doth soner infect the head, then pure wine. But this is to be understood of grosse and thicke wine, which by the putting to of a little water is the more subtiller, whereby the vapor soner fumeth into the head.

You haue also many remedies before in the first part and first chapter, eight §. that are commodious for the paine of the head through drunkennes.

## *The twentieth Chapter.*

## Of Frighting and Feare.

LEt no man wonder that we speake of Frighting amongst other sicknesses; for it is not onely found by experience, that through many sortes of distemperature of the blood many sundry sicknesses are prouoked, but also a sodaine death it selfe: whereof commeth not onely the aforementioned, but also thereby is caused an inestimable feare and faintnes of hart, whereby they become most vnfit for all worthy and knightly prowesse, and are depriued of all counsell and indeuours. Of this fainthartednes and feare, the Philosophers doe write, that the same for the most part do raigne and dwell in the hart of such, as are of a cold nature, which being sodainly and hastily set vpon, their subtilest blood runneth with such a streame to the inward parts of the body, and towards the hart, that it seemeth, that the naturall heat should be suffocated; wherby commeth such bleaknes and quaking, yea sometimes swounings, debility of the sinewes and muscles, that it makes frighted persons very fæble and weake, whereby also the motions of the muscles are so disturbed, that both ordure & vrine slides from them, their tæth chatter for cold, they are thirsty, and the whole body shiuering and shaking.

For this are two principall and also certaine remedies (euen as *Horatius* saith) to wit, that one shall build a wall of stæle about him, that is, shall alwaies haue an vpright conscience, that cannot accuse him of any misdealing. Secondly, that he feare God, and haue righteousnes alwaies before his eies: which medicines doe so frée men of all frighting, that (like as *Dauid* saith) it will alwaies go well with him: and know for certaine that God of his godnes hath with his holy Angels (as it were a strong towre) compassed him round about, whereby hee will defende him.

But the faintnes of hart is also to be holpen with naturall medicines. Note therefore, that when the blood through frighting is stirred, and runneth towards the hart (as it in dæde happeneth) then must of necessity the trembling and quaking follow after it: for which you haue in the second part, the first chapter, and seuenth §. a very good Eldern water, and many other things described. When a woman with childe (especially) is frighted, then do some bid, that there should be taken a quarter of an ounce of clarified hony, and therewith some scraped Nutmeg, and so eat it all together.

Wine moderately dronken, maketh the fearfull and faint-harted men, stout and courageous.

And it is a common custome, if any be sore frighted, that he be admonished to make water, and if there be anie that after such frighting can come hardly to himselfe, and fell into a swoune, then is he to vse things that strengthen the hart, for which there are many remedies described in the second part, the first chapter, and first §. and also afterwards in the description of the hart.

The

## The 21. Chapter.

## Of Trembling.

FOrasmuch as the trembling or quaking is a signe or token of feare, (yea for the most part is caused thereby) therefore it might be nedefull to write somewhat amply thereof: But we haue made in the first Parte, the twelfth Chapter, and twelfth §. a long discourse thereof, and therewith also shewed that this is a disease of the Braines.

Also, of the trembling and panting of the hart, hath bene spoken at large in the second Part, the first Chapter, from the third §. vnto the first §. Wherefore I doe suppose, that it were nedeles to discourse any further thereof at this present.

## The 22. Chapter.

## Of the impediments that come of Fals.

INto what diseases men may fall, by fals, stumblings, blowes, pinches, and such like, is sufficiently knowen to all men: whereof we haue also written in diuers places, and especially in the second Part, the fift Chapter, of the vomiting of blod: and also in the eightenth §. of the clotted blod, where very god remedies are described, and therefore here are but a fewe declared. But if any be bruised much through a fall, then haue the Chirurgians a speciall experiment, that they spedily fley off the skin of a Weather, the which they must lay warme roundabout the bruised or wrenched member, and keepe it warme, and this should helpe in one day.

Brimstone sodden in strong wine, is also very god: In like maner, pouned Garlicke tempered with Barrowes grease.

Item take Bran of Rye neale, the rootes of *Ebulus*, of each a like quantity, sethe them together in a little Vineger, and so binde it vpon the wrenched or bruised part.

There was once a childe fallen out of his Cradle, who thereby had got a swelling on his arme, which was healed by annointing it with the oyle and salue of Roses.

For this also doe serue all golden and waters of life, principally if any swouning were at hand, the same waters dronken and layd vpon the bruised member, and annoynted, doth heale. And if the dead Palsey or falling sicknes ioyne with it, then loke into the first Part, the twelfth Chapter, in the end of the thirtenth §. where are shewed some god remedies commodious for this purpose.

And if the ioynts be remoued from their naturall places, then reade the description of the Crokebacke, in the second Part, the fourth Chapter, and second §. In like manner also of the dislocation in the fourth Part, the seuenth Chapter, and first §. where verie god remedies are described.

The end of the sixt part.

The

# The seuenth Part of this Booke speaketh of certaine *Poysons, Venoms, Plants, Metals, and of Beasts.*

THe miserable life of Man is not subiect to sickenesses and diseases enough, as well inwardly as outwardly, but there must be diuers venemous things to hurt and annoy the same, which are almost amongst al creatures, and with such hurtfull qualitie indued that they bereaue men of their liues, some soner, and some later. But God of his goodnes hath ordayned innumerable and wholsome meanes for it, and that almost in the smallest creatures, as in Herbes, Rootes, Earths, and other: amongst which the simplest in sight haue otherwhiles the most vertue to resist the strongest poyson; preseruing both man and beast from death, euen as hereafter may be seene in many places, which ought to admonish vs to praise and thanke God almightie for our health, and to acknowledge him for to be the fountaine of all goodnes. And to speake and treat thereof in this our Booke of Phisicke we purpose to rehearse them in this seuenth Part, wherein shall be onely admonished of such poysons as are knowen in Germany and (as one may speake) are euerie day before our eies. For what poysons are or may be found in the East, and in Aphrica, it were superfluous to speake of them at this present. We will part these poysons or venims into three kindes; whereof the first shall be the vegetables, as Herbs, Roots, Plants, Seeds, Iuices, & such like. The second sort are the venemous Metals. The third sort are certaine Beasts, and whatsoeuer else commeth from them, whereby men are harmed; so that the sum of this seuenth Part consisteth in two things. First, to know al the venims wherby hed may be taken to eschue them. Secondly, if it so chance that any one haue taken any of them vnwittingly, or were ministred vnto him by another; how that one may helpe him, & shew how that venome might be withstood, and how to extinguish his deadly quality. For it is very needfull that euery Phisition or houlholder be prouided with good remedies against all manner of venim, whereby he as soone as neede requireth, may haue somewhat in readines that he may minister against the venime so taken. For in all such causes there serueth no delay; as there be but a few venomes of beasts and other, which if they be not remedied out of hand, do so infect that afterwards they remaine irremediable, as we haue also shewed in other places.

And therefore must we match and meete with these venemous and hurtfull things, imitating the first rule, if any man be poysoned by meate or drinke, then is a vomit the principalest remedy. Or if he haue receiued any venome through thrusts or biting, then must you set cups or bores with pricking thereon, scarifieng or cauterizing the sound flesh about the wounds, and at the last if need be cut off the whole ioynt or member. And those thrusts and bits are to be cured by some iniection and application, so to hinder the violence & operation of the poyson. The poyson taken inwardly is subdued through tart and sharpe wine, and other meanes: and lastly, through purging, sweating, and such like, as hereafter shall be taught. Regard is also to be had of the qualitie of the venome, and of the strenght of them that haue taken it; that the strongest poysons may be expelled with the strongest remedies; and the smallest venomes with mild medicines and remedies. Also regard must be had to the time of the yere, and to the age of the poysoned person. This is nowe briefly prefixed for a Preface, we will nowe procede to the remedies.

Of

## *The first Chapter.*

## Of all those things that are good against Poyson.

ALl that by the learned may be vsed against Ppyson, that shall here be described and specified; and we will shew and name those things that are well knowen, and easily gotten. For what may it profit vs to counsell any man to take the gall of an Olyphant, the blod of a Crocodile, and the egs of a Tortoyse in the sea? First, Theriuice (which is of himselfe good alone) or a sirupe made thereof, is verie good, for it withstandeth all Poyson.

The rotes of Valerian, browne Betony, and Rue, of each a dragme, taken with wine, is also good against Poyson. Conserues of Gilloflowers and their wine are also good for the same: the Beuercod, the conserues and wine of Burrage do also withstand poyson. In like manner also the iuice and the sirupe of Citrons, and all that is made thereof.

*Cardus Benedictus* leaues are also maruellous good against all venome (it is said that *Fredericke* the Emperor was the first that brought the same herbe out of Grece into Germanie) for the iuice, water, pouder, and sed of it are all good against poyson.

Fennell sede is also much commended, Sealed earth (if it be right) is of all Phisitions accompted for a noble medicine agaynst all venome.

*Peucedanus* and wilde Radish are also much commended.

Wine of Harts tong is also vsed for the same, albeit the auncient Phisitions doe make no mention thereof.

The Conserues of Elderne flowers is also very good, and is accompted a Conserue for the common people.

The Conserues of Hyssope, and the wine of the same, doth also contende with venime.

Pep, Comin, and Caruway, are more stronger then the Fennell sede. *Agaricus* is good if a man will purge.

*Angelica* is of all Phisitions accounted good against all manner of venim, and recommended by the name *Laserpitium*.

Eringus withstandeth all venim. The *Oleander* which the Grekes call *Nerion* and *Rhododendron* is also commended. The long Hartwort is also good. Rue hath an especiall efficacie against all poyson: and in like manner the seds of wild Rue; Rosemarie is also praised of some: the learned write not any thing thereof. *Sagapenum* and *Serapinum* is also accounted good for it.

Wormewod, and all that is made of Wormewod is maruellous good against all venim. The compounded things that are commodious against all venim shall hereafter followe.

## An exhortation for all those that are afraide to be Poysoned. §.2.

AUncient Phisitions were wont to haue an olde Prouerbe, and to say, that Venom is so proud that it dwelleth commonly in Gold and Siluer: whereby they ment that great personages that eate and drinke out of Gold and Siluer, are in greater daunger to be poysoned then the common people that do eate and drinke out of earthen dishes; wherefore must such high personages that are afraide to be poysoned, diligently take hed of the meate and drinke that they eate, and that are drest of diuers things.

Also they must not take too much of all swete, salt, and sower drinkes; and they must not eate too eagerly nor too hastily, and they must at all times haue great regard of the first tasse of their meate and drinke.

But the most surest way is, that before the mealetide he take somewhat that may resist venim, as Figs, Rue, or Nuts, each by himselfe or tempered togither. The Citrons, Rape sede,

Pep,

Nepe, or any of those that are described before, the waight of a dragme taken with wine, now one and then another, is verie much commended. Somtimes also two Figs with a little Salt, then againe Mithridate or Treacle, and such like moe may be vse before the mealtide.

## When any bodie perceiueth that he hath taken Poyson. §.3.

But if one be sure and perceiue, or certainely knowe that he hath taken Poyson, then must there be no long disputing what is to be done: for in case that one wil be long a counselling what shal be done; then will the venime in the mean time infect his blood and other vitall parts: wherby the partie may be neglected, and afterwards also remaine incurable. Therefore must the common means be vsed (as is said before) to prouoke him to vomite and cast, and that through the taking of luke warme water tempered with Sallet oyle or with swéte Butter.

There are héere and there in this Booke diuers remedies expressed, whereby vomiting is to be furthered, which may be vsed for this purpose, and you may séeke for them in the Table. And as soone as the patient hath vomited, then are you to cause him to haue a lose and open bodie, which may soone be brought to passe with a strong clister, whereby the remaining sharpenes of the venim, that might remaine behind in the stomack, or in the bowels, might be driuen out and expelled.

## The signes when one is Poysoned. §.4.

Albeit that the signes of those that be poysoned, and the nature of the Poyson taken, or the biting of a venemous beast are diuers (as shall hereafter be more at large declared;) neuertheless cannot it not be but good and requisite to comprehend them all vnder one. First, they get a vehement paine in the stomacke, in the belly, and in the bowels, paine of the liuer, the kidneies, and the bladder. Often they get a hoarsnes, gnawing and biting, shiuering, cold, dumnes, and conuulsion of the sinews, féeblenes of the pulse, the Lethargie, swimming of the head, darkenes of sight, and a shortnes of breath, yea that they séeme to choke, great thirst, bléeding, lacke of appetite, great heat, great féeblenes of the face, losse of vnderstanding, of might, & moe such like symptomes; yet herby cannot sufficiently be knowen the nature of the poyson that hath béene taken. For example, if any man hath taken *Cantharides* (which are Spanish Flies) he getteth diseases in the tong, in the stomacke, and in the kidneies, the bladder is inflamed, he can scarsely make water, to wit, without infinite paine, blood, and great sharpnes. The Caterpillers of the Fir trée called *Bupreſtes*, and the *Salamandra*, do also cause these forsaid accidents.

Item, all those that haue taken *Opium* doe fall into a verie déepe slépe, or altogither into a maladie, that is called *Lethargus*, to wit, the slépie sicknes, they get bleake spots, they waxe sluggish, cold and stiffe, and are depriued of all their senses.

The like chaunceth to them that haue taken the iuice of *Mandragora*, or the iuice of Hemlocke.

The Henbane séed maketh men not only foolish and raging, but as it were mad, or as if they had taken *Aconitum*: they be not onely choked that haue taken *Aconitum*; but also those that do take Toad stooles, Ceruse, Gippes, and Dre blood: but (as it is saide) we shall hereafter further discourse and admonish at large of this matter.

Here we will most of all treat of those Poysons especially that growe, and whatsoeuer else procéedeth thereof, and ad vnto them their Latine and Gréeke names.

Of

## The second Chapter.

### Of the venemous Plants and such like.

THe *Mandragora* is not otherwise called in Latin nor in Greeke, and is by good reason placed amongst the venims, for that by her nature which is cold in the third degree, it doth choke one: and when one taketh too much of the iuice, then causeth it a sleepe vnto death. It is also very dry, yet may with discretion the waight of one dragme be giuen thereof as neede requireth: for the learned write, that if any man be too sore frighted or feared, so that he must be cut or burnt, then must there be giuen one drag. of this rote vnto him, and hs shall then fall into so deepe a sleepe, that he shall three or foure howres long remaine vnsensible, in which space the Chirurgions haue time ynough to do their worke.

But what the Tothdrawers or Mountibanks do with this rote of *Mandragora*, (making the people beleeue that they growe vnder the gallowes of the vrine of the hanged theeues, hauing the forme of a man) is knowne to all men.

Henbane is called of the Greekes *Hyoscyamus*, and at the Apothecaries *Insquiamus*, which is almost as much to say as hogs beanes, and that by reason that this herbe is a deadly poyson for swyne, if they be not presently well washed, and drinke much, or do eate Creuets, which haue a speciall operation against this poyson.

This Henbane is of three kinds, the one hath red floures and black seede: the second hath yellow floures and yellow seedes, and are both by their very cold nature venemous: the third hath white floures and white seede, and is also cold to the third degree, which of the Phisitions is very aptly vsed in some causes: but if you cannot get the white, then take the yellow, and leaue the black. You may make of the new seede a iuice, which is dryed in the Sunne, but it may not be kept aboue one yeere. When you haue taken this iuice, then will it make one frantick, and as he were dronken, but by certaine medicines the same will quickly away. You must take therefore the milke of an Asse, or in stead thereof Goats milke or Cow milke.

Item, Hony water is very good for it, if he drinke much thereof: when you are weary thereof, then ceasse, and then drinke againe afresh. Water wherein Figs were sodden, is also very good for this. Cucumber seedes or Pingles sodden in wyne and so vsed, are good for this purpose. Item, wyne that is somewhat salted, and tempered with Barrowes grease is also not ill.

Item, there is very commodious for it Nettle seede, Cicorie rotes, white Mustard seede, Cresses, Radishes, Dinyons, or Garlick, any one of these taken with wyne, and then afterwards the patient layd to sleepe, euen as one that is dronken.

Coriander is a knowne seede, called in Latin *Coriandrum*, and in Greeke *Corion*, or *Corianon*. The learned haue diuers opinions of it, *Dioscorides* writeth, that it is cold, but *Galenus* and his followers doth reiect this opinion, and sayth, that it is hot, or at least somewhat warming. And albeit this seede be somewhat venemous, yet may the same easily be corrected, to wit, when it hath beene steeped in vineger, and is dryed againe, and then may it be vsed in many medicines as you may find euery where &c. Take prepared Coriander &c. The nature of his venim is, that when one eateth too much of this seede, or drinketh too much of the iuice, then will the head be thereby so out of frame, as if a man were dronke: it maketh one hoarse, and as if he were dumb, or if he speake, yet are they but vnreuerent words. In fine, it is not without great danger, for it hath beene often found, that after the taking of the iuice death hath followed, therefore it is good counsell, that you vse of this a little, and but seldome: yea, some will correct the Phisitions that dayly vse this seede for strengthening of the head, by reason that it is much contrary to the head, and noysome. Now to take away the venim of this seede, you are first to cause the patient to vomit, and that with oyle called *Irinum*, or in stead thereof, with oyle of Oliues, both of them taken with the warme decoction of Wormewood. Also you may fry an Eg or two in this oyle, and mixe it with pickell of salt fish, and so drinke it, or the pickell alone, well salted

Henbroth,

hen broth or Gose broth. In like sort sodden wine, mingled with leigh, are very good for it. *Nardus* seeds or *Nigella* seeds, called in Greeke *Melanthion*, & in Latine *Nigella*, by reason of his blacknes. There are fower kinds of it, two black, the which (by reason of their pleasant smel) are planted in the gardens: Another which groweth of himselfe in the fields: The fourth sort is yellowish, & hath no difference from the black kinds. The nature of them all is hot & dry, which maketh them venemous, when one taketh too much therof he is in danger of death. And herein is a wonderous worke of nature, that contrariwise it resisteth poyson, and in olde time (by reason of his pleasantnes) was baked in bread. For what diseases then this seed is good, that is shewed and taught in moe other places.

Wilke thistle. This rote the Greekes call *Chamæleonta*, for that the leaues do alter their colour after diuers sortes, according to the nature of the ground, now blacke, and then greene, now blew, and then yellow, and into diuers other colours: In Latine this herbe is called *Carduus Suarius*, that is, Sowthistle, for that it killeth Hoges, if they eate this herbe, mingled with Barly meale. In like maner it killeth Rats and Mise, if they eate thereof, and drinke not thereafter immediately. The Apothecaries call this herbe *Cardopatium*. Because that this is hurtfull to the said beasts, therefore cannot it be but hurtfull to men, if they take too much thereof. And the same is manifested by his nature, for that it is hot in the second degree, and drie in the third: yet this rote is often vsed for many things, & highly commended, & that most of al against the venim of the Plague. There are two sorts, blacke and white Wilke thistle, both of one nature. Notwithstanding there is here to be noted, that the blacke is to be vsed onely outwardly.

The Yewtree, do the Greekes call *Smilax*, & the Latinists *Taxus*. This tree is well knowen, he groweth prosperously in cold and shadowy places, for such is his nature. That he is placed amongst the venims, is not without cause: for it hath been tried, that if bottels be made of it, and the wine kept therein a certaine time, that it killeth a man. In like maner doth the fruit of the same tree, which groweth in Spaine. Moreouer it is said, that whosoeuer sleepeth vnder the shadowe of this tree, or vpon the leaues, and specially vpon his blossomes, must die, for that the whole bodie will be thereby ouer coled, that a man must die sodainly. His leaues are not hurtfull for the wild beasts, but only for such beasts as do not chew their Cud, as the Swine, Horses, Asses &c. they are killed with it. It is said also, that if a copper naile be stroke into his stem or body, then will his venim vanish away. His smoake should kill Mise. And that his venim wil also be taken away by the same meanes, that hereafter is prescribed against the venim of Hemlocke, where you may seeke and finde the same.

Wilde Cucumbers and their iuice *Elaterium*, whereof is so many times admonished, that men must deale with it warily, and vse but a very little at one time, except it be in grieuous sicknesses; as the Dropsie, and such like. The Greekes call this herbe *Sicyagrion*, which is wild Cucumbers, for that the same are like to the tame Cucumbers. When these wild Cucumbers are ripe, are softly handled or wronged, then breake they open, wherefore you must looke to your eies, for they are hurtfull. In Latine it is called *Cucumis Anguinus, Syluestris*, and *erraticus*. The Apothecaries and common people call it a wild Cucumber. His iuice is *Elaterium*: it is made aswell of the rotes, as of the leaues: but it is not so forcible as that which is made of the fruit. Of all medicines, there is none that continneth longer good than the same; for *Theophrastus* writeth, that it hath been found good & forcible 200. yeres, & it ought not be vsed vntill it be 3. yeres old. It is hot & dry by nature, for which cause *Dioscorides* doth place it amongst poysons. It is so vehement, that when a woman vseth it in pessaries, it killeth the fruit. But we haue written of it also in the introduction.

Fleawort. The Greeks do cal the seed of this herbe *Psyllium*, the Latinists *Pulicariam*, by reason that the seed is like to Fleas, or that it hindreth the breeding of such vermin: The Apothecaries do keepe both the Latin & Greeke names. It is (as some say) cold in the second degree, & is measurably drie and moist. Others do ascribe great cold vnto it, wherewith this following doth agree. Albeit this seede be commodiously vsed (as many places of this booke may witnes) yet hath it nevertheles his venim, to wit when one vseth too much therof, for that it maketh the whole body cold, sluggish, feeble, and vnapt. Against this may be vsed that which is prescribed for Coriander.

Crowe foote the Greekes doe call *Batrachion*, the Latinists *Ranunculum*, that is Frogwort, either because it willingly groweth (as Frogs do) in moyst places, or for that the Frogs gladly hide themselues vnder it. Some call this herbe *Flammulam*, by reason of his burning nature;

for being applied grene, it doth not only excoriate the place with paine, but also if the flowers lie long thereon, it maketh a hard escarre: The Beggars haue learned this so well, that therewith they open their legs, and make them sore, that they are loathsome to behold, to the end that therby they may get the greater almes. As much as appertaineth to the venim of this herbe, it is by nature hot and drie; so that it burneth not only the outward parts, but also the inward parts, when it is taken inward. The rote dried prouoketh neesing: if one hold it a good while at a soth, it drieth it so much, that it falleth to peeces.

*Apiastrum*, which the Apothecaries doe call *Apium risus*, is also of the same nature. We call it water Crowfote: it is with vs very sharpe, but much sharper and more venemous in the Iland *Sardinia*. All that eate therof are depriued of their vnderstanding, the sinewes of their mouth and lips are so mightily conuulsed, that the patient seemeth alwaies to laugh, when neuertheles hee dyeth: whereof that vulgar prouerbe is sprong, *Sardinius risus*, which is, Sardinians laughing, that is as much, as when one laugheth where he had more nede to weepe.

Now touure this venim, you are to giue to the harmed abundance of honie water & milke to drinke, & annoint the body with some warming salue, or to put the patient into a bath of warme water, amongst which oile is tempered: and in fine to vse all things for this purpose, that is to be vsed for the cramp and conuulsion of the sinewes.

Nightshade do the Grecks call *Strichinos* or *Trichnos*, and the Latinists *Solanum*, the which name the Apothecaries haue turned into *Solatrum*. Hereof are fower kinds described by the learned, whereof the first is garden Nightshade, which may be eaten amongst other pot herbs. The second sort are the winter Cherries, whereof we will not write any thing. The third sorte prouoketh sleepe. The fourth sort maketh men mad and out of their wits, wherefore it is called in lowe Dutch, Dulcryut, that is, maddingwort. The Nightshade that prouoketh sleepe, is cold in the third degree, like to *Opium* (whereof we will speake shortly) but it is not altogither so cold. And albeit that somtimes the rote of this herbe is taken for the Dropsie, yet notwithstãding that the same be forborne: for it hath often hapned, that when one hath taken too many of the berries, that he therby is become raging & mad; yea so stiffe ouer al his body, as though al his ioints were dislocated. This stiffenes accustometh cõmonly to indure three daies, so that some deceiuers accustom to vse the same to bring men into a misbelief (as *Pliny* writeth.) If one take the waight of a drag. of this rote, it maketh a man lusty, friendly, and causeth wonderfull fantasies, so that they seem to be foolish, and to haue forgotten all shamefastnes. And such as take two drag. therof, they wil be wholly mad and raging, & if one take half an ounce, then wil death follow; for the said *Plinius* writeth, that the Grecks with such like meryments haue plaied the foles. Wherby may easily be noted, that these two species of Nightshade ought not to be vsed for any medicine inwardly: and this foresaid making mad, is none other, than that the Grecks call *Doryenion*, which was vsed in old time for the poisoning of Arrowes. The taste of this herbe is like milke, it prouoketh hoarsnes, it hurteth the tong by his moysture, it expelleth blod by vomit, driueth out matter and filth by stole, euen as they that haue the red or blody flixe. Thus before those & such like accidẽts do appeare, you may vse these remedies following, to wit, that the patient take much hony water, wherein Violets are sodden, & then vomit it out againe. In like maner may you vse the milk of an Asse, Goats milke, or new warme wine, wherein Annis sede is tempered, or wherewith bitter Almonds are mingled. The water wherin Mussels, Crabs, and such like are sodden, is very commodious to be dronken for it, yea Mussels themselues eaten raw, and likewise clisters: and in fine, all that may draw the venim out of the body.

Neesingwort is of two sorts, to wit, white & blacke Neeseworts. The Grecks call it *Elleborus*, and the Latinists *veratrum nigrum*, whereof we haue at large discoursed in the introduction. We take this herbs name of the operation, because it vrgeth neesing. The auncient Phisitions make much a doe with it, and committed many follies by it. Both these rots are in vse, yet it is with them as with other things, that whosoeuer taketh therof too much it is poyson, and bringeth him into the perill of death.

These rotes are hereby knowen to be venemous, when as they are digged vp, & that the vapor of them riseth into the face of the digger, that therby he hath great paine in the head, & swelleth much: wherefore it must be digged vp spedily, and the digger ought to stand with his back to the wind, & to eat some Garlicke before, and then drinke a good draught of wine after it. Black Neesingwort killeth horses, oxen, and swine, and purgeth downewards. White neesingwort is

not

not so hurtfull for cattell, and purgeth vpwards. The Phisitions specially forbid, that none of these rots shall be vsed in women, old folks, nor children, nor in them that haue a short breath.

Poppie heads, and the iuice of them, called *Opium*, the which is knowen with vs very well, is called of the Grækes *Mecon*, and of the Latinists *Papauer*. Some of them haue red flowers, which are Corneroses, the which if one plant, they beare white, graye, and blacke sædes; of which the white are the best, and the blacke the worst. All their natures are cold vntill the fourth degrée, therfore not onely the sæde, but also the whole herbe prouoketh slæpe. There is also a yellow sort, but the same is hot and dry by nature. And by reason of the extreame colde, is this herbe numbered amongst venims, not (if it be measurably vsed) that it bringeth any hurt with it, for that the sæde thereof is baked in bread, but only when one taketh too much thereof, and that chiefly of the blacke, which is much stronger then the white, in prouoking slæpe: for thereby is the slæpie sicknes *Lethargus* caused. And of this blacke Poppie sæde, or of these heads (the which growe not in this countrey, but elswhere) is the iuice made, dryed, and afterwards is called *Opium*, which is vsed in many places of this booke. But if you are to vse it inwardly, then must it (as we haue often admonished) be warily taken in hand: for if there bee too much thereof giuen at once, then doth it cause a man to slæpe so long till he die: Therefore there are a number of ancient Phisitions that affirme that none ought to be vsed little or much of it, to wit, inwardly; but to leaue and refuse it as a very hurtfull poyson. But if it happen that any haue taken thereof too much, then are you to giue vnto him salt with *Oxymel* to drinke, euen as is to be done when any body is poysoned with Toadstooles.

Toadstooles, doe the Grækes call *Mycites*, the Latinists *Fungi*: whereof are many kinds, & some when they are dryest cannot hurt, yet at all times giue no good nourishment, for that they are hard of digestion, and are auoided downewards, as they were taken. In fine, all learned men agrée in this point, that some through a secret nature, and other through their quantity, doe kill one no otherwise, then as if they were strangled with a corde or rope. Wherefore it is rather a brauery, and an intolerable lickerishnes of them that eate the same, and put their health in danger, than any part of wisdome.

Do not we reade of the Emperour *Claudius*, & of whole families, that méeting togither at bankets, and eating of these Toadstooles, haue dyed instantly? We speake not here of those that eat the same moderately, and only for pleasure; and yet that they doe no great good to those that vse them: for they augment the cholericke humors, and inflame all other bad humors of the body. One may know them hereby, that in dressing they ware hard: they also get a venemous nature if they grow about rusty Iron, or of any foule thing. Item, by any venemous beasts, as Adders, Snakes, Toads, and such like, when they haue their holes there about, & so infect the same.

Wherefore it is to be well noted, that when any haue taken thereof, and find any hinderance of the breath or otherwise find himselfe ill at ease, that then the patient must immediately be caused to vomit, wherby the poyson may be cast vp; which may be done by the taking of the pickle of fish, & leigh mingled togither, or by the decoction of Parierom & Hyssop. The force of this venim may also be alayed by Hens dung taken with vineger.

*Esula*, all the venemous herbs that giue milke, are seuen in number, described by the auncient Phisitions, and all of them are called of the Grækes by one name, *Tithymalon*, and of the Latinists *Herbæ lactariæ* (as milke herbes) the Apothecaries call it *Esula*: of these herbes there are some species vnknowen; wherfore we will not waste much time in describing them. Altogither (yet the one more than the other) are hot in the fourth degrée, and drie aboue measure: so that if one breake a sprig thereof, & holdeth the same to his tong the space of many howers, he cannot be rid of the burning. Also if you lay the pouned herb on the whole skin, then beginneth the same forthwith to inflame and burne, so that it séemeth that a cole of fire lieth thereon.

In like manner also doth this rot manifest his venim first in the digging vp, whereby the digger & also the preparer, are to expect more danger than hath bén told of Mæsingwort, and by reason of her great venim, is this rot but seldome vsed by famous Phisitions for the purging of superfluous *Cholera* and *Melancholia*, euen as you may sée in some places of this booke: but how a man shall prepare this rot, that haue you before in the introduction.

The herbe Wolfs bane, and specially the rot, is of the auncient Phisitions & Poets accompted the most venemous plant; so that when they will once talke of poyson, they call it *Aconiton*, with which name the Grækes & the Latinists call Wolfs bane, which is of two sorts, wherof

the one is called *Pardalianches*, (for that it choketh the Panthers) and hath a roote, that at the end is like the tayle of a Scorpion, which is called of the Apothecaries *Vnaversa*, or *Lupina*. The other sort is called of the Grækes *Lycoctonon*, which is Wolfs bane, for that specially more then any other beasts it straightway strangleth the Wolfe, notwithstanding that it also killeth the Fores, Swyne, and all other wild beasts, if the powder of this roote be strowed vpon any thing that they come to eate. In fine, of all venims there is none that soner killeth, and taketh out of the world, and that not only when one taketh it inwardly, but also if one touch it: For if one touch any the cattell therewith about their members, then must they dye the same day. His nature is to corrode continually inward, and maketh the parts that it toucheth stinking. Both of these sorts grow much in Germany, in the valleyes, and on high hilles. And verely there is another wonder of nature with it, to wit, that this venim most mightely withstandeth all other venims: As for example, when one taketh this Wolfs bane, or Monks hood, then must he expect none other then present death, vnlesse there be another poyson before in the same bodie, as if one were stung before by a Scorpion.

Wolfs bane finding another poyson in a mans bodie opposeth it selfe against it after a most vehement manner, and expelleth it, yea and combateth against it no otherwise, but as a warriour, that omitteth all other things, and setteth only vpon his enemie, in which strife they remayne both slayne, and the man retayneth his life. As sone as then one hath receyued this poyson of Wolfs bane, there commeth a swimming vpon him; chiefely if he would arise his eyes will runne, he feeleth great anguish in the brest, and in all inward parts: his breath will be short and grieuous; therefore it is needefull that you indeuour to expell this poyson by vomits and Clisters. First, there is good for it sodden Marierom, Rue, Horehound, Wormewood, and Wormewood wine, Houseleeke, Southernwood, milke Thistle, wild Cypresse, and moe such like. In like manner also the right Balsam, if you giue it him with the waight of one dragme with Hony, or with Milke, Beuercod, Pepper, and Rue, of each one scruple, may be taken with wyne for this purpose.

Also the rennet of a yong kid, of a yong Hare, or young Roe buck dronken with Vineger, is also very good.

The wyne wherein a peece of glowing gold, a peece of siluer, or a glowing yron is quenched, is also highly commended for it. Or Lye and Wyne, wherein a Hen is sodden. Fresh broth made with Beefe, mingled with Wyne and dronken. The herb of wild Cipresse is also very requisite for it.

Hemlock is well knowne euery where, and is called of the Grækes *Conion*, of the Latinists and Apothecaries *Cicuta*, but by vs it is called Hemlock. It killeth men and that very extreamely, if any one take of his iuice. It is a very cold herb, and therefore very venemous. With this herb haue the Athenians gotten the name of Tyrants, for that therewith amongst many other they murthered *Socrates*.

Against this poyson, it is very good that one do drinke much strong wyne, and that betimes, before the poyson passeth to the parts of life.

It is also taken to be certaine and sure, that if his iuice be tempered with wyne, and dronke, that there is no counsell nor help to be expected against it.

Outwardly the Hemlock is to be vsed in some accidents with aduantage, as hath beene shewed in diuers places of this booke.

All they that receiue of this poyson, their head seemeth to run round, and their sight so darkened, that at last they can see no more, they ware hoarse, they lose their vnderstanding, the outward parts ware cold, and are conuulsed as if they had the Crampe, the pulse will be still, the breath tarryeth behind, and they dye miserably. Wherefore (as in all other venims) the patient is straightway to be made to cast and vomit, to minister Clisters, and continually ply him with wyne, giuing him Asses milke, Cow milke, Wormewood, and Pepper, tempered with wyne & Rue. Item, iuice of Hints tempered with wine, is heere much commended. In like manner also *Ameos*, *Cardamomum* or Stozar, the waight of halfe an ounce, Pepper with Nettle seede, and Bayberies dronke with wyne. Item, Vine cuict excelliuely dronken, and vomited vp againe, are against this sort of poyson much commended.

Dogs bane, are called of the Grækes *Ephemeron*, for that they kill a man in one day. And that we may make difference of this roote from such as are not venemous, namely from the Liri-

confan

constansy, we will adde *Colchicon* with it, by reason of the countrey where it groweth in great abundance, and most venemous: the Latinists call the same *Bulbum agrestem*, and the Apothecaries *Hermodactylum*. They grow almost in all medowes in Germany, and are sweete in the mouth, whereby the ignorant by reason of their pleasant tast, may be easily deceiued, and allured to eate thereof, whereby they are in danger of death; for as sone as they come into the stomack, by and by they feele a burning & a paine ouer all the whole body, as if they had bin burnt with Nettles, they feele also a gnawing in the bowels, the stomack will be hot and oppressed, and in time there commeth a lask after it, so that the scrapings of the bowels, and bloud doth follow, and lastly death it selfe. For this, are all remedies good that are prescribed against the venim of toadstooles, to wit, vomiting and Clisters. It is good before the venim get the maistrie to drinke water wherein is sodden Oken buds, Acornes, Pomegranate peeles, or wyld Thime, and is mingled with milke. Item, you may also vse one of these iuices following, as the iuice of Cicorie, of Blackbery leafe, of Mirtles tempered with wine, the inward peeles of Chestnuts poudered, and mingled amongst it, is also very good. In like maner it is especiall good to drinke Marierom with Lye. And aboue all things, there is nothing better then Cow milke, or the milke of a Buffell dronken in great abundance, and held in the mouth: for if one haue such milke, it is no counsell to seeke any further for any other things.

## *The third Chapter.* 3: ch.

## Of the venemous Metals, and such like.

AS we haue spoken in the description of the foresayd venemous plants only of such as are well knowen in this countrey, so we will heere treate of certaine Mettals, & of all that commeth thereof, and teach also thereby when any body is poisoned therewith, how that venime is to be resisted. *Ceruse*, the Latinists call it *Cerussam*, and is taught by *Dioscorides*, that the same is made of lead by the vapor of the vineger. This art was found long ago, but now at this time it is made more easie. The *Ceruse* taken inwardly, is deadly. Through the taking in of *Ceruse* followeth hoarsenes, cough, drouth of the tongue, coldnes in the outward parts, losse of vnderstanding, and the members will be thereby weary, sluggish, and feebled. These accidents are to be holpen by these meanes following, as with hony water, with sodden Violets, or Mallows water, with warme milke, with beaten seede of *Sesamum* sodden in wine, with Lye that is made of Vine ashes, with oyle of Marierom, or with *Oleo Irino*, or with water wherein Peach kernels are sodden. Pigeons egs with Frankincense, sod Barly and Prunes, you may giue of any of these things which you will, and as often as you will, and cast them out againe. In like manner there is good for this *Scammonea* sodden with hony water.

*Gippes* is very like vnto Chalke, for it is made of many stones by calcination, and also digged out of the earth. His nature is, that when it is made soft with water, it is immediatly altered againe into a hard stone: the same doth it also in the body of man, whereby it strangleth presently: wherefore all that is prescribed against the venim of the toadstooles, is also good for this. Item, oyle that is sodden with Mallowes in steede of water, by reason that it is fat it prouoketh a slipperie passage for vomiting, & hindereth also the exulceration of the passages. Likewise there is also good the oyle of hony water, or dry Figs sodden therein and so dronken. The Lye which is made with the ashes of the Fig tree is maruellous good for it: or in the place thereof you may take the ashes of Oken wood, and eate Figs. Also you may vse the ashes of the Vine, and temper the same with wyne, and drinke much thereof, and then cast it or vomit it out againe.

*Lime* and *Gippes* are very like one to another, and they match one another with their venim. The red myne, whereby some do vnderstand the red lead, and some sinople, or mine of the quicksiluer, *Sandaraca*, *Auripigmentum* which is orpiment, they are for the most part all of one nature, that they torment the intrailes with an intollerable paine, and in case that there be no remedie had for the same in time, then doth it kill him. We wil also adde to the former the yellow, red, and white Rats bane, or *Arsenicum*. For this, is commodious all that expelleth venim, abateth his sharpnes, & loseth the belly, whereof there is much written before. The iuice of Hollyhockes and of Mallowes is speciall good for it, by reason that they are both of them mollifying. For this also you are to giue him a potion wherein Linseed & Rice are sodden, or milke tempered

red with hony water must he drinke vnmeasurably. In like manner also all fat flesh broth.

Quicksiluer is called in Greeke *Hydrargyron*, which is water siluer, and in Latine *Argentum viuum*: we call it in this countrey Quicksiluer, and is of *Plinie* called a venim exceeding all other venims. It doth also manifest the same in mans bodie, not only taken inwardly, but also annoynted ouer the out side. That it is such a poyson not only of the bloud, but also of the venemous Pocks, and of other maladies moe, as you may see and reade before in diuers places of this booke. Some do say, if one drink it, it presently runneth through the bodie: but if any such thing happen, yet notwithstanding there remayneth somewhat thereof behind in the bodie that doth hurt the same and the intrailes. For the remedie of this poyson, one must drinke much milke, and then vomit it vp againe: or in stead thereof, Wormewood wine, or water wherein Smallage, the seedes of Clary, and Marierom, or Isop are sodden. For this is also very requisit small filed gold, which doth draw the Quicksiluer vnto it in a wonderfull manner, as by experience may daily be seene at the Goldsmiths and other, how quickly it cleaueth to the gold, and when it is warme, it mingleth it selfe with the gold, where neuertheles all other things that are cast vpon it are expelled frō it, and swim on the top of it, and letteth them not fall to the bottome. There may also be well vsed against the venim of Quicksiluer all that standeth written against the litharge of gold. Further, it is well knowne to all the world, that there is no stronger venim then the *Mercurius sublimatus*, like as all Chirurgions and Pockmaisters do find by experience, when as they do vse the same in any vlcers. How one shall prepare the litharge of siluer, *Plinius* doth teach the same diuersly, we will heere admonish of his poison. When the same is dronken, then doth it make in the bodie and in all the intrailes not only an anguish, but also an extreme pricking and paine, it pearceth the inward parts, by his waight it stayeth vrin, it swelleth the body, and procureth a leaden colour. When as then the patient hath vomited exceedingly, then are you to giue him wine to drinke with the seedes of Clary sodden in it, Myrrh, Wormewood, Isop, seedes of Smallage, Pepper, *Ligustrum*, or dryed Pigeons doung.

## *The fourth Chapter.*

## Of the venims that come of Beasts.

WHat great commodities almighty God hath giuen vnto vs in Beasts, is sufficiently knowne vnto all the world, and the same is to be seene in the foresayd parts of this booke, and in diuers medicines. For behold, what is more base and lesse esteemed then the earthwormes that breede in the stincking dunghils, and also liue therein, neuertheles are they vsed in grieuous sicknesses both inwardly and outwardly with great good. The venemous Scorpions and Vipers are wholesome medicines against venim & other diseases, and yet moe such like, whereof one might write whole bookes, as the bookes of all Phisitions and Philosophers do testifie: yea it hath bin found oftentimes, that the ordure of some beasts hath holpen in deadly sicknesses.

But to the contrary, there are foure little beasts not fearefull but hurtfull, against which hurts and harmes there are heere very good remedies taught to defend and preserue one from them. For what is a more friendlyer beast towards men then the Dog? What beast is more obedient, and can be lesse without the companie of men? yet it is not vnknowne to all men how hurtfull and perilous the biting of a mad Dog is, for if there be not presently very good remedyes vsed against it, then will the same man be mad also, and all other men that shall be bitten by the sayd mad man. Wherefore we will in this fourth Chapter speake of certaine venemous beasts and wormes, whereof we by the grace of God (in regard of the South countries) haue but a fewe heere in Germany. Wherefore we will omit *Basiliscus, Amphisbena, Cerastes, Dipsades*, and such like venemous beasts moe, which are to be found only in *Aphrica*, and admonish of those that are knowne of vs, and adde vnto them the remedyes that are requisite against their venim.

The first are the Ants or Pismers which truly are prouident and laborious little beasts, whereof we will not heere describe the nature, but will discourse so much as serueth to our purpose. Then it is found, that men through their pissing feele in their skinne, the which is more greater then is the stinging of Nettles, for the place thereof swelleth. They annoy also thereby all herbs and trees. And for to driue away the same from thence, you are to

take

take Cowdung, and temper it with vineger, and therewith annoynt the body of the tree, or take Pitch or Rosen for it. They shun also the smoke of Brimstone, and the fume of Warierom in such sort, that thereby they forsake their holes. Some affirme the same also of Cicorie, or (that is better to be beleeued) of *Esula*, which herbs and the smoke of the sulphur, doth not only hunt them away, but also killeth them. These Ants and their egs are also vsed in Phisicke.

When as any man is stung of Bees, Wasps, or Hornets, then doth he not only complaine of great paine and heate, but also of great swelling of the place where he is stung, whereto you may vse this following most commodiously: Make a plaister of Linseede meale and salt tempered with vineger: or stamp Hollyhock leaues and lay them moyst thereon. You may also do the same with the floures of Balme. The same doth wild and tame Rue, the milke of new Figs, salt fish, and the pickell of the same. Item, Seawater, when the place is often moystened therewith. Take Treacle or Mithridate as big as a hemp seede, and annoynt it thereon, or if you haue nothing els, then take the moyst earth out of the garden, and annoynt it therewith. It is said, that if one be once bitten of a Scorpion, that then neuer afterwards neither Bee nor Wasp wil bite him. The same is also written of the wormes that grow on Coleworts, when they are tempered with oyle, and annoynted therewith. This is also worthie to be thought vpon, that when one beareth any ouerferous things, that then the Bees are the readier and greedyer to sting the same partie then otherwise. Although that there be no *Cantharides* or spanish Flyes in Germany, yet are they common at all Apothecaries. They are also very much vsed of the Chirurgions, and of other, as may be seene before in many places: but by reason that some most vnpr[illegible]dently take the same in hand, and also will vse them inwardly, therefore cannot I conceale their poyson. These spanish Flyes breede of the Caterpillers or little wormes of the Fig tree, Peare tree, Fir tree, and Rose tree, &c. and when one drinketh them, then follow there afterwards all manner of painefull symptomes, for that one may feele from the mouth euen to the neck of the bladder a sharpnes and great exulceration: and he supposeth that he alwayes smelleth Pitch, the right side swelleth inwardly, the vrine will hardly void, and passeth away with bloud, and in going to the priuie, there auoydeth the scrapings of the bowels, like to them that haue the bloudie Flixe. They lye in great smart, are also feeble and impotent. The head swimmeth so much, that otherwhiles they fall to the earth, vntill at the very last they are bereft of their vnderstanding. And to remedie these grieuous accidents, there must be giuen to the patient Sallet oyle, or some such thing to drinke, for to bring him to vomit. And when this is done, then are you to minister vnto him a Clister that is sodden with Rice, Hollyhock rootes, Fenegreeke, Linseede, Mallowes, and such like. If one may get the right *Nitrum*, then is it very commodiously vsed with *Oximel* (our Salt-peter is not the right *Nitrum*) whereby the rest that remaine sticking in the stomack and in the bowels might be washed off and expelled. Afterward you are to giue him Wyne, and sodden Must to drinke, wherein is sodden Pingles, or Cucumber seede. This may also be effected with milke, or Hony water: and in like manner also Gosegrease, and sodden wyne. There is a pap of Barly meale to be layd vpon the swollen place, made with Hony water. It is also to be noted, that at the first there must no plaister be layd thereon, for that will do more hurt then good.

When all hath bin done that is aboue said, then are you to annoynt the bodie with oyles that be warme by nature, and then to bathe after it, so that thereby all that may hurt the body might be drawen out. You must also see that the patient haue alwayes a lose bodie. He may eate Cockrels, yong Bucks or Kids, and Swynes flesh that is very fat. And he shall also seethe Linseede with it, for that mollifieth and dampeth the eagernes of the poyson. He shall drinke excessiuely sweete wyne. The rindes of Frankincense and sealed earth, the one or the other, the waight of a quarter of an ounce, taken with Must, is also much commended. Item, there is good for it the decoction of Pennyroyall. Item, Drage, stamped Rue, and the iuice of the same dronken with Wyne. In like manner also Cowmilke that is described in the third part, the twelfth Chapter 11. §. beginning thus: Take Gentian &c.

But aboue all these are the *Antidota* good, as also both the Treacles, the Mithridat. *Alexipharmacon*, and such like.

It happeth also oftentimes, that the people that trauell thorow the countrey, doe vnawares drinke an Horseleach, which according to the old wont without intercessing, sucketh bloud within the bodie. But if it remayne hanging within in the throate, then

may it be sæne. But when this hapneth, then must good hæde be taken, that you venter not to get it out with any tongs or other things, for that commonly they leaue their tæthe sticking in the flesh, whereby afterwards growe grieuous impostumes, and it boteth not thereto that they be cut off, they leaue not therefore their sucking: and if they fall dæper into the body, and come to hang at the mouth of the stomacke, that is easie to be knowen by their drawing. Thus for to cure this accident, he is to drinke Pickle of fish, or any other salte water, holding it in the mouth, and to gargarise therewith. Item, *Angelica* sodden with beetes. Further, take Rue, sæthe it in Vineger, and drinke it, or hold it in the mouth, according to the place where the worme is fastned. Or, take Vineger that is heated with a glowing iron, melt Butter therein, and giue the patient to drinke of this Vineger. For this is also very good the meale of Lupines, tempered with water, and the same holden in the mouth. The wood lice are a filthy stinking vermine; neuertheles, they are said to be good against all venime, which if they be burnt, and the fume of them receiued, they cause the Horsleaches to fall off.

The Flea is a vile troublesome and blood thirsty little beast, which vexeth both man and beast. To drive them away or to kill them, there is no fitter meanes, then that you kæpe the chamber alwaies very cleanly, sprinckle it with water, and swæpe out the same cleane: for that they do growe of dry dust. Item, you may also vse these things following: Sæthe Coriander in water, and therewith besprinckle the chamber, and also let the linnen bee washt therein. This same driueth also Lice away: yet note that of late was written of the Coriander, that thereby the head take no hurt. Item, take Coriander, wild Thyme, sæde of *Tribulus aquaticus*, and Elderne leaues, sæthe them in water enough, and sprinckle the chamber therewith; this drieth away and killeth the Fleas. The same vertue is ascribed to the smoake of Pennyroyall, and the powder of Rue, strowed in the chamber. And all those things may bee vsed for Lice and Woodlice.

The Italians and other nations moe, haue a minde to eate Frogs, which other nations doe abhorre. But we will dissuade all the world from them, and specially such as brædе in stinking pondes and waters, and are dunne, which are not like the right Frogs; for they prouoke a swelling of the whole body, with a bleake and yellow colour, like vnto the Hollie trée: Thereupon followeth a short stinking heauy breath, hoarsenes, and effluxion of the naturall sæde. Now then for to remedy this mischance, you must let the patient vomit mightily, and drinke ouer much wine. For this also may you giue him of the Cipers rote beaten a quarter of an ounce.

Further, you are then to admonish the patient, that he indeuour himself mightily to run, and walke much, or take some other exercise in hand, thereby to sharpen the body: and he shal bathe euerie day.

We haue said before, that there is no more perillous venime then that of a mad dog. And concerning the madnes of a dog, it is most perillous in hot times: as when the Sun entreth into *Leo*, to wit, in the moneths of July and August; which thirty dayes, we do not only call the dog daies of the Dog star, but also for that dogs in those dayes are most inclined to madnes, and then hurt men most of all: wherefore the hunters during these thirty dayes ought to giue to their Hounds meat tempered with Hens dung. This madnes ceaseth also of it selfe, when it beginneth to frœze, and that but seldome.

The signes of a mad dog are these; he will neither eate nor drinke, and hee foameth at the mouth and nose, beholdeth euery one ouerthwartly, and with a heauie loke, and byteth as well men as beastes.

If a man be bitten by him, then is there at the first no other accident perceiued, but only that the wound cleanseth it selfe, and is very painefull. Afterwards there followeth thereby a marueilous extremity, which the Grecians doe call *Hydrophobos*, which is the feare and fright of the water, which oftentimes in the dogs and men is so forcible, that they come out of their wits. Notwithstanding that they feare most of all the water, yet neuertheles they throw themselues into it and drowne themselues. This feare of the water they get not all at one prefixed time, but they get chiefly the same (that neglect the bit most) about the fortieth day, some after the first moneth, yea some also very well a yeare afterwards.

The auncient Phisitions do write, that this frantickenes of the biting of mad dogs hath manifested it selfe seuen yeres after that they first were hurt by them.

They

They that are infected with this disease, doe also get a conuulsion in all the sinewes of the whole body, and chiefly of the face, it will be red, and thereby commeth a great sweat, and extreame feeblenes.

Some can abide no light, and others are vexed with an intolerable headach, many houle like Dogs, and bite all others that they can come by, who will be afterwards as mad as they. The auncient Phisitions write also that there be very few that do recouer.

Yet for this hath bene founde many wholesome remedies, whereof we shall speake hereafter.

There are two kinds of meanes: the one common, which is good against all bitings and stingings of all venemous beasts: the second, that is, good alone against all biting of mad Dogs, if one do presently put it in practise. But if it be deferred too long it is vsed in vaine. First, there are some things that a body must prouide to haue alwaies in a readines, that the same may immediately be adhibited.

Take for this Creuets, and burne them with as much of the rootes of Bryonie to ashes: then poune them small and preserue them. Secondly, haue alwayes in a readines some small beaten rootes of Gentian: and then if there be any bitten, cast in twelue ounces of strong wine, two spoonefuls of the ashes of Creuets, and a spoonefull of the foresaid rootes, and then drinke this at fower times, to wit, in the morning earely.

Item: for this is also commended the shels of the Lobster if they be poudered in drinke.

Item, one other more that is made of Creuets, and is very like to the former, to wit, as hereafter followeth: Take Creuets that are taken in July and August, burne them aliue to pouder in a luted pot, and then giue the pouder in drinke with Treacle, to wit, one dragme and a halfe with water of Scabious.

Take also two or three dragmes of this pouder, and drinke it certaine daies togither with the water of Fumitory.

Another: Take Gentian, and Mirrhe, of each one dragme, Ashes of Crabs a quarter of an ounce, giue thereof euery morning with wine: or if the patient be full of heate, then take fountaine water in stead of wine.

Item, the iuice of Baulme is also very good for this; or to beate the leaues to pouder and drunken with wine. In like manner one may also twice a weeke take a dragme in waight of the great Treacle, or of the Treacle *Diatessaron*, be it with Wine or any other distilled water.

You haue also in the first Part, the fiftenth chapter, and twelfth §. a water of the great Bur, which is also wonderfull good against the biting of a mad dog.

Now a daies is much commended (and that by experience) the iuice of Quinces if one take thereof once a day three or fower ounces, that the same will maruellously preserue one from this vnime.

And now to preserue this iuice, you must let it seethe so long by a milde fire till that the skum is separated and taken away; then you may preserue it in a glasse with a narrow mouth, and powre thereto a little Sallet oyle: it is also good for all other venims.

It is also written that clarified Hony taken daily should preserue one that he cannot be annoyed with the biting of mad Dogs. In like manner if one eate the liuer of the same mad dog, that the same should preserue the bitten person from all symptomes.

The wilde Roses poudered and drunken, are also found very good for it.

Besides all these foresaid remedies, one may vse things that cleanse the infected blood, which one may do with these medicines following, if the same be drunken fourteene daies togither: Take sirupe of Fumitory, of sweete Apples, and Pomegranates, of each halfe an ounce, water of Fumitory, Bugloss, and Cicorie of each one ounce; mingle them togither and drinke it fasting. Afterwards vse this purgation: take new Cassie three quarters of an ounce, Confection of *Hamech* one quarter of an ounce, *Indi* one dragme, make a Bolus or bit thereof with Cinnamom and Sugar, swallow it downe in the morning, and fast fiue howers after it. For this is specially commended, *Hiera*, with Coloquinte: For this is also good, thicke milke, called *Lac Scistum*, for that it loseth, and doth withstand the venime. And as soone as the body is purged, and after that all the foresaid remedies haue been vsed, it is then requisite, that one thinke vpon the biting or wound. First the byting is not to be healed, but it must bee well rubbed with

Garlicke,

Garlicke, Vineger and Salt, so long till it come to bléd apace. Some bind thereon liuing Hens and Pullets: but loke what is written thereof in the description of the Plague, whereas we haue spoken of the Plague sore.

Make also a salue of the iuice of Dinions, iuice of Rue, Vineger, and Honie, wherewith annoynt the wonnd three or foure daies togither keping it cleane; the which will bring all things in securitie.

This doth also Garlicke, fried with Butter & laid theron. Or an Dinion made hollow & filled vp with Treacle and rosted in the ashes, whereof we haue before admonished. And you may also take two handfuls of Rue, frie it twice in Butter and apply it twice a day to the wound. Others take Garlicke, Rue, Salt, Frankinsence, Myrrhe, of each alike much, beaten all togither and a plaister made thereof with Wine.

Take Cheruill séed, sethe it in faire water and drinke thereof; wash the wound also therewith: this is good without and within.

The pouder of Verueine is also commended for it that is gathered betwéne both our Ladie daies for to strow on the wound.

There is also good for it al Nettle waters drunken: likewise the Nettle séed stamped to grout and laid vpon the wound. The Fennell rote is vsed after the same manner. These are nowe things that may be vsed outwardly, and that not onely three or fower daies as some suppose, but also some daies togither with other things moe.

For as we haue admonished before, this Venim doth otherwhiles not appére in a twelue month after it: As may be séene, if one be bitten with a mad Dos, and handleth a Rauen within a yére after, that the same foule will be mad, or the man will be mad againe.

It is also especiall good that the wound be annointed within and round about with Treacle or Mithridate. For this also are requisite the péeles of new Melons, and Pompeons, beaten and mingled with wine, and layd ouer the wound.

Item, new Dinions tempered with Vineger: or if the same cannot be had newe, then are the same to be sod and to drinke the decoction, and lay it also on the wound, or tempered with Hony and wine, and so let it lye three dayes thereon. The kernels of Nuts being chewed by one fasting and layd vpon the wound, should do maruellous much good.

Or take great rotes of Smallage, sethe them in water and drinke the decoction thereof; stampe the rotes and lay them on the wound.

Item, Rue mingled with Salt, these and the like things may be vsed at the first without all daunger. But in case that the venim of this mad Beast lieth hidden and dead awhile, and the patient thereby supposeth to haue escaped all perill; the which neuertheleslie yet sheweth it selfe afterwards, wherfore there are diuers that haue a manly hart, and had leuer liue a paynfull life, then to die a painfull death.

## Of the actuall Cauterie and incision.

Some that will play surely and will preuent al these before mentioned mischiefs, do begin this cure at the first by incision & adustion, so that they cut out the sound flesh round about the wound according to the situation of the member; and also drawe out the blod and make the wound much wider: for how much larger the wound is, so much the better will the blod be drawen out; and the better is the wound to be handled, which is to be committed to expert Chirurgions: but burning is better then cutting for it; & it is commended to be more surer and more forcible, bicause the fire tameth all venims and letteth not the same pearce any deeper into the body; and alss the wounds heale not so fast, which must be kept open so long as may be.

These things following are very requisite for to hold the wounds open, as all salt things, pouned wilde Garlicke, iuice of Dinions, and pouned Wheate that is made moyst. These things make the wound wider: and after such kind of incision or adustion set on bores and scarifie the sound flesh, that thereby the infected blod may be sucked out. And if it be perceiued that the wound heale too fast, then must the same of necessitie be opened againe with fire, or with incision, that there be no venim included. How the wounds are to be cured, that is knowen to all Chirurgions.

To

To conclude, this is to be added, in case that neither the easie remedies now mentioned, neither yet the incision nor adustion had bin vsed at the first, then are they to be omitted & left altogither, and not put the patient to such paine in vaine, for then cannot the venime that is spread ouer all the bodie, be drawen any more to the wound, neither be drawen out.

## An order of dyet for them that are bitten by a mad Dog.

All they that are bitten with a mad dog, must vse those things that doe withstand poyson, and interrupt the violence thereof, that the same penetrate not to the inward parts. For this doth first of all serue strong wine sodden thoroughly, and milke for his drinke: it is also good that you put into his meate, Garlicke, Onions, and Leekes: let him vse Treacle and Mithridate sometimes. He shall feede euery day vpon eager and sower meates that doe hinder the venim. Sweating before and after meate is also very good for him. But aboue all things is the Elleborе highly commended, if he vse the same but once in forty dayes; for it is proued already, that those that were vexed with the feare of the water, that they were only cured by the taking of Elleborе, when as they had vsed all other meanes and remedies before.

Toades are beasts well knowen, that are full of colde venime. Against this is to be vsed all that which is described against the venim of the Frogs that haunt stinking Poles.

That Lice be loathsome and filthy vermin, or beastes, is knowen to the whole worlde, and hath sufficiently been shewed in the first Part, the third Chapter, and eighth §.

Milke that is turned doth sometimes very quickly strangle them that doe drinke the same, for that through her clotting it stoppeth the pipes of the Lights. Against this must the Whay of milke be tempered with Vineger, and giuen to the patient to drinke, and the patient compelled to take it. The same doth also dryed Hop, and the iuice thereof. In like manner also *Angelica* tempered with Vineger and water. Item, *Thymus* with wine and leigh, and some Ashes with it. All salt things must be shunned, for thereby will the milke be turned more. In like maner must heede be taken from vomiting, for the clots might very well strangle one.

Ore blood is very grosse when it commeth first from the Ore, it will be sone hard and clotted. This stifleth a man also if he drink thereof; for it setleth it selfe at the *Vuula*, and strangleth a man, it refrigerateth the sinewes of the throate, whereby the same is stopt: the tong will bee red, and one may see some part of the blood sticking betweene the teethe. He must also be kept from vomiting; for the clotted blood remaineth in the throate. In this must the blood be resolued and the body opened. And for this are speciall good great Figs that are not very ripe, and yet full of milke, when they are giuen with vineger and water. The iuice of Beane strawe with Vineger, and Goselegras eaten, or vsed otherwise is also very good. All they that do recouer of it, do auoid much filth and other matter through their stooles, and the belly and stomack must be often annointed with Barly meale and Hony tempered togither.

Catterpillers (which are the right destruction and spoyle of all plants and gardens) are also in some sorte venemous; yet the one more then the other: but they that liue on the Firre trees are the most venemous. If it chanced that any body swallowe one of these, then presently doth he get a great paine throughout the whole mouth, and therewith a swelling of the belly, of the tong, and the stomack, with a paine in the belly, that it seemeth that his belly is full of wormes; his whole bodie will be burning, and getteth a great distemperature in the stomache. This venim is to be remedied with those thinges, that are ordained against the venim of the Spanish flies: but in the steede of Sallet oyle, the oyle of Quinces is much better.

Snakes and Adders are of diuers sortes throughout the world, and *Aphrica*, *Media*, *Ecbatana* and *Troglodytis*, are maruellous much plagued therewith, euen as now adaies Italy is in some places. Wherfore may Dutch and English men accompt it for a blessing of God, that they cannot say, as men doe of *Aphrica*, that there moe men are slaine by venime than by the sworde. And because this seuenth part discourseth onely of poyson of venemous beasts, we will adde here to the rest all the principallest thinges, that are set forth by the learned against the byting of Snakes, and such like venemous beasts.

Wherefore we will speake first of the rote of *Aron*, that is, Cuckopit: when Snakes are smoaked therwith, then will they be all as if they were dronken, and remain stiffe. In like maner, when this rote is beaten to powder, mingled with oyle of Bayes, annointing the place

there-

therewith where they doe vse, then will they be hunted away. This rote is also to be dronken in red wine against all venim.

If the fruit of the tree *Platanus* be taken with wine, then doth it withstand all stingings of Snakes and Scorpions.

Elecampane rotes dronken in Wine, are also good against all the stinging of venemous beasts.

The rote of *Mandragora* is also good for it, principally if any must be cut or aduked for these venimous beasts bytings, for it bringeth the patient into a deepe slepe, and maketh him wholly insensible, euen as before we haue taught.

If *Ebulus* be set on fire, then doth the smell of the same driue away all manner of Snakes. The leaues thereof laide in wine, and dronken thereof, are also good against all kindes of poysons.

The leaues of the Ash tree wrong out, and the iuice thereof dronken, and layd vpon the byting, withstandeth the poyson of Snakes as vehemently as any thing in the world: For this tree hath such an antipathy with the venim of Snakes, that the Snakes shun the shadow of this tree. *Plinius* writeth also, that if one compasse them in one place with fire, and in another place with Ashen wood, that they had rather run into the fire then to be touched with that wood. This bad worme doth also not creepe out of his winter hole, before and vntill that the Ashe tree beginneth to blow; the which is a maruellous worke of nature. Moreouer, the Ash tree shall not let his leaues fall, before and vntill that the Snakes be cropen againe into their holes.

Right Balsam is commended against all venim of Snakes. But by reason that we haue not the same, there are many kindes thereof distilled, wherein euerie one is to vse all diligence that he can to attaine to the right Balsam as neere as he can possibly: whereof you shall finde diuers descriptions in the last part, where you shall also haue liuing and Golden waters which are very commodious for it. And for that Dutchland and England (as is already saide) are almost free from these bad beasts: we rest contented with the easiest & best knowen things: in like manner leaue the *Balsamum artificialem* to the charge of the Chirurgions.

*Teucrium* do the auncient Physitions say to be the most pretious remedie against the venim of Snakes, whether it be taken in drinke or layd vpon the bite. In like sort the great *Teucrium* whether the same be taken greene, dry, decocted, or the iuice thereof.

Mugwort is also taken to be very good for the biting of Snakes if the same be layd in wine, some thereof dronken and layd vpon the wound.

Betony and all herbes of that vertue, as Gilloflowers, &c. the auncient Phisitions do write to haue such a power against the biting of a Snake; that if this herbe be layd round about her, she had leuer be killed then creepe ouer the same herbe: for which cause the wine and conserue of this herbe are highly esteemed; so is also the ponder and seeds of the same.

Beuercod is good for many things, as is sufficiently before declared in the description of other sickenesses. And amongst other it is also good against the biting of Snakes, and biting of other venemous beasts, if the same be mingled with other things according to the importaunce of the beast that hath so bitten. This if it be vsed in time of neede, you may take thereof, halfe an ounce with wine.

Buckes and Goates haire set on fire driueth away all Snakes.

Pennyroyall withstandeth Snakes by nature, by reason of the sauour or smell: wherefore it is to be strowed vpon the place, where as the Snakes haue bitten one and be dronken with wine.

Purslaine eaten and applyed also vpon the sore, draweth out the venim. It is also good for all other kindes of poysou, if one drinke the sap thereof with wine or hony: but the wild Purslaine is the best.

The iuice of the flowers of Selfeheale, dronken with wine, should be good for all the venime of beasts.

The nuts of the great and small Cipers trees, which may bee had at euery Apothecarie, stamped and dronken with wine, are also good for this. In like manner the same Cipers herbe (which is to be found in many gardens) is very highly commended, for that it withstandeth all poison of Snakes, if it be dronken with wine.

*Nardus* seede is renowmed to driue away Snakes by his smell and sauour.

Dill

Dill mingled with Rue, and swynes bred, with Pepper, and so giuen to eate, is good against the biting of Snakes.

Acornes are also good to be dronken against this venim.

Hens egs hard sodden, and tempered with Cresses, are good, being layd vpon the biting of Snakes.

Verueine steeped in wyne and dronken is very good likewise, if it be layd thereupon.

The rote of Gentian is in diuers maners good against venim, as before hath bene declared, but chiefely against biting of Snakes: it is commended aboue all others if one take a quarter of an ounce thereof with wyne.

Pease meale tempered with Vineger, dronken and layd vpon it, is also very good.

The smoke or fume of Asses lights will also driue away venemous beasts.

Venemous beasts cannot abide the smoke of Ferne, wherefore it is good that it be strowed vpon the places where they haunt.

Fennell, and specially the sede of wild Fennell dronken with wine, is much commended for it.

Haire of womens heads burnt, hath a maruellous power to driue away Snakes and Spiders.

*Galbanum* is a gum that drineth away all venemous wormes. The herb Cuckowbread the waight of a dragme dronken with wyne, hath bene many times approued.

Barly meale layd on with vineger, withstandeth venim. Some do giue the rote of Celandine, the waight of three dragmes with wyne, or make thereof a salue, and lay it on the venemous biting of a Snake.

The braynes of a Cock or a Capon are also good for this, being vsed in meate.

The sedes of Hewe is amongst other sedes most commended if the same be dronke with bitter Almonds, or the iuice of this herb with bitter Almonds and with wyne. In like manner also if one be annoynted with the oyle thereof, then doth it preserue him against the biting of Snakes.

Hares rennet is very forcible against the venim of Snakes, and also for moe other things.

Heath *Erica*, is much commended against the venim of Snakes.

Harts horne hunteth them also away through his smell.

The round and long Hartwort the waight of two dragmes dronke with wyne, or tempered with Vineger, and layd thereon, is also much commended.

Dogs garlick that groweth in vineyards, is also very forcible against the venim of Snakes.

Cleuers haue also a speciall force against Snakes and their venim, if one drinke the waight of a dragme of them.

Melilot hath this nature also, that it is sayd that there was neuer seene a Snake to haue come neere this herb. In like manner, the sede of it is much commended being taken with wyne.

Garlick driueth away all Snakes through his sauour and smell: it is also very good against all venemous stingings of beasts; and if one mingle it with bread and hony, then may it be eaten for that intent.

Coleworts with Barly meale layd thereon, or the iuice thereof tempered with Vineger and Fenegreeke sede, is also very commodious.

Corne mints do also driue Snakes away.

The dung of all fourefooted beasts tempered with wyne, and layd thereon, is also commended.

Crabs that are caught in fresh water, and in the Sea, are also very commodious for this, as we haue admonished in other places moe.

Wyld Thyme hath also great vertue for it when the leaues thereof be dronke with wyne: and the smoke thereof driueth them also away.

All pickell of salt fish is also highly praysed for this vse, as hath bene taught elsewhere.

The rotes of Louage with Barly meale, or tempered with wild Baulme, and layd thereon, is also very commodious.

Bayberies tempered with wyne and dronken, is good against all cold venim.

*Eringus*

*Eringius* the waight of a dragme dronken, tempered with water, and layd thereon, is also good.

A liue Mouse applyed to the place hath a speciall vertue for to draw out the venim: howbeit Hens, Pullets, and Frogs, are also very commodious for it, as we haue oftentimes shewed before.

Must dronken is an vtter enemy to Snakes; so is also all sodden and vnfalsified wyne.

How forcible Nuts be (not only against Snakes, but also against all venim) if one vse them with Figs and Rue, we haue oftentimes declared before.

*Oleander*, which the Grækes call *Rhododendron*, is maruellous, for his leaues are venim to all fourefooted beasts, and yet a medicine for men against the venim of Snakes sodden with Rue in wyne.

Care ware rubbed on the byting, allwageth the paine out of hand.

Piony rotes, whereof there are two sorts, are both of them good for this purpose.

Pepper is for all cold poisons measurably vsed, taken for a speciall medicine, euen as we haue declared in other places moe.

Pistacies are also very good against all poyson.

That Rue is good against all venim, and against the biting of Snakes, we haue alreadie sayd in many places.

The rennet of Faunes that dye in their dams bellyes, is commended to be maruellous forcible for it.

For this is likewise commended the Madder.

Radishes sodden with water and vineger, and layd thereon, is accompted very good.

Great Centory, which is called *Rapontica*, the waight of a dragme of it giuen with wyne.

The water of Larks spurres is sayd (being dronken) to be good against the biting of all venemous beasts if the biting be washed with it. The same is also vsed against the Plague.

The iuice of white water Mints a quarter of an ounce dronken with three or foure ounces of wyne, and the biting washed therewith, is much commended.

The sædes of yellow Rapes or Turneps, and also the rotes and the herb caryed about one, will preserue him from the biting of Snakes: and if any bodie be bitten, then must the sæde with the grease of any birds be stamped and layde thereon. The sæde of the common Rapes is very good against venim, being taken in the stead of Treacle.

Salt is also very good against all poyson.

Sugar is to be tempered with oyle, and layd thereon.

Swynes bred hath a great vertue against all venime, as we haue admonished in mo other places.

The iuice of Scabious is also taken to be very good against all venime of Snakes and Scorpions.

The three sorts of Dragons do driue away all venemous beasts if one carrie the rote about him. It is also good (being drunken) for them that are bitten of them.

Lækes are also good when they are tempered with Vineger.

Mustard sæd is to be mingled with Vineger, and applyed thereon.

They flye from the falling spettle of a man, and if they get it in their mouth, they must dye thereof.

Southernwood strowed on the place where the Snakes haunt or where fume and smoake thereof is, driueth them away. Also Southernwood is good against all venim, being taken inwardly and applyed outwardly.

Codwort (which in Latine is called *Aster*) is also for this highly renowmed.

*Styrax Calamita*, as the sent thereof is very acceptable to all men: so contrariwise there is nothing that Snakes may lesse abide.

*Tamariscus* is good against all poyson.

Woodlice (albeit they be lothsome wormes) neuertheles they are aboue all things commended of the renowmed Physitions against the poyson of Snakes, and also against all other poison.

If

If the venemous Snakes euer come to sent or smel the leaues or wood of Iuniper, then crép they away: they are also good against all venemous beasts.

*Lysimachia* is also commodious for all these things.

The iuice of Onions applyed to the biting of a Snake and tempered with Hony, against venim is very good.

The Gnates that plague beasts and men with their sting in Sommer, and in like manner all plants, are depelled by the smoake of Pomgranates pæles, and of *Galbanum*, also by the smoake of *Nardus* sæd, and Lupins.

But for as much as (through the grace of God) we haue no Scorpions hére in England nor in Dutchland; therefore it is no great néd to write much thereof, by reason that all that is written against Snakes, is also requisite for the same: yet cannot we conceale this miracle, that the Scorpions themselues are a remedy against their owne poyson, if the same be beaten and layd thereon: or if he be rosted and eaten. In like manner you haue their oyle and other their vertues mo described hére and there throughout this whole booke.

Spiders are well knowne beasts, whereof there are many sorts described by the auncient Phisitions, which as they do differ in fashion, colour, and in weauing their webs, so do they also differ in poyson.

*Albertus* doth describe eight kinds of them, which we haue all hére in this countrey. Some do liue by catching of Flyes: others by catching of water wormes and small fishes. Some also are enemyes to the Toade and Snake; for that it hath bin séene that such Spiders haue letten themselues downe by one of their threds vpon the heads of such beasts, and leaue them not before and vntill they haue killed them. Other are deadly enemyes to the young Cuets, which through their spinning do binde the Mouth to, and do smother them, and hale them into their nets, that thereby they might suck out all the moysture of them, and by the diuersitie of the venemous nourishment altereth also their venemous nature, whereby the same is sometimes more forcible or more milde. Also their manner of dwelling is not all one: there dwell many in houses, other in the field, and in the hedges. Some dwell willingly by the water sides, but we will not write hére any more of their natures, but discouer their venims. Of all the venims of the Spiders, that which the Grécks call *Phalangium* is the most renowned, and albeit that the same is not knowne in England nor Dutchland, yet we will describe the nature of this venim, whereby one may be taught to allwage all the lesser stingings, and the harme that may come thereby, and how the same may be cured. The Grécks call this species of Spiders the Wolfe, for a difference from other Spiders that are not so noysome. These Spiders are heary, and haue a great head. The she Spider (which only spinneth) bringeth thrée hundreth yong ones at one time, and it receiueth also the reward of her noysome fruitfulnes, to wit, that she is killed of her owne yong ones, and afterwards sucked out, which they would also do to their father if he with might did not withstand them. If then any be stung of this *Phalangia*, then will the place of the stinging be red, neuertheles without paine or heate, howbeit, that it yéldeth some moysture, and as sone as there is vsed any medicine against it, then beginneth the bodie to shake, the sinewes of the knées and the inward parts will be féble, and they will be conuulsed as if it were the Cramp, they take a great anguish in the members, the patient can scarcely make water nor go to stole, he getteth a sweate throughout all his bodie, his eyes runne, and are dimme. Against this, must the ashes be vsed that are burnt of the Fig trée, tempered with salt and wyne, and so layd thereon. Item, Hartwort, Barlymeale, and vineger tempered to a pap.

You are also to wash the sting with some water wherein Smallage was sodden. To bathe often is also very good. For this, one is to take a quarter of an ounce of any of these sædes following with wyne, to wit, the sæde of Southernwood, Annis sæde, Hartwort sædes, the rindes of the trées *Platanus*, or the sæde of Melilot. Item, the fruit or rind of *Tamariscus* or wild Cipers sodden in wyne.

Some will say if one take the iuice that is strayned out of Crabs with milke and sædes of Smallage, that thereby the patient will immediately be whole.

*Plinius* writeth of the water of Smallage, that the same hath a speciall virtue against the stinging of the Spider.

And there may be vsed against the Spider Parierom, *Nardus* sæde, Southernwood, *Hyacinthum*,

*cinthum*, iuice of Mulberies, field berries, and Framboys, being tempered with Hony, and Wyne, or each also alone.

Woodlice, albeit that they be good against diuers other venims, yet neuertheles are they very lothsome to all men, shrewdly biting, and bloudthirstie, whereby they take away a bodies swéete sléepe, and specially vere the yong children, for which there hath béene much counsell sought to driue them away.

For this is very good the smoke of the great Ferne. Item, if Horseléeches be cast on the fire, and they be fumed with it.

Birchboyes set in the chamber driue them also away.

The water that we vse dayly for our necessitie hath (by nature) no venim in it, yet if one drinke it to cold, likewise strong wyne, and by and by after bathing, or after that one hath runne hard: then doe there ensue great paine and stitches, which diseases may be expelled through letting of bloud, and purging.

Of the wormes that brede in the belly grow diuers diseases. In like manner also of such that growe in the fingers, in the arsegut, in the wounds, and other places moe. What is to be done thereto, that haue we sufficiently declared elsewhere.

Thus for a conclusion of these venims of beasts, and of the seuenth part of this booke, there is yet somewhat to be added that some accompt for witchery, to wit, when there is giuen in to any bodie that excitateth loue, by which commonly such miseries do follow, that they that receiue the same become mad and foolish, like as dayly experience doth teach vs.

*Ouidius* writeth, that *Philtra* do weaken the wits, and by their virtues they make men foolish and mad. This do we call the louers herb, as if witchery had power to commaund one to loue another.

This witchery (or rather this poysoning) do women vse most of all, intending thereby to constrayne men that they should loue them. The vngodly heathen that haue excelled therein, and chiefely the Thessalonians, haue taken great delight therein, and also strange misbeliefe, that are rather to be concealed then disclosed.

It is very difficult to ordaine any certaine remedie for it, because it cannot well be knowne (for that there be so many kinds of them) by what meanes it hath béene put in practise, so that the same must rather be iudged by the signes apparant to the eyes, then by any other things: yet haue I found out two things described by famous Phisitions which are very good for this purpose: but the first thereof is very strong, and is not to be vsed without counsell, but the other is somewhat safer, and easily approued.

Take a Valerian rote, with the herb, fiue or sixe rotes of *Gentiana Crnciata* a small handfull of the rotes of wild Cucumbers, and a quart of wyne, with halfe as much water: afterwards sethe it softly about a quarter of an howre, and drinke thereof morning and euening. And you are to sethe therewith a little Cinquefoyle.

The other: Take the middlemost greene rinds of Eldern shread small one handfull, let it dry well, afterwards sethe it in a pinte and a halfe of Goats milke till about the halfe, strayne it, and drinke it as aforesayd. Hereof will some say, that the same purgeth all things whatsoeuer hath béene giuen vnto any bodie by women (to this intent) although it had béene done three yeeres before.

The end of the seuenth Part.

The

# The eighth and last Part of this Booke, *Containeth sundry things.*

THe eighth and last Part of this generall practise of Phisicke, is ordained for those things that doe not concerne any especiall diseases, which are before sufficiently described, but that are meete and good for to helpe sicke persons, to strengthen the weake, and to maintaine health: which also may be used in the kitchen for pleasure, and for other purposes moe; as Electuaries, Potions, Conserues, & Confections of all kinds of Fruits, of Flowers, of Rootes, and of other Plants: Oyles, Sirupes, and Iuices: Golden and vitall Waters: Herbed and Aromaticall wines, and such like; whereof otherwhiles hath been admonished, how that the same may be prepared, and to the end that the virtue of al of them might be knowen. Wherefore we will also declare their virtues and operations.

## *The first Chapter.*

## The Confection of Calmus.

THis very precious and necessary Confection, is prepared after sundry maners; for besides this, that it is very common, it is also very pleasant and acceptable. But first of all there is to be noted, that the auncient Phisitions had another roote, and not the yellow Lilly roote, which we haue now in vse: yea ours is not to be compared to the old *Acoro*, neither in virtue nor in operatiõ. The learned do estæm the *Calmus* to be the right *Acorus*, which is also very requisite for this Confection. Other be of opinion, that it is the great Galingall, which is also good for it: Wherefore (in mine opinion) this first Confection is to be vsed rather than the other following. And if so be that you had rather haue it with the taste of Sugar, than of hony, then boile Sugar to a sirup. First, we will describe one of the Confections of *Mesua*, whereof there is alwaies one found ready in all well furnished Apothecaries shops, and afterwards one other sorte more, whereof each one may take that liketh him best: Take the roote *Secacul*, or in the stæd of it, take of our pouned *Calmus*, and prepared Pingles, of each fiue ounces; sæthe the rootes in faire well water, & stamp them to growt: afterwards put fiue pound of the best well scummed Hony vnto it, & then sæthe it all togither by a soft or gentle fire, vntill the moisture of the rootes be all consumed, and stir it about, to the end, that the rootes burne not: when as it is decocted thicke enough, then take it from the fire, and temper these things following amongst them, pouned very small; to wit, Pepper one ounce, long Pepper, Cloues, Ginger, Roses, and Mace, of each halfe an ounce, Nutmegs, Galingall, and Cardamone, of each three drag. temper them well togither. This Confection is maruellous good against all diseases of the sinewes, it sharpeneth the wit, it allwageth the head ache, and is also good against all old sicknesses, but especially against all rheumes, which fall out of the head into the breast.

The second: Take *Calmus* which beareth the yellow Lillies, which groweth in moist places, and is faire and of a horsefleth colour, 16. ounces, make it very faire and cleane; afterwards cut it in thin slices, and sæthe it so long in faire water, vntill that they be mellow, then straine the water wel from it, and powre a pot of red wine vnto it, and let it boyle wel, then powre the wine from it, and stamp it all to grout, and put fiue pound of clarified Hony vnto, and let it sæthe wel with the wine vnto a Confection, at last put vnto it fiue ounces of Ginger, Cloues, Nutmegs, Mace, Cardamome, long Pepper, and Galingall, of each one ounce and a halfe, Pepper three quarters of an ounce, beaten all togither very small.

The third: Take *Calmus* prepared as before, and chopt small, two pound, clarified Hony foure pound; sæthe the roots very well in red wine, afterwards put them to the hony, and let it so

sæthe by a milde fire vntill it be very thicke; then temper there wth small chopt Almonds, eleuen ounces, Ginger fower ounces, Pepper halfe an ounce, long Pepper and Cloues, of each one quarter of an ounce, Cinnamom one dragme and a halfe, Galingall, Cucubes, Cardamome, Nutmegs and Mace, of each one dragme, stir them so long togither with a wooden Pestle, vntill that it be cold.

The fourth: Take drie sliced *Calmus* one pound, and sæthe it in two quarts of small wine; afterwards poune it to grout, and take Honie or Sugar two pound, let it sæthe till it be thicke, when it is a little cold, then temper with it small cut Ginger sixe ounces, pouned Cloues, Nutmegs, Mace, and Cardamome, of each one dragme and a halfe, long and common Pepper, of each thrée quarters of an ounce, Galingall one drag. and a half, Greins one quarter of an ounce, temper them all togither.

The fift: Take *Calmus*, cut it in shiues, and take twenty ounces of it; sæthe it in thrée pintes of red wine, so long vntill all the wine be consumed; stampe it, but not to small, then take a pinte of clarified Hony, and let it boyle by a small fire, afterwards put the prepared rootes vnto it, and 8. ounces of small sliced Ginger, then let it boyle again by a milde fire, vnto a Confection: when it is luke warme, then temper with it common & long Pepper, Cloues, Cinnamom, Nutmegs, and Ginger, of each halfe an ounce, Galingall, Mace, Cardamome, Cucubes, and Greines, of each a quarter of an ounce beaten small togither, temper them so long vntill they be all waren cold.

The sixt with Sugar: Take *Calmus* as before, 12. ounces, sæthe it in Pulcadine vntill that the wine be all wasted, stamp it to grout, and put therto fower pounds of common clarified Sugar, with as much wine or water, then put the rootes vnto it, and let it sæthe vntill it be thicke; when it is a little cold, then temper amongst it Ginger cut very smal foure ounces, Cinnamom, Cardamome, Nutmegs, Mace, Cloues, *Calmus* and Cucubes, of each thrée drag. temper them well, and let them sæthe so long as one would sæthe Egs hard, then kæpe it in a gally pot.

## How to make Veriuice for the Kitchin, and for Phisicke. §. 1.

VEriuice is to be prest out of the best Grapes a good while before they be ripe, & if so be that one will kæpe it long, then must the same be sodden: but if so be that you will vse this Veriuice in the Kitchin, then temper a good deale of Salt amongst it, and stir it the space of an whole houre, afterwards put it into a small vessel, and cast some vnripe Medlars into it, then shake it well about, to the end it may worke and be clære. But if so be that you will kæpe the Veriuice for Phisicke and without salt, then fill a glasse with a narrow necke, and powre vpon it some Sallet oyle, then will it remaine good the space of a whole yere.

There may also be made of this vnsalted Veriuice a sirupe called *de Agresta*, to wit, in this maner: Take the iuice of vnripe Grapes, when it is first prest out, fiue parts, white Sugar thrée parts, and let it sæthe softly vnto a sirupe: further then clarifie it with the white of an Eg. This sirupe is maruellous good in great heat, it swageth thirst, alayeth all wambling, parbraking, and laske, which is caused of the gall: it is also very mæte in hot Cholericke agues, and aboue all measure good for all women with childe, which be inclined to vomiting, for that it strengtheneth the stomacke, and withstandeth all venim.

*The second Chapter.*

## Of the artificiall Baulme which may be vsed in steede of the right *Balsamum*.

BEcause that the right Balsam is no where to be gotten, or although it be brought vnto vs, yet common people cannot haue the same by reason of the dearenes: wherefore haue many Phisitions endeuoured themselues for to distill such an oyle, which might haue the same efficacie, and virtue, and verily the Phisitions & Chirurgians haue found therin an especial operation, wherefore I cannot pretermit the description of some of them.

First,

First, this ensuing is a very precious remedie against the Pose, against all diseases of the mother, and of the stomacke.

Take faire cleane oyle of Turpentine sixtéen ounces, stop it very close; afterwards take Lauander, Sage, Betony, Roses, Rosemary, Mints, and Bayleaues of each a small handfull, rootes of *Angelica*, of Ireas, of Valerian, Elecampane rootes, and *Diptamus* of Candy, of each one dragme, flowers of Burrage, of Bugloss, of Lauander, and flowers of Spike, flowers of Sage of Cammomill and *Stechas*, of each one quarter of an ounce, Annis one drag. and a halfe, Pyony rootes, Licorice and *Spica* of Indy, of each one dragme, péeles of Citrons, and of Orenges, of each two scruples; stamp them al small togither, and then powre vnto it the oyle of Turpentine, and so let it stéepe the space of a whole day, with méetely much water with it, that it be couered therein: Afterwards distill it out againe in water, at the first with a gentle fire, vntill it be warme, and that so long as any oyle or water doth come out of it, afterwards separate the oyle from the water.

Secondly, if you will distill it once againe, then put to the foresaid water and oyle 3. ounces of liquid Storax, and distill it as before.

Thirdly, take red Storax two ounces, Frankincense, Mirrhe, *Lacca*, Mastick, *Bdellium*, and *Benzoin* of each one ounce and a halfe, stampe them all togither and distill it as before.

Fourthly, Take Ginger, Galingall, Seduary, and Gentian, of each one quarter of an ounce, Cubebes, Cardamome, Greines, and Pepper, of each one dragme and a halfe, selected Rubarbe and Saffron, of each halfe a dragme, Nutmegs, Mace, Cloues, and Calmus, of each one ounce, stamp them all small togither, and put it into a glasse body; then put vnto it againe the foresaid oyle and water, let it so stand and stéepe, and distill it afterwards, then separate the oyle from the water, and kéepe it well stopt.

You haue also in like maner in the second Parte, the sixt Chapter, and third §. an artificiall Baulme which was ordained for the Emperour *Ferdinandus*, and another in the first Part, the 12. Chapter, called a *Hypobalsamum*.

This following is also highly renowmed: Take selected Myrrhe, Aloe, Indie *Spica*, Dragon blood, Frankincence, *Bdellium*, Balsam fruit, Saffron, Mastick, Gum, *Stechas*, red Styrax, *Laudanum*, and Beuercod, of each one quarter of an ounce, Turpentine thrée ounces and a halfe, yellow Cowslips halfe a handfull: further distill them all togither as is before saide.

These thrée last be very forcible against all Palseyes, if the lame members be annoynted therewith, and if that one doe drinke a drop or twaine thereof with wine, is also very good. These Baulmes be also good for all fresh wounds, so that they may be healed in two or thrée daies therewith. They be also very good against all diseases of the sinewes.

Another which is common with all Chirurgians: Take selected Myrrhe, Aloe, *Spica* of Indy, Dragon blood, Frankincense, Pomy, *Opopanacum*, *Bdellium*, *Ammoniacum*, *Sarcocolla*, *Laudanum*, Balsam fruits, Saffron, Mastick, Gumme, and liquid Storax, of each one quarter of an ounce, fresh Beuercod two dragmes and a halfe, *Muscus* halfe a dragme, Turpentine fower ounces and a halfe, poume all that is to be pouned, and adde the Turpentine vnto them with a little water, and distill all togither in séething water, as is said before.

## Of Beere. §. 1.

COmmon Béere is made in this countrey of many kindes of Graine, as of Oats, of Barley, and of Wheat; whereby it is also of sundry natures: That which is made of Barley is cold of nature, in comparison of wine: that which is made of Barley and Oates, that is lesse binding, and maketh also fewer windes, and doth also nourish lesse: that which is brewed of Wheate or of any other graine, is hotter, warmer, and more binding, the thicker it is, the worse; the thinner the better: that which is well Hopt, causeth one to pisse frely, and loseth the body, but it is not wholesome for them that haue weake braines; and that is vnholsomer wherin the séedes of Rue be decocted, for that the drunkennes of such Béere weareth away much slower, then the drunkennes of wine, for that it maketh grosse vapors in the head, and a tough slime, which will hardly be digested. If it be not well sodden, then doth it cause much winde, puffeth vp the

belly. But very old and bere well sodden, doth make people fat, increaseth the bloud, and (in women that giue suck) the milke, and that especially if the same be brewed of good corne. Thus for to kepe bere long, take about halfe a pound of prepared Coriander vnto a barrell of beers, and sethe the same in two quarts of the same bere, afterwards straine it, and wring it out, and powre it warme into the vessell, yet make it tight, and let it stand so still a day and a night. Some do take a new earthen pot, knock the same in peces, and cast it into the vessell, and put also vnto it a new layd egge.

*The third Chapter.*

## Of Claret wyne, Hipocras, and of Herbwines.

These aromaticall wynes and such like haue no certaine prescription, for that each one maketh them according to his owne good liking, and pleasure, the one putteth much spice vnto it, the other much Sugar, and another lesse of the one or of the other. Some do also make them with Hony, like as hereafter some do follow for an example.

Take elected Cinnamon three ounces, clensed and small cut Ginger and Greines, of each one ounce, Galingall one ounce and a halfe, Nutmegs, Cloues, Cardamome, and Cucubes, of each one quarter of an ounce, being pouned altogether grossely, powre a quart of wyne vpon it, and stop it tight, afterwards set it a whole night in a warme place. This being all done, then take foure quarts of wyne, and one quart of cleare skummed Hony, powre the Hony vnto a little wyne, and so let it sethe softly together: afterwards then powre the fowre quarts of wyne vnto it, and all the steped Spices, and let it cole a little, then powre it so thorow a streining bag, and that so oftentimes together vntill the wyne runne cleare thorow it. This Claret wyne may be put into a little vessell, and the spices thorow which the wyne hath runne, are to be hanged in the vessell in a long bag, then will it remayne good a long time. This potion is very good against all cold and moyst diseases of the head, of the braynes, and the stomack. It is also good for all cold women, and for all old people: it strengtheneth the digestiue virtue, prouoketh naturall heate, and consumeth the *Phlegma*.

Another: Take *Species de gemmis frigidis* three dragmes, *Aromatici Rosati* one dragme, Cinnamom one quarter of an ounce, white Sugar seuen ounces, good strong wyne one quart, stepe them therein, and powre it oftentimes thorow, as is sayd before. Of this Claret wyne are they to drinke oftentimes which haue a weake stomack, and an obstructed Lyuer, or to stepe sometimes therein a pece of bread.

A common Claret wyne: Take Cinnamom, Pepper, and Greines, as much as you please, clarifyed Honny also as much as you list, powre it then all together thorow a wollen bag, as before. You may also take Cloues, Nutmegs, and other Spices: in like manner also Sugar in stead of the Hony.

You haue also in the third part, the eleuenth Chapter and 5. §. a Claret wyne called *Stelladia*, which is much vsed in Italy. There is also another sort made which is almost like vnto some of the former, but there be not so many spices taken for it: to wit, but halfe an ounce of pouned Ginger, Cardamome one dragme, and Sugar halfe a pound, or more, vnto a quart of wyne, and so filtred together.

There is also an aromaticall wyne which is called Hipocras made thus: Take Cinnamom 2. ounces, sliced Ginger one ounce, Greines one quarter of an ounce, Galingall, Cloues, Nutmegs, Cucubes, and Cardamome, of each one drag. of these grosse pouned spices you shall take vnto a quart of wyne one ounce and a halfe, according to that you will haue the Hipocras strong, Sugar halfe a pound or more; then set it in a warme place to stepe a whole night, and afterwards powre it thorow the bag as all the rest. There is commonly taken for this red wine. This Hipocras hath the same virtue as the Claret wyne hath: yet are all yong people to refrayne from such like drinks, and of Malmesey and of Muscadell, to the end that they do not increase heate by heate. This Hipocras and Claret wyne may also be well made for all weake bodies, that it be somewhat laxatiue.

But if so be that there be any sick persons which be forbidden wyne, or if that he drinke not

the

the same willingly by nature, and that neuertheles the decoctions did not agrée with him, then may this potion following be made, called *Hippocras fontis*: Take Cinnamom, Figs, Cloues, and Ginger, of each one quarter of an ounce, Greines one dragme, good well water a quart, which is coloured well with red Saunders, and then put the spices beaten grosse into it, and let it boyle a little. If you will haue this potion sweéter, then put in some Sugar in the séething, or some Hony, and then let it distill thorow the bag, as is sayd before.

You haue also in the third part the twelfth Chapter and 4. §. another aromaticall wyne, which might be placed among these.

In the end of this part shall moe aromaticall wynes be described.

## Of Clisters and their vse. §. 1.

IF one know to vse these Clisters aright, and to prepare them, then can there be no more profitable, nor yet safer medicine inuented. Therefore there be before and almost in all sicknesses so many kinds ordayned, and thereby taught, how that the same shall be prepared, that it is almost nédeles to write any more of them. Neuertheles to prosecute this our methode, we will héere discouer certaine common and milde Clisters. In small Agues, and when the patient is weake or scant as yet recouered of some long sicknes, then are these ensuing to be vsed.

Take Mallowes, and Violet leaues, of each one handfull, boyle them well together; take of this decoction twelue or sixténe ounces, mingle Cassy, Hony, and course Sugar of each three quarters of an ounce with it, oyle of Oliues three ounces, Salt one dragme or somewhat more, temper them all together, and minister it reasonable warme: for such like Clisters may you take Hen or Mutton broth.

Another that relaxeth and coleth: Take Violet leaues and Mallowes, of each one handfull, Mercurie, Bétes, and water Lillies, of each halfe a handfull, Lettice and Purslaine, of each somewhat lesse: séethe them in sufficient water, and take thereof as much as is before, oyle of Violets foure ounces, Salt one quarter of an ounce, and minister it métely warme.

In hot Agues: Take Bétes, Mallowes, Mercurie, and Violet leaues, of each one handfull, boyle them all together in sufficient water, and then take thereof twelue or sixténe ounces, Cassy, Hony, Sugar, Salt and Oyle, as is sayd before.

When the patient doth complaine of great paine and wind in the belly, then boyle therewith grosse pouned Fennell séede, Annis, Comin, and Caruway.

There is also an especiall Cassy prepared for a Clister, in this manner following: Take Violet leaues with the floures, Mallowes, Mercurie, Bétes, and Melilot, of each halfe a handfull, séethe the same in a little water, strayne it and wring it out, then wash therewith the Cassy out of the Pypes, for to get all the black out of them, and afterwards then séethe it short, vntill it be thick, when as then you haue sixe ounces thereof, then put nine ounces of Sugar vnto it, and let it séethe vntill it be thick ynough. This Cassy doth lose very mildly.

## Of confected Seedes. §. 2.

HEre we will now speake only of all séedes which be confected with Sugar, as Coriander séede, Fennell séede, Annis, Comin, Caruway, and such like. Item, of some Fruits, as Almonds, Pingles, Pistacies, hasell Nuts, Cucubes, and of other moe confected rootes, which may be confected with Sugar: and because the same by reason of the Sugar and otherwise are very pleasant, wherby they will not only serue for the Kitchen, but also for Phisick, wherefore we will héere describe the nature & operation of them all.

We haue in the seuenth part often admonished of Coriander, and giuen a caueat of his venim, that the same ought not to be vsed vnprepared; otherwise it is by all Phisitions aduised, that morning and euening confected Coriander should be vsed, for it dryeth vp the ascending vapors of the stomack, it strengtheneth and dryeth the braynes, it is good against all swimming of the head, and against the Palsie; it is good for the stomack, and procureth slépe, in so much as then these vertues be ascribed to the Coriander, to which the Sugar addeth only the pleasantnes, you may loke what the Table sayth of all the other séedes.

The confected Annis sœdes are good for them which haue a stinking breath, and cannot sleepe, it prouoketh vrine, it quencheth naturall thirst, it taketh away the windines of the belly, it is good for all paines of the stomack, against all diseases of the Lyuer, of the Lights, of the Matrix, and it helpeth the digestion. It is also good against all hoarsenes, shortnes of breath, and especially for all cold diseases of women, and for all them which be much plagued with the Whites. Lastly, it augmenteth also much the milke in women.

The confected Fennell sœde is good against all poyson, and especially against the venim of Snakes, it moueth womens termes, it warmeth the backe, it asswageth the payne of the same, it breaketh the Stone, it expelleth vrine, the stone, grauell, and the slime whereof the grauell is ingendred, it increaseth womens milke, it cureth sower belchings of the stomacke, it is good against all wambling and vomiting, it alayeth the Cough, and all hoarsenes of the throate. But aboue all is this Fennell sœde commended against the darkenes of the eyes, for it preserueth people from all helmes on the eyes, it sharpneth the sight if one take the same morning and euening, to wit, after meales, and chewеth the same long.

Comin doth grow much in *Apulia*, it hath the same virtue with the Caruway. It is also very good for them which be plagued with the grauell, and can hardly make their water.

The Caruway sœde is hoter and dryer by nature then the Annis or Fennell, therefore it is stronger and more forcible; and especially doth it warme the stomack, and all inward parts, it openeth all obstructions, it forceth vrine, it breaketh the stone, it expelleth sand and grauell, it driueth out winds, and it taketh away all paine and colick of the belly.

The confected Almonds are good against all diseases of the Lights, and the Throate, against all dry Coughes, and narrownes of the breast, it strengtheneth all weake people, and all them which do consume away. The bitter Almonds do expell vrine and grauell, they do dry the braynes, and do hinder the ascending vapors, they withstand all dronkennes, and be good against many diseases of the brest, and of the lights.

The hasell nuts haue in some sort the same nature with the Almonds: but they with the red shales haue an especiall operation and virtue for all scowrings and lasks, and especially to staunch the bloudie Flure. All sorts of hasell nuts be more wholesome confected with Sugar then otherwise, as one may see and reade in many places of this booke.

The Pingles be also of the same nature with the Almonds, and be especiall good for all leane folks, for that they strengthen much: yet are the kernels to be layd 24. howres before to steepe in Rose water, and then to be dryed againe, for they augment much humane sœde.

## Of the confected Spices, Peeles, Rootes, and such like. §. 3.

THe Ginger, the Cinnamom, the Cloues, the Nutmegs, the Mace, Cucubes, Orange peeles, Citron peeles, Marierom, and the sliced Licorice, are likewise confected with Sugar. These foresayd do keepe all alike the properties of their natures, and be especiall good in time of the Plague, for that they make good breath, which will not lightly be infected.

It is also to be noted, that all that which is to be confected for Phisick, must be couered very thin with Sugar, but only the Spices may well be confected somewhat thicker.

The common baked Ginger sugar is thus prepared: Take one pound of Sugar, and seethe it with well water, clarifying it as the Sugar is wont to be boyled for baked Sugar, and when it beginneth to be cold, then mixe fiue dragmes of pouned Ginger amongst it, and when you see that it beginneth to be thick, then powre it vpon a stone or a table, which is made fat with a little Sallet oyle.

Yet another baked Sugar: Take Ginger two dragmes and a halfe, Cinnamom one quarter of an ounce, Cloues one dragme, Mace and Nutmegs, of each halfe a dragme, Sugar one pound, seethe it, and do as before. You haue in like manner also in the third part the eleuenth Chapter and 20. §. a baked Sugar, which purgeth mildly, whereof one may take a quarter of an ounce at once.

## *The fourth Chapter.*

# Of preserued Fruits, Floures, and other things.

TO the end that all Fruits, Floures, Rindes, and in fine, all that is preserued with Sugar or with Hony, be not parted from the former, therefore we will in this Chapter comprehend all that is preserued in Sugar, or decocted, as Conserues, and also declare their virtues.

## How to confect the Elecampane roote. §. 1.

IN the spring of the yere is this rote to be digged out of the ground, and the outtermost peles to be cut off, the rote made very cleane, afterwards cut it in somewhat thickish thiues or slices: this being done, then sethe the same very softly in two kindes of water one after the other, to the end the bitternes may be taken away, and be very mellow. Then lay them on a cleane cloth, to the end they may ware somewhat dry. Put them in a leaded pot, and powre meetely hard sodden Sugar vpon them (but that it be not to hot) vntill the rotes be couered. This shall stand so a day and a night, then shall the Sugar draw all the moysture vnto it, which as yet is in the rote, and afterwards powre the Sugar of againe, and boyle it vnto a sirupe: this being done, then powre it luke warme vpon it, and do this so often as the rotes giue any moysture from them.

These preserued Elecampane rotes be a very good medicine for all cold diseases of the bladder. They take away the piping of the breast, and the shortnes of breath. They be also good against the Cough, the spetting of bloud, against the payne of the sides: they strengthen the stomacke, and the digestion: They cleanse also the same from all vncleane humors: They breake the Stone, and moue womens Termes: They separate also all tough phlegme of the breast, they heale the vlcers of the Lights, and all inward parts, and especially they warme the Stomacke and the Matrix.

## To preserue black Cherries. §. 2.

TAke black Cherries as they come from the tree, and then cut off the stalks, for two pound of Cherries take one pound of Sugar, and sethe the same, and clarifie it: when it is then halfe boyled, then put in the Cherries, and then let them sethe all together softly, to the end the Cherries do not breake, and that so long, vntill that the Sugar be drawen betweene the fingers with small threds. And when as now the broth is almost cold, then put the Cherries in a leaded pot with the stalks vpwards, for so they will remayne good a whole yere. And in this manner shall red Cherries also be preserued.

These Cherries be not only acceptable for them that be sick, but also good for all kinde of heate, they moysten the dry mouth, the tongue, and the throate, they quench thirst, they make appetite, and refresh debilitie. The conserue of Cherries is thus prepared.

Take black Cherries as many as you please, let them sethe well in wyne, wring them thorough a cloth, or thorough an hearen streiner, and afterwards let it sethe againe vntill it be thick, stirring it alwayes well about. Vnto three pounds of this iuice put two pound of Sugar, and afterwards sethe them together to the full thicknes. There may also a conserue of Cherryes be made with spices, as hereafter followeth: Take of the foresayd conserue whilst that it is yet warme one pound, and temper pouned Cinnamom amongst it, and Nutmegs, of each one quarter of an ounce, Ginger and Galingall, of each one dragme, Cardamome, Cloues, Mace, and *Lignum Aloes*, of each halfe a dragme. This latter conserue doth strengthen the hart more then the former.

## Conserue of Eibright. §.3.

TAke Eibright in July with the white flowers, strippe the leaues and flowers from the stalkes; afterwards chop them small, and take one pound thereof, and stamp amongst it two pound and a halfe of Sugar, and then set it in the sunne, and stir it well oftentimes about. This is the Conserue of Eibright which is verie commodious for the Eies, as in the first Part is sufficiently declared. It sharpeneth also all dark sight, it dryeth the braines of all cold superfluous humors, it strengtheneth the liuer, and openeth all obstructions, it expelleth the yellow Jaundise, and the Ague that proceeds of an vncleane stomacke. In conseruing of all flowers and herbes is to be noted, that al they that are hot and dry, as Lauander, Marierom, Baulm, Sage, Mints, and such like, that one is to take to one pound of them, two pounds and a halfe of Sugar: but all that is moyst, as Burrage flowers, and Bugloss flowers, &c. is but two pound to be taken.

## Conserue of Betonie. §.4.

BEtonie is very highly and worthily reputed of all Phisitions, whereof there be three kindes, to wit, browne Betony which is the vpright Betony, and also the Conserue which we will here describe. The second kinde are our Gilloflowers. The third sort be Cowslips, wherof we will speake hereafter in their due place. This Conserue of Betony is therefore not vniustly commended, seeing these vertues insuing be ascribed vnto it. Some do write that it is good against the crampe, against the palsey, and against the falling sickenes; it is also good against madnes, against spitting of blod, and against the *Sciatica*; this herbe is also good against all payne of the stomacke, of the kidneies, and of the bladder, of the liuer, milt, and of all inward parts, it expelleth vrine, it loseth, and it helpeth digestion: it is also good against belching, it cleanseth the breast, it withstandeth the dropsie, the Ague, and it moueth womens termes. In fine, it is especiall good for all inward sicknesses: lastly, it is also good against all venim. If that one desire to make a conserue of it, then take onely the flowers for it which are to be pouned togither with Sugar, like as is taught at the first.

## How that the grater Pimpernell rootes are to be preserued. §.5.

TAke the rootes of the greater Pimpernell which be about one finger thicke, wash them well, scrape them, and cut them in peeces about the length of a finger; but cut them longwise, & take out the hart of it, then poure fresh well water vpon it, and let them seethe like as is said of the Elecampane rootes, but they must not vtterly lose their bitternesse. This being done, powre decocted Sugar, or Hony vnto it: and when it is waterish, then boile it againe, and that so often as is needfull. These rootes expell vrin, grauell, and the stone, they strengthen the kidneies and the bladder, they cleanse them from all vncleannes, they asswage all paines of the bowels, which do come through cold causes, and they be good against the suffocation of the mother in time of the plague, they be good against all bad ayre if they be holden in the mouth.

## How that Peares are to be preserued after two waies. §.6.

YOu may take such Peares as you thinke good which be new gathered from the tree, but none other but those that be sound. If they be too hard, then let them lye in a warme place the space of three or fower weekes, vntill they begin to be somwhat melow: but handle them not much, for that thereby will they quickely rot. If so be you will preserue them, then haue an earthen pot ready and lay in the bottome of this pot some dryed Vine leaues or Nut leaues, & thereon a laie of Peares, & so forth, leaues & Peares vntill that the pot be ful: afterwards fill vp the pot with old wine,

wine, and lay some heauy thing vpon the top of it that the Peares may not swim. These Peares may be vsed for meate, and also for sicke persons for a comforting. The common people which haue no wine may do it after the same manner with water. But if you desire to haue them of a better taste, then take Ginger which is made very faire, cut the same small and strow it betweene each rowe. Item, take a new pot and put Peares into it (like as is saide before) make the pot as close to as is possible: afterwardes lay it so in a vessell with Wine, then will they remaine fresh and good the space of a whole yeere. These Peares may otherwhiles be rosted in the ashes and strow them with Fennell seede; and also after supper to eate them, thereby to close vp the stomacke, to the end the bad vapors may not ascend towards the head: they strengthen also the braynes, and be especiall good for the sight.

If one will preserue Muske Peares, then are they to be gathered in faire dry weather, and in the decrease of the Mone, and when they be very ripe; then take out the very fairest and soundest of them, pare them very thin, cut off the stalkes and the flower on the top: then make ready a cleane syrupe of white Sugar which is well boyled: when you will take the same off from the fire, then laye the prepared Peares therein, and let them seethe two or three waumes together, afterwards cole a day and a night. This being done, seethe the Sugar once againe, and then luke warme poure it vpon the Peares, and do that so long vntill that you see that the syrupe wareth no moyster, otherwise they cannot continue. If you will haue them pleasanter, then put Cinnamom vnto them, and they will be the better for the stomacke. These Peares do comfort and refresh all sicke folkes that do loath meate, and they close vp the stomacke against the ascending of all bad vapors: if they be eaten at the first sitting downe to meate, then doe they binde the belly. But if one can get no Muske Peares, then may other be taken in their stede which be likest of all vnto Muske Peares in smell and taste, and to prepare them as is expressed.

## How that Oranges are to be preserued. §. 7.

THis Apple is wont very seldome to be confected, but his péles very often, the which are thus prepared: Take fresh Orange péles, cut the white out, and cut the yellow longwise: afterwards let it seethe so long as one would seethe an Eg hard, and afterwards let the broth runne off. This being done, then poure Sugar vpon it which is well boyled vntill that they be well couered, and so let them stand the space of eight daies in the same, then be they prepared. Oranges are prepared also as followeth: Take the outtermost of fresh Orange péles and cut the yellow the longest way; afterwardes seethe the same in water vntill that the bitternes may come out of it. Poure the liquor from it, and then let it seethe againe vntill that they be thorow melowe (to wit in good wine) then stampe them to grout, and at last put good Malmsey vnto it, and so much Sugar as you please, and so let it seethe well togither stirring it alwaies well about. Some do lay them to steepe in a strong leigh, and afterwardes steepe them in water. But it is not so good, for that their force will be thereby much abated; so that it is better to seethe them in two or three waters, to the end that they may lose their bitternes. They strengthen the hart and the vitall spirits, and therewith also the stomacke; they do helpe the consumption, and dry the braines.

## Conserue of Burrage. §. 8.

AMongst the learned there is debate whether the name betwéen Burrage & Buglos, be exchanged, but therin is no great importance by reson that both of them are of one nature, to wit, that the same are to be vsed in all venemous and pestilentiall Agues; they do strengthen the hart and all vitall spirits; they withstand all venim, and all heauines of minde; and they do also cleanse the blood from all melancholy. In fine, they cole all inward parts. This Conserue is made of the blew Flowers as we haue taught before.

How

## How that Calmus is to be preserued. §.9.

TAke faire perfect Calmus, powre faire Well water vpon it, and let it sethe together vntill it be thorow mellow, and that it lose some of his bitternes: afterwardes make these rootes faire from the outwardmost peles, and from all other vncleannes. If so be that now some do swel too thicke, then cut them longwise; and in case that they be too bitter, then let them sethe once again in water: and then afterwards lay them to drie in a sieue. The Sugar is certaine times to be decocted, like as is taught before, vntill that all the moisture be wasted. This confected Calmus is most in all his force like vnto the Ginger, and especially it is very good for all debility of the stomacke, that is burthened with some cold humor, for that it consumeth the same humors, and besides, this strengtheneth the stomack: if it be taken in the morning, then doth it keep folks from all pestilentiall ayre, and maketh a swéete breath: it expelleth water, and is especiall good for all diseases of the bladder and the kidneies; it forceth the stone, and the grauell, and it prouoketh womens termes: it is warme and drie by nature, and hath an especial operation for to open all obstructions &c.

## How that Citrons are to be preserued. §.10.

A Common manner to preserue Citrons in Sugar or in Honie, is this, that one pele off the yellow rindes, and cut the white pith in round or long peces, and then to separate the sower with the sedes from it. Further, the same is to bee boyled in a water or twaine, to the end that the bitternes come from it, and therewith may be mellow and soft: afterwards is boyled Sugar to be powred lukewarme vpon it, and deale with them like as is taught of the Elecampane rootes. This preserue is very good against all venim, it strengtheneth the hart, and all vitall powers: it is moist and cold in the first degrée, and it is very safe to be taken.

## How that Citron peeles are to be preserued. §.11.

TAke the peles of Citrons, which be not peled too thin, but that there remaine some of the white with it, and do therewith as is said of the Orenge peles. These peles be warme and drie vnto the third degrée, wherefore they are but seldome to be vsed: but in cold sicknesses they do help digesture, they withstand all melancholicke humors, and also all diseases which may procéde thereof.

## How Berberies be preserued. §.12.

YOu must take of the very fairest Berberies that you can get, and wash the same very cleane, afterwards sethe them in a sirupe of good Sugar, and when the sirup is sodden short enough, then cast the Berberies into it, and let it sethe so softly a short time, so that the berries do not breake, and then preserue them in a glased pot. They be good against all heate and all other inflammation of the blod, and especially of the stomacke and liuer; they comfort the sicke person in great thirst, they moysten the drie tongue, the throate and all the mouth. There is also a conserue made of this fruit, and that in this manner following: Take Berberries as before, and sethe the same in wine: afterwards straine them thorow a sieue, or fearce, or thorow a cloth, and then let it be sodden vnto a Conserue, stirring it alwaies about. This Confection stoppeth the blody flure, and coleth the blod which is inflamed of *Cholera*, it obstructeth womens termes, and maketh appetite to meate, it is alwaies somewhat stronger then the conserue of Raspes. Otherwise hath it the same virtue or operation. The Apothecaries do call it *Rob de Berberis*.

## Conserue of Fumitorie. §.13.

THis bitter herbe Fumitory, is very well knowen; if you will make a Conserue of it, then take the flowers of it, and poune the same with Sugar, as other Conserues, and as we haue

haue taught of Eyebright. This Confection is especiall good for all them which be full of vnclean blood, and also for all them that be plagued with scurffe, with the Pore, and with such like vncleannes: it keepeth men in health, and also from all venemous ayre. Of this conserue may freely be taken, as much as the quantity of a great nut, before that men will bathe, for that it expelleth out the sweat, and all bad humors of the body: therefore it is also good in the beginning of the Dropsie, for that it openeth the liuer and all obstructions of the inward partes; it driueth out the yellow Jaundies by the vrine, and is very commodious for many other things.

## How the Conserue of the fruit of the wild Rose tree is to be made. §.14.

When as the fruits of these wild Roses (which be called Priests pintle) begin to be ripe, then take as many as you please, and seethe the same with red wine vnto pap, afterwards wring it thorow a sieue, or fearse, & so let it seethe well without putting any other thing vnto it, with a continuall stirring about, as another Conserue. This Conserue hath a maruellous operation for to stop the scouring or laske: it is also good for all wambling of the stomacke: others do make it to a Conserue with Quit halfe decocted, wherewith they seethe it againe, and they cast certaine slices of Marmalade vnto it, which is especiall good for a cold stomack. This Conserue is more in vse with the common people, then at the Apothecaries, wherefore we will speake the lesse thereof.

## How that Abricockes are to be preserued. §.15.

The skins of these Abricocks are to be pluckt off softly, then poure vpon them Sugar decocted hard, not ouer hot; then let it stand so the space of one day, or somewhat longer, afterwards seethe the Sugar againe, and that so long as the Abricockes do yeld any moysture from them. Their vertue and operation are like to Peaches.

## Conserue of Elderne berries. §.16.

First for to write of the Conserue of Elderne berries, the same is holden by the auncient Phisitions, and also amongst the common people, almost in stede of Treacle, and that not without cause, as you shall heare hereafter; and is thus prepared: Take ripe Elderne berries, strip them with a caule from the stalkes, wring out the iuice and let it seethe by a milde fire vnto a pap. This Conserue is to be taken against all inward venim, it cureth all vlcers and swellings, it expelleth by sweat all bad humors and corruptions: wherefore it is to be taken before that one doe goe to the bath: but this cannot be done but onely after purging, and that fasting. If this be so vsed, then doth it consume the Dropsie at the beginning. It hath also beene found, if that this conserue be spread vpon the Rose, that thereby it will immediately weare away.

If thou wilt make Conserue of the flowers, then take the flowers when they be very ripe, shake the flowers from the stalkes, and let them drie betwéen two clothes; afterwards shread them small: vnto a pound of flowers, take two pound and a halfe of Sugar, poune them well togither: afterwards set in the sun, and stirre them oftentimes about. This Conserue openeth the liuer, driueth away all swelling of the belly, and all beginning of Dropsies, &c.

## How that Ginger is to be preserued. §.17.

Take faire white Ginger, of the fairest Races, and lay the same to steepe the space of certain daies, or so long vntill that the vppermost peeles will be pared off, then take them off, and make them very cleane, afterwards then powre fresh leigh vpon them, and let them steepe, to the end that they may swell thorowly: and when as they be waren very mellow (which may be perceiued by cutting them thorowe) then powre of the leigh, and wash them well with sweet fresh water, prick them oftentimes with a small knife ouerthwart, and afterwards lay them a day and a night in sweete

swæte water, to the end that the sharpnes of the leigh may be taken away, and doe this so long vntill you can perceiue no sharpnes of the leigh any longer: then spread the Ginger vpon a fower cornered linnen cloth, that the linnen may draw the moysture out of it; but if so bee that the cloth be thorow wet, then lay them on another drye cloth againe. Some doe spare this labour, and lay it vpon sieues, when it is then very drie, then haue a sirupe ready, which is made of Sugar, or clarified Hony, and then doe therewith liks as is taught of the Elecampane rots; but aboue all haue good regard that the sirupe be not powred to hot vpon it, for that thereby the Ginger will shrinke, yea be hard and vnpleasant: then keepe this Ginger in a Gally pot. This confected Ginger is very good vsed for all cold phlegmatick sicknesses, & for a cold weak stomack: it taketh away all vapors that doe ascend from the stomacke towards the head; it warmeth all the body, and all inward parts. At euening when one goeth to bed a good peece taken of it doth dry maruellous much the braines: Thereby will also the parts of generation in men and women be strengthened. But this may be gotten preserued greene out of the Indies, which is much better, then that which is preserued in this countrey. The same was wont before times to be preserued after an easier maner, to wit, in this manner following: Take whits Ginger as much as you please, bury it the space of 14. daies in moist sand, and wash it afterwards with a sharpe leigh, lay it afterwards againe the space of foureteene daies in Rose water; this being done, make a sirupe of Sugar, or of Hony, or both of them tempered togither, clensed and scummed well, and then lay the Ginger in this sirupe: But I cannot commend this maner of doing.

## How that Raspes are to be preserued. §. 18.

YOu must take the Raspes as they hang vpon the hedge, wash the same very cleane, and make them faire, if there be any vncleannes with them, and then make ready a clarified sirupe of Sugar, and when as now the sirupe is almost boyled, then cast in the berries, and let them seethe softly therein a good while that they may not breake, and doe not also cole. Their Conserue is made as followeth: when the berries be very ripe, then strip them from the stalkes, and wring the iuice thorough a cleane cloth; afterwards let it seethe softly, stirring it alwaies about vntill it begin to be thicke, then put as much Sugar vnto it as you please, and seethe it away like as all other Conserues. You may also boyle this iuice without Sugar, and it is also better for Phisicke. The Apothecaries doe call the same *Rob de Ribes*. This Conserue hath an especiall virtue to slake thirst, and to moysten the drie tong, and all other inward parts, it maketh appetite, and that especially in hot times. In like manner may also this decocted iuice be tempered with wine, and vsed as a sauce amongst other meates.

## How the Conserue of Hyssope is to be made. §. 19.

IN July, take the flowers of this herbe, and Sugar also with it, poune them well togither, like as we haue taught of Eyebright. This Conserue is very good for the breast, the lights, and such like parts: it is also good against the Cough, the narrownes of the breast, and against the short breath; it consumeth and dryeth all cold rheumes; it exceedingly warmeth the breast; it strengtheneth the stomacke, the head, and the braines; it taketh away all ascending vapors; and is good against all poyson, and also very meete against all coldnes of the inward parts.

## Of the Conserues of Lauander and of Spikenard. §. 20.

BOth these herbes are found to agree so neere in operation that the *Spica* is called the male, because it hath bigger leaues and eares, and the Lauander the female. Of both these herbs are the flowers only taken, and for euery pound of flowers, two and a halfe of Sugar, or otherwhiles three pound of Sugar, because they be strong: beate them well togither. This Conserue is very good for all cold diseases of the stomacke, and for all windines of the same, it easeth the paine in the belly, and the ascension of the Mother, it openeth all obstructions of the liuer, it moueth vrine,

it

it dryeth the cold and moyst braines, it is good for the sinewes, Palsey, and lamenes that proceedeth of them, it restoreth the lost speech, it taketh away all cold rheumes that fall out of the head into the eies, teeth, and other parts, and this conserue is especiall good against the corruption of the gums.

## How to preserue the *Eryngius* roote. §.21.

THis herbe is called of the Phisitions *Eryngium*, the rootes onely of this herbe be preserued. The same are digged vp in the spring time or in harueſt, wash and scrape the same well; afterwards cleaue them in the length and take out the hart, then cut them in meane peeces, seethe them and prepare them as you did Calmus and the greater Pimpernell rootes: or you may leaue them long, put onely the pith of them out and sticke it about with Cinnamom and Cloues, which giueth it a pleasantnes. These rootes be also verie good for all them that haue any disease in the liuer, they do take away all paine of the milt, the kidneies, and backe, they driue away the colicke, they moue vrine and the womens termes; they be also good against all venim, & against all pursiuenes in the breast, they free one from the crampe, and of the falling sickenes, they do warme the parts of generation, and be especiall good for a cold stomacke.

## Conserue of Marierom. §.22.

OF this herbe are the leaues onely to be taken, and poune them with Sugar like the Eiebright: this conserue is of a drye and of a warme nature, it is especiall good for all moyst and cold diseases of the braynes, of the head, and of the stomacke, it openeth all obstructions of the liuer, and all inward parts, it doth strengthen the hart, and it hath the same vertue with the conserue of Lauander, and of Spikenard.

## Conserue of Baulme. §.23.

A Conserue of this herbe is especiall good for all biting of Scorpions, of Spiders, and of waspes, and is also good for all biting of Maddogs, the same being eaten or layd vpon it: it moueth womens termes, it asswageth all toth ache and paine of the ioints, it freeth one from the poison of the Toadstooles, it stayeth the scouring *Dysenteria*, and taketh away all colickes, it dryeth away all pensiuenes, it strengtheneth a cold stomack, it warmeth the breast, and giueth a light breath, it cleanseth all vlcers, and is good against all darke sight: of the white flowers of this herebe is also a Conserue made like as of all other flowers, which neuertheleſſe is not much in vse.

## How that Nutmegs are to be confected. §.24.

OF Nutmegs take the very beſt, lay them to steepe in sharpe leigh which is made of woodashes, and let them lye so long therein vntill that they be thoroughly steeped, yea mellow and soft: afterwardes poure away they leigh and pele off the vppermoſt graye skins. This being done, poure fresh water oftentimes vpon it to the end that the sharpenes of the leigh may be drawen away againe: then let them dry in the shadow in a sieue; prepare afterwards a sirupe of Sugar which is well decocted, and so poure it luke warme vpon them; and if it waxe watersh, then seethe the same againe, and that once euery three or fower daies vntill that the sirupe continue thicke. These Nutmegs be of a dry and warme nature, they strengthen the head, the braynes, the hart, and all vitall spirits, they increase naturall heat, and all naturall powers, if so be that one take the same in the morning fasting, and in the euening after meate. They do consume all noysome and superfluous humours of the inward parts, they do strengthen the stomacke and make fresh blood, they yeld a good and odoriferous breath, they ease all swellings and hardnes of the splæne, and they be especiall good against

against all cold diseases of the liuer: but they be not so good for the lights; they haue great power for to dry a moyst head. Now a daies be they brought out of Indie preserued grene which be much better and forcible, then they which be preserued in this countrey.

## Conserue of Gilloflowers. §.25.

DIuers kinds there be of these wel knowen flowers, the red well sauoring be the best to make a Conserue of, cut the vndermost white from it and vse the leaues alone, and the white are you to cast away; the same is to be pouned with Sugar like to other Conserues. This Conserue hath the same vertue that the conserue of Betony hath, for they are also a kind of Betony. These Gilloflowers are especially commended against all venime: this Conserue is also very good for the head and the braynes, drying and warming the same, it alayeth also the shaking and shiuering of the quartaine Ague: it is also somewhat bitter, and is therefore good against all wormes taken fasting, it is good against the paine of the teeth, it withstandeth drunkennes, and breaketh the stone. This may also be vsed as a preseruatiue in time of the plague.

## How Walnuts are preserued. §.26.

ABout Saint Johns tyde take grene Walnuts and pricke them thorow with a botkin, and pele off the grene bitter shales from them; afterwardes lay them 8. or ten dayes in fresh water or in running water which is more better, and they need not so much time also for it. When as now they be quit or rid of their bitternes, then let them seethe softly vntill that they be somewhat melow, but not thorow soft: and afterwardes let them drye in a sieue, and then sticke their holes with Cinnamom, Cloues, and Orange peles; also seethe the Sugar somwhat short, as we haue taught in the preseruing of the Elecampane rotes. Some doe pricke it about, but they put Cloues, Cinnamom, Galingall, Mace, Cucubes, and Cardamom in the sirupe, each according to his good liking: but if so be that you will preserue them with Honie, then it is not needfull that one pele them. These Nuts be commonly vsed at banquets, notwithstanding that they be also good for Physicke: they that be preserued with spices, doe helpe digestion and do warme all inward parts; they close vp the stomacke after meate, and do stay the ascension of the vapors, yet they are very seldome vsed in this Booke. Here we will also admonish and teach how that one shall keepe ripe Walnuts a long time fresh that the kernels may be pele: for this are you to take good new nuts, bury them in sand, and when you will vse them then wash away the sande. Or take a new pot, and strow therein a laye of dried Vineleaues, and then a lay of Nuts, and so forth, vntill the pot be full, wherein they will last long and keepe their taste.

## Conserue of Bugloss. §.27.

WE haue before admonished in the description of the Conserue of Burrage, that both of these be of one nature and of one operation, wherfore it is not needfull to discourse thereof more at large.

## How Apples are preserued. §.28.

APples may be preserued as we haue written of Peares, some do poure vpon them wineles, and they wash them when they will vse them; Apples do cole the hot stomacke, they do attenuate the tough slime and quench thirst.

Conserue

## Conserue of Pionye. §.29.

TAke the leaues of Piony flowers (which do blow in May) and poune them very small, vnto a pound of Flowers take 2. pound & a half of Sugar, & set it the space of three moneths in the sunne stirring it about euery day. This Conserue is very good against all fantasies, against the hag or nightmare (as some terme it) against the falling sickenes, and swimming of the head, against the diminishing of the sight, and all diseases of the braines: it moueth womens termes, and cleanseth them after childbirth; it is also good for the grauell, and for the yellow Jaundise, it suppresseth the vapors of the stomacke, it refresheth women that be vexed with the suffocation of the Matrix, it is also maruellous good against the panges of children, and it letteth the growing of the stone in them: if so be that the children be too small that one cannot giue it them, then are the nurses that giue sucke to vse this conserue in abundance.

## How to preserue Peaches §.30.

WHen the fruit is ripe, then is the same to be pluckt off with the hand that it may not be bruised: these Peaches are esteemed to be the best to preserue which be ripe about Saint Johns tyde, and be somewhat smaller then the other: the vppermost skin is at the first to be peeled off with a knife, and the stripe (like as is said of the Muske Peares) to be sod vntill it be thicke. They haue almost the same nature that the Muske Peares haue, they comfort and strengthen the sicke persons, they be good for the thirst, they moysten the dryed tong, they do cole all inward parts, and be very good in all hot sickenesses. In this maner be the red & the wine Peaches preserued, peele the same & take out the stone; afterwards lay them in an earthen pot and poure vpon them clarified and thicke Hony. These Peaches be not so pleasant as the other, but they be well as forcible as the small, and they may also be prepared with Sugar. And bicause that some people may not abide the taste of Hony, it may be washed off before they be vsed with water; it is also in the third Part (where we speake of the blodie flixe) declared how these Peaches are to be dryed and vsed. Item, the hurt which these Peaches do through their cold and moysture, that will be remedied through eating of their kernels, or with a draught of wine.

The flowers or blossomes of Peaches may also be preserued with Sugar as other flowers: this conserue is very necessarie for children against the wormes, bicause that children can hardly vse Wormeseede by reason of the bitternes: and this conserue doth not onely expell wormes, but letteth that none other can come to ingender. And if one haue suspition of wormes, then it is aduised that it be giuen, for that it strengtheneth much the stomacke.

## For to make Conserue of Prunes. §.31.

TAke of the great Damaske Prunes or other great horse Prunes which be somewhat sowrish, as many as you please, cut them open and plucke out the stones; then let them seethe in a pot, afterwards strayne them thorow a strayner, and then let it seethe againe vnto a pap, this coleth all heate and quencheth the thirst in Agues. If you will haue a laxatiue conserue then take sweete Prunes. There is also made at the Apothecaries a laxatiue conserue called *Diaprunum solutiuum*, which you are to seeke in the Table. Some do take for the first described Prunes conserue of the one halfe of Sugar, whereby it is also pleasant, but it is in hot sickenesses much more commodious to be vsed without Sugar.

But if you will onely preserue Prunes, then take the foresaid Prunes of Damaske, and then poure as much clarified Hony vpon it which is not too hot, stirring it alwaies well about. If it nowe be seene that the Hony be waterish, then must it be decocted againe like as it is oftentimes admonished before.

How

## How that Quinces and other things are to be preserued. §. 32.

IF these noble and odoriferous Quinces haue many auncient and also later Phisitions written much, and vsed after sundry manners, whereby it is now come to passe, that there is scant any houshold of account where one findeth not alwayes something prepared of Quinces, wherefore we will discourse somewhat ampler thereof, and first of all describe diuers confections.

The Apothecaries do call the one *Diacydonium simplex*, for that there is none other but Sugar or Hony in it, and is thus made: Take Quinces as many as you please, wherein the kernels be put out, and cut them very small, afterwards sethe them in well water to the end they may be soft, then strayne them thorow a Strayner or Sieue, so that there remaine nothing but the parings in the Sieue. Then take three pound thereof, Sugar or Hony that is well clarified about foure pound, or as much as you please, then sethe them together vnto a conserue or confection, stirring it about continually.

Another. Take cut Quinces which be cleansed from the sede, put them into a pot, and couer it on the top with a pewter potlid, turne it afterwards about into another pot which is full of water, and let the same sethe, that the vapor may ascend, and the Quinces, through the vapor of the nethermost pot, may be mellow, that they may be afterwards driuen thorough a Sieue, take foure pound thereof, Sugar three pound, and let it sethe so togither to a conserue. Some do take but halfe so much Sugar as Quinces, but therein may each one do his pleasure, how lesse Sugar that there is with it, so much the better be they for Phisick. Other do boyle or foment the Quinces with good old wyne, which is also not to be reiected. This following is more forcible: Take as many Quinces as you will, grate them very small, and presse out the iuice, afterwards powre it vpon other sliced or cut Quinces, and then let them altogether sethe thorowly with Sugar or Hony. This is an especiall medicine for to strengthen the stomacke, it stoppeth all scowring and wambling, it strengtheneth the inward weake parts, besides the digestiue and retentiue virtues, and it prouoketh appetite. But note this well, if one will stop the scowring, that one must take it before meate, and against the vomiting after meate.

At the Apothecaries is prepared a *Diacydonium compositum*, or *cum Speciebus*, as hereafter followeth: Take thick sodden iuice Quinces, wherein is neither Sugar nor Hony, eightene ounces, clarified Hony one pound and a halfe, sethe it meetely thick. When it is now warm luke warme, then temper these spices following (pouned small) amongst it: to wit, Cinnamom three quarters of an ounce, Ginger halfe an ounce, Pepper and Galingall, of each one quarter of an ounce, Cloues and Nutmegs, of each one dragme and a halfe, Indy *Spica, Lignum Aloes*, Mace, and Cardamome, of each one dragme, Zeduary halfe a dragme: afterwards powre it into boxes, and make a hole aboue on the top or twaine. It is also well aduised that one take Sugar in stead of Hony.

If you will haue a purging conserue of Quinces or Marmalade, then take of this foresayd conserue (whilst that it is yet warme) with the spices 22. ounces, and temper halfe an ounce of pouned *Diagridion* amongst it, and stirre it very long, to the end it be well tempered. This foresayd conserue of Quinces with the spices is more forcible for all the foresayd diseases, then the other, it causeth the winds to auoyd, it expelleth all bad smels, it maketh a good colour, and it strengtheneth the naturall powers. For the Kitchen and for housekeeping may this ensuing be prepared. Pare as many Quinces as you please, grate them euen to the coare, and put all that is grated into a strong cloth, afterwards wring the iuice well out, and keepe it in a pot. This being done, take other Quinces, pare them and cut them in fowre peeces, put out the sede, and sethe the same in water vntill it be almost as mellow as pap, and all the water be consumed, but put out the sedes cleane, and put it in a pot apart, and powre water vpon it, then let it sethe well, and strayne it thorow a cloth. Tye also a course cloth ouer an earthen pan, and lay thereon a good deale of mellow Quinces, and rub them thorough it, so that the best may goe thorough, then take afterwards faire white Sugar, and powre thereon some of the decoction of Quinces, let it sethe meetely hard, (then needeth not the conserue of Quinces to sethe so much) then take of this decoction of Quinces one part, and two parts of the other, and let it sethe vntill it be halfe thick ynough, afterwards put the Sugar vnto it, & then let it sethe thick ynough,

stirring

stirring it continually: when as it beginneth to be cold, then put it into the bores. And if this Marmalade be not faire enough, then take off the vppermost skinne with a knife. It is also to bee noted, that if it be not decocted drie enough, then can it not lack aboue a yéere.

Now for to make cléere and perspicuous Marmalade: Take faire great Quinces, wash them very cleane, grate them verie small, wring out as much iuice as you please; take afterwardes other Quinces, cut them in fiue péeces, put them into a pot, let them bee vapoured with hot water, like as we haue taught before, vntill that they bee thorow mellow, then take halfe a pot full of the former iuice, and powre it vpon the former stewed and cut péeces, breake it well togither, and then put the rest of the iuice amongst it, wring it thorow a thin cloth, vntill it bee cléere: Of this iuice shall you not sethe more at once, then for to fill a bore therewith, and put white Sugar vnto it (beaten very small) as much as you please. If the iuice be troubled, then let it passe once or twice thorow a cloth, or so long vntill it bee thorow cléere: afterwardes sethe it spéedilie away ouer a slight fire; when it is boyled enough, then powre it into the bore, or wherein else you will, which might be made wet before: and when they haue stode one night, then may they be taken out. Note also héere, that you must not take too little of the pap of the vapoured Quinces; for that the Marmalade should bee very tough, and if one let the same sethe long, then would it be very browne.

If you will make course Marmalade, then take the Quinces that remaine, whereof the best is strayned out, and rub it thorow a hayren sieue, and afterwardes put moe vapoured Quinces vnto it, and let it sethe away with Hony or Sugar. This serueth to dresse withall, or otherwise.

A Marmalade not sodden: Take twenty or twenty fiue Quinces, pare them, and cut the halfe thereof in small péeces, the rest grate small, and presse the iuice well out; powre that vnto the cut péeces, and stew them vntill all be soft; afterwards wring them thorow a cloth, and stir as much pounded Sugar amongst it, as you please, and then put them in a bore, and so let it drie vpon an ouen.

Item, take ripe Quinces which be not stony, pare them, and take out round péeces so déepe, till you come to the stones. You are to grate these Quinces, and to wring out the iuice, to the end that you may haue a good deale of it; then powre this iuice vpon the péeces that you cut out, and then let it sethe vntill it be thorow mellow: then put cléere decocted Sugar vnto it, as much as you please, and then dry them with a soft fire, then put them in the bores, and let them drie well.

Another: Take fower ounces of fresh Quince kernels, let them stéepe a day and a night in well water, or in the iuice of Quinces, in a warme place, afterwards wring out the slime thorough a cleane cloth, and then put thereto fower pound of the iuice of Quinces in a leaded pot, and let it sethe all togither by a soft fire: yet it is to bee strayned then thorough a cloth againe, and afterwardes also take two pound of Sugar, and sethe it vntill it bee thicke enough.

Yet another course Marmalade: Take of the pith whence the best iuice is wrong out, and put warme water vnto it, and sethe it well; then rub thereof thorough as much as you can, and put cléere Hony vnto it as much as you please, and then put some Pepper vnto it, and sethe it very thick. If you will now know when these Marmalades be decocted enough, then let some fall vpon a cold Iron, and be cold, if it be enough, then will it easily part from the iron, and remayneth not hanging on the fingers, but it goeth cleane and drie off.

All these sorts of Marmalades, or Conserues of Quinces are very good for the stomacke, and helpe the digestiue power. The same may moreouer be tempered in Malmsey, in Claret wine, and Hypocras, and may also be vsed in stéede of a sauce with meate.

It is also here to be noted, that all Marmalades, wich are prepared with wine, spices, and such like, are good only for old folkes, and for cold women, and for all them which be cold by nature. Contrariwise, they that be prepared with water and iuice of Quinces, be méetely hot, because the fruit is cold in the first, and drie in the second degrée: wherefore they be méete for all people which be hot by nature, and for all them whose gall ouerfloweth much in the stomacke.

Snowe white Marmalade is also to be made in this manner: Take pared Quinces, cut them in foure or fiue péeces, and cut them out within: afterwards put hony vnto them, and let

them stewe in a pot, vntill that they be mellow: then take them out, and let them be cold, and sticke them about with cut Cinnamom and Cloues, put hony vnto it againe, and then set it so in a sellar, that it may remaine moyst, and lay some heauy thing vpon it, that they swimme not. Item, take Quinces as many as you please, prepare them as before, powre wine vnto it, but let them not be stued to mellow, especially if one will keepe them a certaine time: let them afterwards drie vpon a cloth: if you will sticke them about, as before, that is wholly in your power; if not, binde in a cloth Cinnamom, Cloues, Mace, and lay it in the decoction: afterwards take one part wine, and two parts of Hony, and let it sethe so long vntill that all the wine be wasted, then afterwards powre Hony vpon it, but not to hot, to the ende that thereby they be not to hard.

Before times, these were wont to be made in this manner following: Take a rough cloth, and rub off therewith the vttermost parings of the Quinces, or pare them very thin, and then cut them in fower peeces, and take out the coare within, afterwards powre vpon them two partes of wine, and one part of Hony which is cearified, then sethe them so long vntill the skin doe wrinckle, then be they enough; put them out, and let them be colde, lay them in a pot and strow some spice vpon each row; afterwards powre the decoction (sodden short) luke warm vpon it. Item, take Quinces, take out the coares, and lay them in a pot close to one another, and let them stand stewing in an ouen, vntill that they be mellow, so that they may easily bee pricked thorow with bodkins; afterwards let them be colde, and then put them againe into another pot, and powre clarified Hony vpon it, lay some heauie thing vpon it, that they swimme not about, then will they remaine good a whole yere, and haue the same virtue of the common Marmalade. You haue also before in the description of Peares, how that they shall be made close to in a pot, and should then bee layd in a fat of wine, you may also put the same in practise with the Quinces.

Lay the Quinces all the winter in small chopt strawe, and couer them well, but lay none other fruit with it, and keepe them from the ayre. Other doe take Flockes, some Bran, or Hay. But the very surest is, if one will keepe them the whole yere, that they be couered in their owne leaues, and afterwards couer them with Lome, let them drie, and set them some where in a cold drie place. There may also be made many kinds of things of Quinces, viz. the sirupe *Mina*, and oyle, and also the seedes thereof be vsed and the peeles.

## Conserue Roses. §.33.

COnserue of Roses which is ready at all Apothecaries, and common in all houses, is thus prepared: Take red Rose beds, which be pluckt in drie weather, as many as you please, clip them off vnder the white with a paire of sheeres, then laie them on a cleane cloth, and ona double cloth ouer them, that they may be well couered, let them lie so still vpon a table two or three dayes, that they may wither a little, and afterwards stamp them in a morter to grout; and to one part of the pouned Roses, take two parts of Sugar, and stamp them well togither; afterwards put this Conserue in a glasse, & stop it close the space of three moneths in the sun; yet stir them about once euery day, with a wooden spatine: if so be that you thinke that they will be to hard, then set them afterwards in a sellar, that they relent somewhat. It is here also to be noted that if so be that you cannot get the right red Roses, then take the Carnation coloured, yea also the wilde Roses, of the which I haue found my selfe, that the Conserue it selfe is of very good taste, and moreouer very forcible in working. This Conserue of Roses hath an especiall virtue to strengthen a weake stomacke, and to alay all cholericke humors; it strengtheneth the brains, it quickneth & strengtheneth the hart, it coleth the heate, & all inflammation of the inward parts. This Conserue of Roses may wel be tempered with Rose water or well weter, & be wrong thorow a cloth, & so in all hot agues to comfort the sick persons with it: it moisteneth also the dry tong, the throat, the brest, and the lights, & especially that which is new made: that which is now oldish hath another nature of binding in all scourings and fluxes, it swageth the pain and sharpnes of the same &c.

The purging Conserue of Roses is made thus: Take twelue ounces of Sugar of Roses, and temper among st it at the least half an ounce of smal pouned *Diagridion*. This Conserue of Roses

is

is also very good in sundry sicknesses, and especially in lingering diseases. There is halfe an ounce thereof giuen, or at the most three quarters of an ounce at once, when as the *Diagridion* hath been tempered amongst it at the least two moneths before.

The white Conserue of Roses is made like to the red. Some do make all Conserues of Roses with Hony in stede of Sugar, but this conserue is hotter, and is seldome vsed.

There is also Conserues made of Damaske Roses, after the foresaid manner, which is very pleasant, and loseth mildly.

## Conserue of Rosemary. §.34.

THis Conserue is very pleasant, not onely for Phisicke, but the flowers and the herbe is also vsed in the kitchin, with wine and otherwise. But as much as concerneth the Conserue, the Apothecaries do call it *Conserua Anthos*, and is made thus: Take flowers of Rosemary which are to be gathered in the spring, and in haruest, poune them to pap, and to one part of these flowers, take three partes of Sugar, and poune it very well togither, then set it in the sunne, stirring it oftentimes about. This Conserue is warme by nature, it attenuateth also all tough grosse and flegmaticke matter of the inward parts, it dryeth and strengtheneth the braines, it refresheth the hart, and maketh merry; it strengtheneth the mortified naturall heate, it expelleth the yellow Jaundies, and withstandeth the Dropsie, it warmeth and clenseth the breast, it maketh a good breath, it driueth out phlegme, and strengtheneth digestion, it withstandeth all venim, that might hurt the hart, it taketh away the Collicke or griping of the belly, it causeth one to sweate well, whereby it expelleth all bad humors out of the body, it cleanseth the blod, hunteth away al heauines and pensiuenes, and strengtheneth all weakenes.

## To preserue the rootes of all red Beetes. §.35.

YOu are to slew these rootes with a little water, when they be mellowe, then put thereto little peeces of Horseradish, and put them in a pot, and strow it with Caruway: afterwards powre halfe wine and halfe vineger vpon it, vntill that they be well couered, and then lay some heauy thing vpon them, that they may not swim: in the same maner may you also prepare all the roots that serue for Sallads: the rootes which are too great are to be cut ouerthwart. These and such like rootes are not to be vsed for Phisicke, but for meate.

## Conserue of Sage. §.36.

COnserue of Sage is also made of the flowers, like vnto all other; it doth strengthen the stomack, it openeth all obstructions, it consumeth al bad humors of the stomack, it strengtheneth all members, and is very good for all diseases of the head, which proceede of cold, it is good against all Palsies and lamenes, it is also meete for all diseases of the sinewes.

## How Sloes are to be preserued. §.37.

TAke very ripe Sloes, with their stalkes, and put thereto two parts of Hony, and one part of wine, and let them sethe so long vntill the wine be thorowly sodden away; afterwards lay the Sloes in a pot, with the stalkes on high, and powre the same Honie vpon it, and couer it with a trencher, and lay some heauie thing on them, to the end that they may be couered with the liquor, and then set them in a sellar. Another way to preserue Sloes, thus: vnripe Medlars, ripe Sloes, ripe and pared Quinces, when the coares be cut out, of each as much as you please; if you will, you may sticke them about with spice: likewise also the Medlars, which you shall sethe with the Quinces in Hony, like as is first of all sayd of the Sloes, and lay some heauy thing on the top of it.

## Conserue of Cowslips. §. 38.

THere be two kinds of these floures, whereof the one is wild, and without smell, which is mete for nothing: but take of the yellow that smels well, and cut thereof behinde the long pipe, and with Sugar make a conserue thereof. This conserue is of a warme and dry nature, it is very good for the head, it strengtheneth and warmeth the braynes, it is also good for the Palsey, for which cause it is also called *Herba Paralysis*. This conserue is also of all them (which be enclined to the Palsey) much used, and it strengtheneth also the hart: but it is perchance not much used, for that it is a kinde of Betony, or of Gillowfloures, which be more acceptable.

## Conserue of water Lillies. §. 39.

LIkewise there be two sorts of these floures, to wit, yellow and white, take thereof the white, and the white leaues only of the floures, make a conserue thereof like vnto all other conserues. This conserue strengtheneth much, and coleth in very hot agues, and also in pestilentiall agues. It is also very good for them that consume away, and that haue the Pleurisy. It taketh away all dry coughs, for that it coleth and moysteneth the brest, the throate, and the dry tongue: it quencheth thirst, it coleth through her cold the Lyuer, the Milt, and all inward parts, and it prouoketh sleepe. All haile people and they that be cold of nature may not vse the same, for that if the same be used too much, then taketh it away the fleshly desire, and it obstructeth also the spermaticall Flixe if it be heate.

## Conserue of Violets. §. 40.

TAke blew odoriferous Violet floures, pluck the floures from their huskes, and poune them to pap. Vnto a pound of floures put two pound of Sugar, and then stamp them well together, and so set them in the Sunne. This conserue is cold in the first, and moyst in the second degree. It coleth and moysteneth with mildnes, and it allwageth also the paine of the guts, but it is not so good for the stomack. It alayeth also the cholerick heate which commeth through moysture. It loseth and also taketh away thirst. It may well be giuen to young children (in all heate) very freely, for that it is good against their panges, it keepeth the belly open, it strengtheneth the braines and the hart, and it taketh away all stitches. The yellow Violets are also preserued otherwhiles.

## Conserue of the floures of Cicorie. §. 41.

TAke the leaues of the Cicorie floures, and make a conserue thereof, like as is taught of all other. This conserue is especiall good for the Lyuer, it openeth the obstruction of the same, it clenseth all inward parts, and also the intrailes of all cholerick humors, it expelleth them out thorow the stole, and withstandeth thereby all putrifying agues, therefore this conserue is also to be used in the beginning of the Dropsy, it reuiueth the weake and ouerheated hart, and also the stomack. In fine, it is very good in all hot sicknesses. The rotes of Cicorie are also preserued, which are digged vp before that they begin to sprout out. Being digged vp, make them cleane, and cut them the long way, and then take the innermost hart of it. Afterwards cut it in peces the length of a finger, and then let them boyle well in fresh water, that the bitternes may come out, and the rotes may be mellow. When as they be now meetely dry, then powre thick boyled Sugar vpon it, and if the rotes be still somewhat hard, then let them boyle in the Sugar vntill they be mellow, and let them be cold. But if that the Sirrupe be thin through the moysture of the rotes, then sethe the same thick againe, and that so often vntill it remayne stiffe. These rotes be of a cold and dry nature, and they haue the same virtues with the conserue.

How

## How red Cherries are preserued. §. 42.

RED Cherries be preserued like as we haue taught before of the blacke. They haue also one kinde of operation, and are thus preserued: Take picked red Cherries which be not bruised, put them in a small Oaken vessell, afterwards take clarifyed Hony, and let it sethe with a little wyne, vntill all the moysture be consumed, and powre then this Hony warme vpon it, otherwise would they breake through heate. This being now done, then stop the vessell tight, and lay it in a Seller, and rowle it dayly from one place to another, and do this the space of foureténe dayes, or three wéekes.

There is also made of these Cherries a conserue as hereafter followeth:

Take Cherries as many as you please, stampe them alittle, and then powre yet moe other Cherries vnto it, and boyle it without any other moysture: all that which will remayne thick, that is to be rubbed through a Sieue, to the ende that there do not remayne any other thing in the Sieue, then Skinnes and stones; then sethe it in an earthen pot. You may also put Sugar vnto it, as much as you please, and then sethe it vnto a conserue. For this, is no kinde of Spice méete, if so be that one desire not to put alittle Cinnamom vnto it.

This conserue is very good against all dryeth of the mouth, throate, and tongue, if sick persons be washed with it. It quencheth thirst in all hot Agues, and otherwise. It is also good for all *Cholera* of the stomack, it maketh appetite to meate, and it coleth the hot Reynes. The kernels do expell grauell. In Sommer time is wyne to be mingled with this conserue, and to be vsed for sauce with rostmeate.

If one now desire to kéepe Cherries long fresh, then are picked Cherries to be taken for it, and to dip the same in molten ware, viz. when it beginneth to be cold, to let them be well closed in Ware, and afterwards to sement the same with Lome vntill it be thoroughly closed, then are they to be hanged vp in a cole place, and they will remayne fresh a very long time.

## How that ripe and vnripe Grapes are to be preserued. §. 43.

THE vnripe Grapes shall be confected lyke to all Barberyes, but you must cut euery berry from the cluster, to the end that they may kéepe their stalks, and put therewith like as is sayd of the black Cherries: then let them not sethe long, that they do not breake and get a bad taste. They haue the same power as the Barberyes. The ripe Grapes are to be confected, like as we haue written of Peares.

## Of that which commonly keepeth all fruits fresh. §. 44.

ALL that is layd in Hony, whether it be Flesh, Fruit, and Plants, or any other thing, doth remayne a long time before it spoyle, therefore haue dead carcasses beforetime béene powred full of Hony. If you haue then any Fruit, Fowles, Venison, or any other such like things that you will kéepe good the space of a yére; or any Plants, or Floures, and such like throughout the winter, then loke into M. Tristrams water, whereof all auncient Phisitions haue had a good opinion. The same also do all vitall and golden waters, which follow immediately héereafter.

*The sixt Chapter.*

## Of the golden and vitall waters, and elixers of life.

THese kinds of potions and artificiall waters, are ordayned most to this end, for that they should strengthen the most principall parts of the bodie, as the head and the hart, to keepe it from debilitie and swouning, especially if the same proceede of cold. Thus we will describe some of them, whereof there be two, which the auncient Phisitions call golden waters for their especiall vertues. Take fine Sage seuen ounces, Nutmegs, Cloues, Ginger, and Greines, of each half an ounce, Cinnamom, peeled Bayberies, and Beuercod, of each one ounce, Spikenard one dragme, peeles of Citrons one quarter of an ounce, temper them all together grossely beaten, then powre two quarts of wyne vpon it, and so let all together stand the space of foureteene dayes stopped close, stirring it well about euery day. Afterward distill it in water in an Helme luted well and tight. This water doth keepe all manner of meates by their naturall taste and virtue, it expelleth all bad humors of the bodie, it maketh all wyne cleane and of a good taste, if one temper alittle amongst it, annoynted outwardly vpon one, or vsed. It is very good for all inward parts, as the Stomack, the Splæne, the Lyuer, and the Lights. It is also good for all bruses, and to annoynt the bruses with it. In like manner it is good for all falles, for all byles, and all paines of the head. It is good (namely at the first) against all Dropsies, against the Palsey, and also against all venim. If one haue any thing in the stomack that he cannot digest, then will it be consumed thereby, it maketh a good memorie, and it withstandeth the Leprosie, it healeth all scabbines, and also all vlcers, if one drinke it, or lay it vpon them.

Another. Take Lauender floures, Hyssope, and Sage, of each foure ounces, cut them very small, Nutmegs, Ginger, Cinnamom, and Cloues, of each halfe an ounce, Greines two drag. beate all small, afterwards powre vpon it three quarts of the best wyne, and set it the space of foureteene dayes in the Sunne stopped very close. Thus may you vse the first. Item, take good Malmsey two quarts, and keepe these things ensuing in it, being stopt very close, and then set it in a dunghill which lyeth in the East the space of thirtie dayes, afterwards distill it, as is before sayd. Take fine Sage with the floures, of each halfe an ounce, Bourage floures one ounce, one Orange, Rue three dragmes, Rosemary three ounces and a halfe, Rosemary floures halfe an ounce, the tops of Marierom gentle foure ounces, the floures of Bugloss three quarters of an ounce, red Roses two ounces and one quarter, Hyssope halfe an ounce, *Carduus Benedictus* halfe an ounce, Ireos three dragmes, Camfer three quarters of an ounce, prepared Perles halfe a dragme, oyle of Spike and liquid Storax, of each halfe a dragme, pouned Cinnamom foure ounces, Galingall three dragmes, long Pepper and Greines, of each halfe an ounce, Cucubes and Cardamome, of each one ounce and a quarter, Zeduary three dragmes, Ginger one ounce, beate this altogether grosse. Here is to be noted, that there will be too little wyne, and that freely there may three or foure quarts of wyne be taken for it. Now followeth here a water, called the elixer of life, and is thus made.

Take Cinnamom and Cloues, of each one ounce and a halfe, Nutmegs one ounce, red Roses ten handfuls, white Roses as many, Hyssope two handfuls, Lauender floures seuen handfuls, powre vnto it a quart of Malmsey, and so let it stand the space of nine dayes, and distill it afterwards, as is sayd before. Now for to distill a common vitall water is thus to be done. Take Cinnamom one ounce and a halfe, Ginger one ounce, Cloues, Nutmegs, and Greines, of each halfe an ounce, *Lignum Aloes*, Mastick, Mace, and long Pepper, of each two dragmes, Sage sixteene ounces, Cardamome, Cucubes, and Galingall, of each two dragmes and a halfe, Roses one quarter of an ounce, Baulme three dragmes, Citron peles three quarters of an ounce, Rue, Bayberies, and Stechas, of each halfe an ounce, Rosemary, Marierom, Lauender, and Betony, of each three quarters of an ounce, Spica and Beuercod, of each one dragme, keepe it in three quarts of Malmsey, and so let it stand the space of ten dayes, then distill it like as is taught of the other. Some haue also an especiall water, which is called *Aquam Spiritualem*, for that it

strengtheneth

strengtheneth much the vitall spirits: Take the herb Lauender with the floures, and Liriconsanly, of each two ounces, Rosemary floures, and Betony, of each three dragmes, Sage, and Marierom gentle, of each one ounce, Baulme halfe an ounce, Hyssope, Mints, the greater Pimpernell, Tormentill, *Rapontica*, *Angelica*, and *Bistorta*, of each one quarter of an ounce, Piony rootes, and of Valerian, of each one dragme, Auence, and Juniper berries, of each halfe an ounce, Bayberies and Beuercod, of each one drag. cut the rootes, and poune them grossely. The herbs are you to take dry, and to cut them small, and then put them in a glasse which is narrow aboue, afterwards powre fiue pintes of spirit of wyne vpon it, and stop it tight, then set it the space of eight dayes in the Sunne, or in another warme place, and distill it afterwards, as is sayd in the beginning. In all that which is distilled out are you to lay in steepe, Ginger and Galingall, of each one quarter of an ounce, Cloues halfe an ounce, Cucubes one quarter of an ounce, Cardamome and Nutmegs, of each halfe a dragme, Greines one scruple, Citron peeles one quarter of an ounce, Pomgranat peeles halfe a dragme, *Lignum Aloes* and white Mustard seede, of each one scruple, Saffron halfe a dragme, Indy Spica one scruple, Annis halfe an ounce, Fennell one quarter of an ounce, Treacle one ounce, Turpentine three dragmes, prepared red Corrall one dragme, *Manus Christi* with Pearles halfe an ounce, conserue of Roses one ounce, clarified Hony foure ounces, then poune it all grosse that is to be pouned, and so let it stand the space of foure dayes in a warme place, afterwards you shall distill it, and then temper amongst it *Muscus* and *Ambra*, of each one scruple, *Spermaceti* one drag. good Rubarb one quarter of an ounce, Camfere ten greines, Sugar candy one ounce, then wring it out oftentimes, and keepe it stopt close.

Another. Take dry red Rose leaues halfe an ounce, floures of Sage, of Rosemary, of Bourage, & of Bugloss, of each one quarter of an ounce, Liriconsanly one ounce and a half, Baulme, Citron peeles, Betony, and red Gillowfloures, of each one ounce, Nutmegs & Mace, of each one drag. Cardamome & Cucubes, of each halfe a drag. white & yellow Saunders, of each one quarter of an ounce, poune all these things very small, then take a pinte of good spirit of wine, and put therein 2. ounces of Cucubes, the stones taken out, & then cast them to the foresaid small beaten herbs, and let them all stand to steepe in a warme place, vntill that the wyne hath drawne the virtues of these herbs vnto it, the which will be done in the space of two moneths. You may also set it in the Sunne all the whole Sommer, strayne it at last through a fine cloth. You may also put vnto this Muske, pretious stones, Amber, Perles, Unicornes horne, and such like things, for to strengthen the same therewith. These foresaid vitall waters be especiall good against all swouning, against all debilitie of the braines and of the hart, they strengthen also the sinewes, & the memorie, they warme the chilled and bad digesting stomack wherein is much slime, if they be taken fasting. If one perceiue any losse of his memory, then is he to annoynt therewith the forehead, the hinder part of the head, and the temples of the same. They be also very good against all lamenes of the Palsy: they be also good against trembling & shaking, against swimming in the head, and such like diseases. But note, that heere will be to little burnt wyne, but one may take more. In like manner, you haue also in the first part the twelfth Chapter and 5. §. a very good water of May Lillies. This following is also an elixer of life, and is thus prepared: Take Rosewater 4. ounces, water of Bourage & of Bugloss, of each 3. ounces, *Manus Christi* 1. ounce, and a half, prepared Perles one drag. and a half, temper them altogether, and so giue it him that hath great heate of the head and of the lyuer, and whereas is great faintnes of the hart. This vitall water ensuing is very common at *Augusta* in Germany.

Take culled Cinnamom three quarters of an ounce, Ginger halfe an ounce, Cloues, Nutmegs, and Greines, of each one quarter of an ounce, Mace, *Lignum Aloes*, and long Pepper, of each one drag. Cardamome, Mastick, Cucubes, Galingall, and *Calmus*, of each halfe a dragme, Baulme floures fiue ounces, Citron peeles three dragmes, peeled Bayberies and Stechas, of each one quarter of an ounce, Rue, Rosemary, Marierom, Lauender, Baulme, and Betony, of each halfe a handfull, Indy Spica, and Beuercod, of each halfe a drag. steepe them altogether in two quarts of Muscadell, or in any other strong wyne, and let it stand so 10. or 12. houres space. Afterwards distill it in seething water, then are you to hang Muske and Amber, of each fiftéene graines, to wit in a fine cloth, and then keepe it close stopt.

This following is a very odoriferous water to be vsed for what one will: Take the flowers of Spike, and Lauender flowers, of each one handfull, Cloues, Cinnamom, Nutmegs, Mace,

of each one dragme and a halfe, Muske the quantitie of a Peale, then poure vnto it three pintes of Rose water and so set it in the sunne.

There is yet another odoriferous water in the first Part, in the fifténe chap. and 5.§.which may also be vsed for diuers purposes.

Cinnamom water is also exhibited to sicke folkes for a strengthening, and they are annoynted therewith, and is to be further vsed for many confections, Marche panes, and other pleasanties, the which is thus to be made: Take fower ounces of good Cinnamom, poune it very small and put it into an helme, afterwards poure a pinte of water vpon it and lute it close; then distill it in séething water, and that which commeth out first is whitish, and strongest, and is onely to be kept, and the rest to be receiued in another glas.

*The 7. Chapter.*

## Of Hand waters.

TAke Lauander or Spikenard where out the water is before distilled, and powre as much raine water vnto it vntill the helme be more then halfe full; afterwardes distill it in séething water and set it in the sunne, it smelleth strong enough and it remaineth good certaine moneths.

### For to make May Cheese. §.1.

TAke a new earthen pot, wash it well with hot water and rub it with Salt within, afterwardes make a hole in the bottome and put in a small tap; then take fresh milked milke and rennet it like as Chéese is wont to be rennetted, and so let it stand from morning to euening; then plucke out the tap that the whay may rune out: afterwards put euery day a saucer full of new milke with it, according to that there is much or little in the pot: stir it well about, and then let euery euening the whay run out: besides al this, you are to salt the milk a litle in rennetting of it.

### How to make Wafers of Sugar. §.2.

WHat the Wafers be (which are wont to be set vpon the table a nights) is well knowen to all men, thus for to confect them and to make them onley of Sugar, is thus to be done: Take faire white Sugar pouned very small and sifted thorow a fine sieue, make paste therof with Dragagant dissolued in rose water; the which is to be stamped in a mortar to the end you may make thereof thin flat Wafers: this being now done, then is the same beneath & aboue to be bestrowed with wel pouned Sugar that it cleaue not to, then wind them on a round stick and lay them vpon a sieue to dry, to wit in a warme place, but not in the sunne; if you will you may also put *Muscus* vnto it. In like manner you may take for it pouned Sugar, and Cinnamom tempered togither, and roule the same also vpon a round staffe with dissolued Dragagant; the which being bounden to the space of fourtæne daies may remaine good, and they are made like Cinnamom pipes.

### Honie water, *Hydromel.* §.3.

HOny water or our course Meade do the Grecians call *Hydromel*, and the Latinists *Aquam mulsam*; this water is to be vsed for many things, and especially in Phisicke for two kinds of things: the first if one will lose the belly or procure vomit, then temper the same with two parts of old raine water, and one part of Hony, and so let it stand in the sun. This Hony water is to be tempered with Oyle if the cause require it, and being luke warme vsed for vomiting: the other Hony water is to be sodden and vsed also for many kinds of things, as we in this Booke haue in many places declared.

The

*The eight Chapter.*

## For to make Iuleps.

IUleps are madeafter diuers manners, and most of all of distilled waters, but the commonest and most knowen they are to be boiled of Rose water, and Violet water with Sugar, as both these in the third Part, the 12. Chapter, and 10. §. be described: both these Juleps be very much vsed in hot and dry causes.

*The ninth Chapter.*

## For to take Spots out of all Clothes.

FOr to take Spots out of al clothes, take two parts of Beechen ashes, and one part of Lyme, and make Leigh thereof with Raine water, filter it oftentimes, and therewith wash the Spots. Item, take Argall one handfull, three Dregals, Venice Sope two ounces, Allome halfe an ounce, and a pinte and a halfe of water; sethe it all togither vntill that the fourth part be wasted, and then wash the spots therewith. But aboue all should distilled water of Toadstooles be very good to take al spots out of clothes, they may trie that will. For to take the spots out of Chamlet and, Silkes rub it out with Turpentine oyle.

### Spice Cakes which be excellent good. §. 1.

OF fine Hony take a quart, Clarifie it well, and halfe a pinte of Malmsey, Cloues two ounces and a halfe, Ginger two ounces, Nutmegs one ounce, fine Meale or flowre fiue pound; let the Hony and Malmsey sethe togither, then knead the Meale in it and make Cakes of it as you desire to haue them, then bake them in an Ouen

*The tenth Chapter.*

## Hereafter follow Confections.

HEre shall follow now all kinde of purging confections which are commended to be vsed in this Booke, to the ende that not onely the bare vnknowen name, but also their vertues and operations might be declared: therefore we will comprehende them in a short sum, and vse the names that are best knowen at the Apothecaries; and besides that we will interpret and English their names the best we can.

### *Confectio Anacardina.* §. 1.

FIrst of all we will speake of the *Anacardina*. This Confection doth sharpen the vnderstanding and the memorie, and is also good against all payne of the stomack which commeth through cold, it cleanseth the blood, and maketh good colour: it is also called a confection of the Sage men.

### *Antidotum Hæmagogum.*

THis Confection hath her name of the blood wherein it doth also raigne; the which also the Greeke name doth giue to vnderstand.

*Electuarium*

*Electuarium de Baccis Lauri.* §.3.

THis is a Confection of Bayberries: this confection is for the griping and payne of the belly which is caused of wind, the very best medicine that may be deuised, and moreouer against all inward maladies which proceed of cold.

*Benedicta Laxatiua.* §.4.

THis confection is called a blessed Laxatiue, it is very much vsed & found ready at all Apothecaries: it is made of many simples, wherefore we omit hir description: it is very good to purge all tough slymie matter, and especially that which lieth in the ioints, as in them which haue the ioint disease or the gout, it cleanseth much, and purgeth also all slymie matter of the kidneies, and of the bladder, &c.

*Bezoartica.* §.5.

SUch like Confections there are very many prepared in time of the plague for to prouoke sweate; of which we haue described one in the first part, the 16. chap. §. 3.

*Electaurium de Calamintha.* §.6.

A Confection of the fielde Mints is described after three wayes by the Phisitions; and when we make it, which happeneth seldome, it is in fourme of Tabulates: but that which *Galenus* describeth is made as followeth: Take the seedes of field Mints, of Pennyroyall, of Parsly, and Siluer mountaine, of each one dragme, the seedes of Smallage, and of Thyme, of each one quarter of an ounce, the seede of Louage one ounce, Pepper three ounces; make thereof Species. You are to take Sugar according as you will make a confection or tabulates, & that in such quantitie as thereto belongeth. This confection is very good for all them that haue a wambling of their meate, for them that haue a bad breath, and a bad stomacke, and be much plagued with the wind of the stomacke.

Confection of Cassie after three waies. §.7.

HOw Highly that the Cassie is commended in Phisicke, and especially in hot sicknesses is discouered in many places of this Booke, and especially in the introduction, where it is also taught how that the same is to be dryuen thorow a sieue. Secondly, there is a confection made thereof, to wit, *Diacassia cum Manna*, which is to be vsed against the binding of the belly. The third is here before in the third chapter described, in the first §. where we did discourse of Clisters, and in other places moe.

*Electuarium de Castoreo.* §.8.

THis is the Confection of Beuercod which one findeth very seldome, vnlesse it were prepared of purpose for any body.

*Catharticum Imperiale.* §.9.

THis is as much to say as an Emperiall purgation, for that especially it is a purger of the head, maketh swéete breath, and expelleth black melancholy, and gall out of the stomacke: this confection is not common at all Apothecaries.

*Catholicon.* §.10.

THis Greeke name is as much to say as vniuersall, and the ancient Phisitions haue giuen that name vnto this Confection, for that it is not méete for all diseases: therefore it is also

kept

kept prepared at all Apothecaries. And because that the same can be made by no housholder, therefore we will not set downe her description. It is not onely good for all strong diseases, but also for all the extreamest sicknesses, it alayeth and altereth the same, it strengtheneth all them that haue any infirmity of the Liuer, or in the Splene; it purgeth melancholicke, cholerick, and phlegmaticke humors, and is a safe medicine; as it is also vsed in many places of this booke.

*Electuarium de Cineribus.* §.11.

THis Confection of Ashes is hardly to be found ready at anie Apothecaries, but by reason of her profitablenes, to shew that the auncient Phisitions haue not pretermitted to make it knowen, therefore it is described in the third Part, and hath an especiall virtue in expelling of the stone, and of the grauell.

*Electuaria varia, de Cytoniis.* §.12.

THere be sundry Conserues of Quinces, or of Marmalade, like as you find them before in the fourth Chapter, and 32.§.

*Electuarium de Corticibus Aurantiarum.* §.13.

THe preserued pæles of Orenges, doth one find readie at all Apothecaries, and are good for all paynes of the stomacke.

*Electuarium Ducis.* §.14.

THis Confection was prepared for a Duke, and is compounded of many things togither: wherefore we will not describe the same here, for it is found cõmonly at all well furnished Apothecaries: it is also very good for all windy and bad digesting stomackes, and against all cold of the inward parts: it is also good against all griping of the belly, and especially for the stone; for which cause it is principally ordayned in this our booke of Phisicke.

*Electuarium de Epithymo.* §.15.

THis Confection is very seldome vsed, but the flowers and the *Thymus* is very common in Phisicke. This Confection should be very necessary, and helping women vnto fruitfulnes, like as it is also prescribed in this booke for the same.

*Electuarium de Gallia.* §.16.

THis, for the profitablenes and commodity that it hath in the paine of the guts, and in *Phlegma*, and for that it is easie to be made, is described in the third Part the 15. Chapter and 6.§. for it is not knowen at the Apothecaries.

*Confectio Hamech.* §.17.

THis Confection is of two sorts, and is compounded of many things, and is very common at all Apothecaries: wherwith the humors of the Gall, especially the salt humors which cause scabbines, the Leprosie, the Canker, and all other diseases which excoriate and inflame the skin by their sharpnes, are holpen. The lesser Confection *Hamech*, purgeth Melancholy, and is also good against all frenzie, giddines, forgetfulnes, and all infections of the skin.

*Hiera Picra simplex.* §.18.

THis Confection is at all Apothecaries euery where prepared, and it is not onely very well knowen to the Phisitions, but also to the common people: Take Cinnamom, Balsam wood,

wood, *Asarabacca, Spica Indica*, Saffron and Mastick, of each one dragme and a halfe, Aloe 25, drag. clarified and scummed Hony thirteene ounces; make a Confection thereof. But if you will haue it to strengthen rather than to purge, then take washed Aloes, in stede of other. This Confection is very good against all rotting and stinking humors, which do keepe themselues in the mouth of the stomacke, and in the bowels. In like manner it is also good for all them that haue lost their naturall colour, and against all inward diseases of the sight; it loseth very mildly, and her operation penetrateth no further, but into the Liuer, it strengtheneth the stomacke, neuertheles that it is partly hurtfull for them that haue a hot Liuer, but bicause of her great virtue, it is much vsed.

*Hiera logodion.* §.19.

THis Confection is also found at all Apothecaries, the which is made out of many sundrie thinges, wherefore wee will not describe the same heere: it is good against all old madnes, against all Melancholy, against all falling sickness, and all other ragings or madnes, against the giddines, and all paine of the head. Item, it is very good against all paulsies, against al shaking, and against all hart-beating. It is also good in the Pleurisie, in all sicknesses of the Liuer and of the Splene, it prouoketh womens termes; and is also good against all Gouts, against all poyson, Leprosie, and scurfe. Of this Confection may one take a dragme at once with wine, if there be tempered a little salt with it.

*Hiera Pachy Ruffini.* §.20.

THe first *Hiera* is now of late come againe in vse amongst the Phisitions, it is maruellous good for many kinds of things, not vnlike to the aforementioned. In this our booke of Phisicke is otherwhiles mention made of it.

*Electuarium Indum.* §.21.

OF this Confection there be two sortes, a greater, and a lesser; yet both doe expell bad humors, especially such as breede winde in the stomacke, and other nutritiue partes, they amend also the bad accidents which arise thereby, as swelling vp of the stomacke, the griping of the belly, paine of the kidneies, and such like.

*Electuarium Lenitiuum.* §.22.

THis is a laratiue Confection, which expelleth gently, without any paine, the phlegmaticke, cholerick, and melancholick humors. It is also good against all Agues, and it is found ready at all Apothecaries, howbeit that it is very seldome vsed in this our booke of Phisicke.

*Electuarium de Lepore Combusto.* §.23.

THere is also a Confection prepared of the burnt Hares head, which is maruellous good against grauell, and is described in the third Part, the twelfth Chapter and 4.§.

*Lætificans Almansoris.* §.24.

THis pleasant Confection is now a daies made rather in Losings, than in forme of a Confection: but how the Species be made, that do you find described in the first Part, the twelfth Chapter and 8.§.

*Electuarium de Manna.* §.25.

THis Electuary of *Manna*, is a very noble Confection, wherein come many easie laratiue things, it cleanseth the blod, withstandeth *Cholera*, and *Melancholia*; it is very good for a hot liuer, and cleanseth also the body.

*Electua-*

*Electuarium ad Melancholiam.* §.26.

THis Confection is not made, if it were not, that it is especially ordayned, and it is also but once vsed in this Booke.

*Michleta.* §.27.

THis Confection *Michleta* is prepared at all furnished Apothecaries; it is especiall good against all superfluous bleeding of the Piles, and against the griping of the bellie, and it is exceeding good in all laskes, as in *Lienteria* and *Dysenteria*. It is also vsed in *Diarrhæa*.

*Mithridatium.* §.28.

THis high renowmed and very wel knowen Confection, hath next to Treacle the highest commendation and price aboue all other confections and compounded medicines, the which of very many and diuers simples is composed togither; wherefore we will pretermit her description here. It is also older then the Treacle, & was found out by *Mithridates* King of Pontus three hundred yeres before Christs birth, and so named after him. This foresaid Confection did the King vse against all venim, and with such commoditie, that when he was in greatest extremitie and had taken poyson, he could not die of it. Wherefore and bicause that the same is oftentimes ordayned in this Booke; therefore we will briefly rehearse her vertue and vigor. First it hath almost in all things the same power of the Treacle; but that only the Treacle is somwhat hotter & more forcible against all venim of snakes; otherwise it is good against all paine of the head which proceedeth out of cold, and chiefly against all melancholike diseases, and also for them that liue in great heauines (without cause.) It is also good against all heauy fansies and madnes: and further it is also good against the falling sickenes, against the giddines, and all olde payne of the head. Likewise it is a very good medicine against all running and diseased eies, it sharpeneth the sight, and it is good against all sitting of the eares, and against all paine and falling of the gums if the same be layd vpon it. Besides that it is much commended for the squinancie, it cleanseth and healeth all vlcers of the throat. It is a speciall medicine for all them that be taken with the palsey, and them that haue a disease in the lights; as it is also for all them that cough much, spet blood, and complaine of pursiuenes. It is also especiall good for all cold and moyst stomackes, it maketh appetite, it strengtheneth the digestiue vertue, and maketh a good colour. It asswageth all gripings, all scourings, and the bloodie flixe, it openeth the obstruction of the liuer, and the Milt: and it is a medicine for all inward parts, it dryueth also the crampe away, and all conuulsions of the sinewes, it expelleth the grauell, and the stone of the bladder, it swageth all payne and vlcers of the same, it expelleth water, and moueth womens termes: it is very necessarie for all maladies of the Matrix, it is also especiall commodious for all them that be plagued with the gout in the hands and feete; but especially it is giuen against all poyson: this doth it not onely taken inwardly, but also layd vpon the outside. In like manner doth it apparantly worke in the tertian and quartaine Ague, if that the same be taken an howre before or yer the ague commeth, with wine. The common waight that one taketh thereof is a dragme; the which neuertheless according to the abilitie of the person and of the sickenes, may be augmented or diminished, or also omitted all togither.

*Electuarium Oculistæ.* §.29.

THis is a Confection for the eies, whereof you shall find two sorts in the first part, the 7. chap. and 20. §.

*Electuarium de Olibano.* §.30.

THese present Confections of Frankinsence is seldome vsed and prepared, but it is good against all payne and rheumes of the head, and also of the eies, it swageth all bad throates

which

which procéde of defluxions, it is also auaileable against the Cough and spitting of bloud, it stayeth all wambling and vomiting. Further, it is also good for all diseases of the Lights, and for the Pleurisy, whereas the matter is coughed vp; it stayeth the running of the Raynes, and womens termes, it is also vsed against the scouring.

*Electuarium de Ouo.* §. 31.

HOw that this pretious confection of the golden Eg is to be made, is after two wayes described in the first part, the 16. Chapter, and 3. §. and also taught thereby, how that all haile and sick folks ought to vse the same.

*Electuarium Diaphœnicon.* §. 32.

THis confection of Dates is also to be made in Tabulates. It is métely strong for to purge therewith in the Quotidian and Tertian agues. It purgeth *Phlegma* and *Cholera*. It hath a maruellous efficacie against all paine of the stomacke, and other like paines of the guts, which are caused through any rough slimy humor, therefore it is also oftentimes prescribed in this booke.

*Philonium.* §. 33.

THis confection is also called according to them which haue found it out, to wit, after *Philon*. It is made after sundry manners, whereof there be twaine, which be accompted the chiefe, viz. *Romanum*, and *Persicum*. The first is good against the Cough, and against all diseases of the Lights, viz. heauie breath, spitting bloud, distemperance of the stomacke, paine of the Lyuer, of the Splæne, and against all infirmities of the priuities, and of the bladder.

The other, to wit *Persicon*, is very good for to staunch bloud, like as womens termes, or when the Pyles runne too sore; also in all scourings and bloudie flure, and whereas bloud is auoyded, then is it an especiall medicine. It is also exceeding good for women which haue first conceaued, for to preserue and kéepe the fruite.

*Electuarium Diaprunis.* §. 34.

HEre before in the fourth Chapter, in the description of the preserued Prunes, is expressed of her power, and how it is made.

*Electuarium de Psyllio.* §. 35.

THis is also one of the commonest confections, which one findeth readie at all Apothecaries, it expelleth the cholerick matter, and is very good for all hot agues, which otherwise are hardly to be expelled. Moreouer, it is good against the giddines and all paine of the head, which is caused by the vapours of *Cholera*, and mixed with other humors. Item, for the falling Sickenes, and for enflaming of the Lyuer &c.

*Electuarium de Raphano Syluestri.* §. 36.

HOw that this is to be prepared, and of what powre it is, that is to be séene in the third part, the 17. Chapter, and 4. §.

*Electuarium Regium.* §. 37.

ALbeit that it is called a kingly confection, and is very good, yet it is neuertheles no where in this booke vsed, but only in the spetting of bloud.

*Electuarium*

*Electuarium de succo Rosarum.* §. 38.

THis present Confection named of the iuice of Roses, is one of the chiefest purging confections, and because that it is very easy to be made, therefore we will describe it here. Take the iuice of red Roses and white Sugar, of each eight ounces, *Diagridij* three quarters of an ounce, red, white, and yellow Saunders, of each three dragmes, burnt Iuorie one dragme and a halfe, Camfer halfe a scruple: the iuice and Sugar is to be sodden vnto a meate thicknes, and when it is almost cold, then temper the rest amongst it, being all beaten very small. This may also well be made after the fourme of losings. This Confection purgeth *Cholera* without any anguish, and it is also good for all paine of the members, which be caused through hot cholerick rheumes, also for the Tertian Ague, and to other moe such like hot accidents.

*Dyasatyrion.* §. 39.

THis is a Confection of Ragwort rootes: how that the same is prepared and vsed for the increase of humaine nature, you may reade in the third part the first Chapter and 4. §.

*Electuarium de Scoria Ferri.* §. 40.

THe Confection of the refuse of Iron doth *Rasis* describe. It is seldome made or vsed. It stoppeth the Flux and all bloud.

*Electuarium de Sebesten.* §. 41.

THis is also a very vsuall confection: how that the same is to be prepared, and what it hath for an operation or power, you may reade that in the third part the eleuenth Chapter, and 20. §.

*Dia Sena.* §. 42.

THis Confection of Sene, is also very common at all Apothecaries. It is good vsed in all melancholick, frantick, pensiue, and such like sicknesses, which proceede of melancholick bloud: and it cureth them that complaine of the Splæne.

*Theriaca magna.* §. 43.

THe occasion wherefore that this high commended Confection is not here described, is, for that it is made of so many things. Also because there is a contention as yet amongst the learned, then for that certaine things (which must be vsed in it) be not to be gotten, and especially in this Country, as the flesh of the Snake *Tyrus*, whereof this Treacle hath the name: but it is neuertheles needfull and well worthie that we here describe her operation and vigor.

This Treacle and the Mithridate, be amongst all other confections the most renowmed and worthyest. The first, was by *Andromacho Neroes* Phisition found out first, but afterwards by *Galen* brought into a better order, and in such manner amended, that it may very well be kept for so pretious a iewell, which is neither with gold nor siluer to be compared: thus for to speake of her vertue. First, it is good against all poyson, whether it be of Beasts or otherwise, for to the same end it is giuen: and it is layd vpon the biting of mad dogs. In like manner, it hath an especiall power against all bad ayre, against the Plague, and all pestilentiall Agues. It is also good against all old paines of the head, against the Falling sicknes, the giddines, and all darknes of the eyes. Item, it is commended for all infirmities of hearing, and for losse of sent. And briefely to speake thereof, it doth also amend all debilities, the infirmities of the mind, and also of the brayne. Moreouer, it strengtheneth also all weakenes and swounings of the heart, it openeth all obstructions of the Lyuer, and of the Splene, and mollifieth or suppleth all their hardnes,

hardnes, it openeth the breast, and is good against the wheasing, and also against the short breath. It alayeth the Cough, and suppleth all rawnes of the throate, it doth prouoke the tough humors to be coughed vp, it withstandeth spetting of bloud, and swelling vp of the paynes. It expelleth the yellow *Cholera* and the Dropsy, it healeth all inward diseases and vlcers, it allwageth all inward diseases where there is no heate nor ague instant, if the same be taken with wyne, or otherwise the same must be taken with some other distilled water. Likewise it is also good for all bad stomacks, it easeth the Consumption, it expelleth Wormes, and all windines of the guts: also it is good against all gripings and paine of the guts, it is also very fit for all diseases of the Raynes, it is very commodious and helping to all them which be vexed with the grauell or the stone, for that it expelleth the same, it healeth all vlcers of the bladder, and all conduits of vrin, it expelleth vrin and womens termes; in like maner also dead children out of their mothers bodies. To all melancholick, which be full of anguish and pensiuenes without cause, and halfe distract of their wits, is this giuen with great aduancement. In fine, it is very good for all lingering sicknesses, as the Leprosie, old Agues, and chiefely Quartaine Agues. Wherefore it is aduised to such as are to trauell in the cold, that euery morning fasting they should take somewhat thereof, for that it warmeth the inward parts, and defendeth them from all cold. It strengtheneth also the lame members, and bringeth them againe to their power, and when the greatest paine of the Gout is past, then is it taken with great aduantage, so that it preserueth the bodie from all corruption.

But here is especially to be noted, that this Treacle is not good for yong people, especially in Sommer time, or when it is hot weather, if so be that great neede do not require, and then shall not aboue halfe a dragme be giuen at once, for that it is too strong for such yong natures. All they that be of middle age it is good for, vsed oftentimes, so that it cannot here be told, how much thereof may be giuen at once. The commonest waight is a dragme, and if so be that neede require not the same, then is seldome any more to be giuen: yet according to the importance and abilitie of the person, the sicknes, and such like, is the same to be augmented or diminished with wyne, or any other water.

## *Theriaca Diatessaron.* §.44.

THis Confection hath her name of the Grecians, for that it is made of foure kindes of things, namely in this manner following: Take Gentian, fresh Bayberies, *Myrrha*, and the right Hartwort, of each two ounces, stamp all together very small, with one pound and a halfe of well scommed Hony, then kæpe it well where you please. This Treacle may the common people commodiously vse in stead of the great Treacle, for that it withstandeth all pestilentiall agues, and all venim, therefore do the people of the Country also giue it to sick Cattell, and that with very great aduantage. It is also good against all diseases of the braynes, of the sinewes, and all sicknesses, which procede of cold, as Falling sicknesses, Palsie, lamenes, and the Cramp, it strengtheneth the stomack and her digestiue power, it openeth the Lyuer, the Splæne, and the kidneyes, therefore it is also good for the yellow Jaundise, the Dropsie, it expelleth windines, and all paine of the guts. There may one dragme or one dragme and a halfe be taken thereof, to wit, in the morning fasting, but Cattell must take more of it.

## *Triphera.* §.45.

OF such like Confections are many kinds described of the Phisitions, like as we shall shew hereafter. The first is *Fœnonis*, and is the lesser. It is good for all excessiue fluxes, for womens termes, for the bleeding of the Pyles, and against all debilitie of the stomacke, it causeth all grosse and tough humors to auoyd, it amendeth the naturall colour, it strengtheneth the bladder, and stayeth the scourings.

The other is *Triphera magna*, that is the greater. The same is vsed for all cold paine of the stomacke, as sone as one hath taken thereof, then sweate doth breake out vpon one. It is good for all melancholick women which cannot slæpe, and they that haue gotten this anguish and veration through any disease of the Matrix. Likewise also for those which be burthened with

with any slimy matter in the lights, & for al them that spet blood, whether it be beneath or aboue; and if that one leaue out the *Opium*, then should the same be good for to aduance the fruitfulnes of women.

The third is, *Triphera Persica*, which is made of many kindes of things, it is good against all agues, which procéede out of the stomacke, and also against the yellow Jaundies, which proceédeth of great heat, it openeth all obstructions, it amendeth the sight which is infirmed thorough cholericke vapours, it quencheth thirst, and defendeth one from all hot sickenesses.

The fourth is *Triphera Saracenica*, which with her heate strengtheneth the digestion of the stomacke and of the liuer, it consumeth all windines of the same, it maketh a good breath, and is very commodious for the whole body; it kéepeth a body healthy, it prouoketh desire of venery, and it obstructeth all the bléeding of the Pyles: whereof is from one dragme to thrée dragmes to be taken, and that according to the importance of the person.

*Electuarium vitæ.* §.46.

THis is called a Confection of life, and is described in the first Parte, the second Chapter, and first §.

Of Leigh. §.47.

THe auncient Phisitions, as they were very diligent and curious in searching out the virtues of all thinges, thereby to withstand all diseases of mankinde, so haue they not omitted to search out the nature of Ashes, for to discerne (of whatsoeuer wood that the same bee burnt) which should bee the most commodious and fit, and they haue in trueth found no small efficacie and power in them, as is shewed here and there in this booke.

For to make excellent Spice or Sugar cakes. §.48.

Albeit that these cakes may be vsed for the strengthening of the stomacke, and of the head in Phisicke, neuertheless they be more eaten of licorousnes: but for their abuse we will not omit their description. First, take wheate and Rye flowre, of each about a pound and a halfe, clarified Hony as much as is néedefull for to kneade this flowre to dough; then temper amongst it these spices following, all beaten small, to wit, Cinnamom two ounces, Greines Nutmegs and Cloues of each halfe an ounce, long Pepper one quarter of an ounce, Mace and Galingall, of each one dragme, Cucubes one quarter of an ounce, prepared Coriander one ounce and a halfe, then make thereof round or long Cakes, and let them bee slowlie baked, when they be then almost baked, then annoint them oftentimes with wine, then doe they get aboue an orient or pleasant colour.

The right Sugar cakes be made thus: Take a pound of Sugar, which is decocted to a sirupe, and when you haue taken it from the fire, then temper amongst it fower ounces of wheate flowre, and about fower ounces of Rye flowre, and make a paaste thereof: at last put these spices vnto it, viz. Ginger two ounces and a half, Cinnamom two ounces, Cloues halfe an ounce, Nutmegs, long Pepper, of each one quarter of an ounce, prepared pouned Coriander halfe an ounce, Annis (also vnbeaten) thrée quarters of ounce, and so let them drie togither.

Other which be dayly vsed: Take Sugar two pound, and powre a quarte of water vnto it, let it séethe togither, and clarifie it well with whites of Egs, when as now the water is sodden to the halfe, then kneade amongst it fiue pounde of flowre, two ounces of Ginger, two ounces & a halfe of Cinnamom, Nutmegs and Cloues, of each one ounce, Pepper one dragme, and let them drie. If you will make them of Hony, then take thrée pintes of Hony, and a quart of water, let it séethe, and clarifie it, then put therewith as is before rehearsed.

The Bisket cakes be thus made: take of the olde baked cakes, as many as you please, and grate them on a grater, then put Honie and spices vnto it, and then bake them once againe.

The Noremberger Sugar cakes be made after this manner: Take one pound and a halfe of Sugar, Cinnamom three ounces and a halfe, Nutmegs two ounces, Ginger 3. ounces, Cloues and Cardamome, of each halfe an ounce, cut them, but not too grosse, and then take thereto one pinte of Honie, set it on the fire, that the Hony may melt, and afterwards take the Sugar, stir the same beaten very small amongst it, and so let it sethe very softly, that it do not burne nor run ouer, stirring it alwaies well about, then mixe therein as much flowre and spice as is needfull, & worke it vpon a table; at last make Cakes thereof about the waight of sixe ounces, and worke each apart, and bake them afterwards as behoueth.

*Loch, Lohot.* §.49.

THus doe the Apothecaries name certaine milde Confections, which haue but little difference from other Confections, and therefore be they separated from the other, that one might know how to aske for them.

*Loch ad Asthma*, that is for a heauy breath: this *Loch* is not much in vse, it is good for a heauy wheasing breath, for an olde cough, and it doth cause all tough matter of the Lights to auoide.

*De Cancris*, of Crabs: this *Loch* is very good in the Consumption.

*De Farfara*, of Folefote leaues: this *Loch* is to be vsed as all the rest.

*De Papauere*: this *Loch* is somewhat troublesome to be made, and is commonly made at all Apothecaries: it is good against all coughes, and roughnes of the throate, which be caused of a hot defluxion, which may be perceiued by the thin and subtile spettle, and it maketh the same thicke.

There be 2. other Confections moe made of Poppies, vnder the name of *Diacodion*: amongst which that is which *Mesua* describeth, and is thus made: take greene Poppy heads, that bee somwhat withered, fiue or sixe in number, and faire raine water 10. ounces; let them sethe togither, so that there remaine a third part: vnto this colature adde wine, and when the two third parts be wasted, then put vnto it one ounce and a halfe of good Hony, half an ounce of soft *Acatia*, Saffron, Mirrhe, and Pomegranate blossomes, of each half a drag. *Trocisci Ramich* one quarter of an ounce; temper them all togither, as appertaineth: but there will be too little Hony, therfore must more be taken. It is to be noted, that this may also be made into losings: they be very good for them that haue any subtile defluxion falling on the brest, great coughes, & other diseases moe.

*De Passulis*, of Currans: how that it is to be prepared, and what his vertues are, loke in the first Part, the fift Chapt. and 12. §.

*De Pino*, of Pingles: this is to be sought for in the first Part, the fift Chapter, and 6. §. which is good for all old coughes, & for the short breath; it causeth all tough flegme of the Lights to auoid.

*De Portulaca*, of Purslain: this is not often vsed by vs, but there are two kinds made in Italie, which follow hereafter: take the clarified iuice of Purslain 12. ounces, *Trocisci* of sealed earth, and *Opium*, of each one drag. *Trocisci de Carobe*, and Dragon blod, of each halfe a drag. burnt Hares haire, and Blodstone, of each one scrup. white Sugar 6. ounces, then sethe it like other *Loch*. This is especiall good against spetting of blod, especially if it be tempered with this Confection following: take Henbane sede, white Poppy sed, of each 10. drag. red & white sealed earth, of each fiue drag. Conserue of Roses 4. ounces; temper them togither, giue it in the morning and euening, each time halfe a drag. The other: Take of the aforesaid three quarters of an ounce, *Philonij Persici* 3. drag. *Trocisci de Carobe* one drag and a halfe, *Species Diatragacanthi frigidi* halfe an ounce, temper them togither with Purslaine water as before.

*De Pulmone Vulpis*, of the lights of a Fore: how highly the same is to be praised, and how the same is to be prepared, is to be read in the first Part, Chap. 5. and §. 12.

*Sanum expertum*, that is as much to say as healthy and approued, viz. for all old coughes and shortnes of the breath &c.

*De Scilla*, of Squils: how the same is to be prepared, and vsed for all old coughes, that may you reade in the first Part, the fift Chapter, and 7. §.

## The 11. Chapter.

WE will discourse in this 11. Chapter of many sundry causes, as followeth hereafter.

Almond

## Almond milke. §.1.

Lmond milke is prepared after many maners, and that according to the quality of the sicknes. If so be that one will strengthen nature, then is the same to be made the stronger and the thicker, and one must take the more Almonds, and lesse water. But this is the common fashion to make it: Take Almonds as many as you please, put them in hot water, and let them steepe so long therin, vntill one can pele them: then powre cold water vpon them, that through the heate of the water, they lose no virtue; afterwards poune the peled Almonds very small, and take them in a very cleane cloth, powre three or fower spoonefuls of faire water vpon it, and then with a spoone rub out the strength, and so powring only more and more faire water vpon it, you are to continue this straining, viz. so long as you suppose that there commeth out any whitenes; then put as much Sugar vnto it as you thinke good. If you will vse it for steepe, then poune a little white Poppy seedes, and rub that thorough with the Almonds. If you desire that the Almond milke be more cooling, then stamp a little Melon seede with it: if one will vse it against the flure, then is the water to be steeled: for the breast be Currans and Licorice to be sodden in it: there be also Pingles otherwhiles pouned, Hasell nuts, and such like things with it, all according to the quality of the malady. And albeit that this Almond milke be vsed for the kitchin, yet it is also good for many kindes of infirmities and sicknesses.

## *Manus Christi.* §.2.

How these losings are to be prepared after two manner of sortes, with Perles, and also without Perles, that is in the first Part, the three Chapter, and ninth §. described, and they be very much in vse, so that the cõmon people esteeme them only to be a strengthening of the hart, although there are more forcible things prepared for it. Pounde

## Marchpane. §.3.

Take good fresh Almonds, as many as you please, and pele them, as we haue taught of Almond milke; or if one haue so much leysure, lay them a whole night to steepe in cold water, then will the peles goe off: afterwards poune them small in a stone mortar, and powre a little Rose water vnto it: at last you are to poune amongst it as much Sugar as you please, whether it be much or little: this dough or paaste is to be spread on wafers. But if the dough be too moist, then hasten not with baking; otherwise will it be full of bladders. These Marchpanes bee most meetely baked in an ouen, the top and bottome couered with a mild fire, laying the Marcepane very drie therein, and there is laid for the more certainty a paper beneath vpon the bottome of the panne or ouen. Will you haue the Marchpane verie white? then must you make the fire verie slow. But if you will make a Marchpane to strengthen one (for which it was first of all found out) then must you adde Pingles, Pistacies, and other spices vnto it, and also water of Spike, of Lauander, of Endiue, or take any other waters, as Cinnamom water, and such like. The Sugar is also to be sod meetely hard; and when it is well clarified, then stir it, and mixe afterwards the pouned Almonds amongst it.

## For to counterfeit Marrow of bones. §.4.

Take peled Almonds, poune them very small, and make them often wet with Rose water, afterwards then temper fower ounces of beaten Sugar amongst it: and to the end it may be harder, in rolling it put two ounces more of Sugar vnto it, and strow that on the outside vpon it, then fourme it as you thinke good, and bake it like Marchpane.

## *Medicamen de Turbith.* §.5.

The maner to make both these pouders, and their virtues haue we declared in the third Part, the 11. Chapter, and 20. §.

*Melicraton.* §. 6.

THis do we call in englisch wyne meade, whereof the auncient Phisitions do make two sorts, for the one they take two parts of sowre wyne, and one part of Hony. When this is waren old, then it is nourishing: when it is meetely old, then it is very requisit for the stomack and the belly, and it expelleth also vrin: but after meate it is not very wholesome to be dronken. If one will vse the same quickly, then must these two things be boyled together. Other do take sixe parts of Must, and let the same be hot, then do they powre a quart of Hony vnto it, and when it hath boiled awhile, then do they preserue the same. This *Melicraton* is beforetime much more vsuall then now adayes, and especially with the Romanes, which called the same *Vinum Muscum.*

Of Meade, a common drinke. §. 7.

THe Hony water and the Meade are not only inuented for their vertue, but also for necessitie, chiefely in such Countreys where no wyne groweth, or may not be vsed. And it is very true, that this drinke is more wholesome then sollfered wyne; for although the Meade be hot by nature, yet it is tempered with moysture, wherefore it cannot ouerheate nor ouerdry one. And albeit that this Meade may be made according to the fashion of euery Countrie, diuerslye; yet neuertheles is this the commonest manner, viz. that one take eight quarts of water vnto one quart of Hony, and so let it seethe by a gentle fire, skumming it so long vntill it begin to be cleare. It is also heere to be noted, that how much longer you thinke to keepe the Meade, so much the longer are you to seethe the same. When it is cold, then put it into a vessell, and let it be three fingers empty, to the end it may worke. If so be that you desire to haue the same stronger and more forcible, then hang these spices following in it, viz. Ginger, Cinnamom, Cloues, Galingall, Nutmegs, and such like, and that in waight, as we shall write heereafter of the aromaticall wynes. Some do take also Saffron vnto it, not only for the colour, but also for his vertue, and for that it yeeldeth a good sauour to the Meade. When it hath spurged or wrought, then is the same to be letten lye stopped the space of three moneths. But in case you desire to vse it presently, then seethe the same not long, and expect not her working, but drinke it freely as sone as it is cold, and then the next day make new againe. In Liefeland they haue in some places a custome, that they hope their vessels with yron, and so bury the Meade vnder the earth, and this will be stronger then any wyne, but we will permit such Countries to keepe their customes. If you do desire to make quickly a good Meade, then take a good Nutmeg, and one ounce of Cinnamom cut small, and powre thereon three quarts of water, then let the third part seethe away, and then put vnto it halfe a pound of clarifyed Hony: this being done, let it seethe againe together, vntill that there remaine about a good quart.

In old time was this Mede following to be made: Make hony combs, wash the same well with lukewarme water, and afterwards let it seethe well. But if it be not sweete ynough, then put more hony vnto it, and scomme it well: afterwards put thereto prepared Coriander halfe a pound, Sage and Hops, of each one handfull, let a third part seethe away, and so keepe it in a fir fat, at last hang Valerian, Cinnamom, Cloues, Nutmegs, and Mace therein.

Another sort: Take as much skummed Hony as you please, put the same into a cleane leaded pot, and powre as much water vnto it as you please, then take Sage and Marierom (according as you desire it to be strong) If you will put any Cinnamom vnto it, that is also not amisse, then let it so seethe together, and skumme it well. If so be that you desire to haue it browne, then take two or three spoonefuls of Hony, and let the same seethe well, and stirre it well about vntill that it be strong, as sone as you take it from the fire, then powre presently water vpon it, it will boyle together, and then powre the rest vnto it, straine out the herbs, and then keepe it in a seller.

The common vertues of these Meades be, that they quench thirst: It is also good for all cold diseases of the braines, of the backbone, of the sinewes, and for all other diseases, for which wyne is hurtfull, by his penetrating virtue and force, it clenseth and openeth the breast, it taketh away the cold dry cough, it clenseth the kidneyes, the raynes, the conduits of vrin, and the bladder, of all cold slimy matter wherof the grauell and the stone doth grow, and it expelleth

also

also all hurtfull matter out of the guts, wherefore the same is to be used in all diseases of the braines, as in the giddines, in the falling sicknes, and in lamenes which is caused thereby. In like manner it is good for them that be plagued with the Cramp, and the hot *Podagra*.

## *The* 12. *Chapter.*

THis twelfth Chapter hath no more then two sorts of compounded things, as oyles, and some other which be made with vineger, which be therefore called *Oxymel, Oxycraton, Oxysacchara,* and such like. First we will write of Oyles, whereof there is much declared, and adde thereto, for what they are to be used: amongst which there be some first of Plants, of Fruits, and of Sædes, as well prest, as beaten out: other by the addition of certaine herbs, floures, rootes, and other things which be decocted therewith. Some are distilled, and by force of the fire be drawne out of Rootes, out of Wynes, out of Mettals, and such like things: and the manner of making them is diuers, whereof we will write hereafter, and also declare thereby for what each of them shall be good.

### Oyle of Poplar buds. §. 1.

BEcause that in the making of all oyles there must heede be taken that the herbs, floures, rootes, and such like be not put too moyst into the oyle, the same must first of all be withered alittle, and afterwards be chopt small, to the end the vertue and force may come the better out of it. If you haue not the hot sunne, then let it sethe in a narrow pot in hot water. If so be that you renew the herbs or the floures two or three times, then is the oyle the more forcible. And now to come to our oyle of Poplar buds: Take Sallet oyle twelue ounces, white wyne twelue ounces, fresh Poplar buds (which be pouned) nine ounces, then let them steepe the space of seuen dayes in the wyne and oyle, and stirre them oftentimes about, afterwards boyle it in a narrow pot in water, vntill all the wyne be wasted, and afterwards wring it thorow a cloth. It is also to be noted, like as is before said, that if so be you do renew the Poplar buds two or three times, that then the oyle will be the more forcible, which may also be well done. This oyle is very good against headach, paine of the ioynts, of the raynes, of the kidneyes, and against the paine of the Gout, with other paines moe.

### Oyle of *Mandragora.* §. 2.

IT is oftentimes before declared, what force that the *Mandragora* hath, to wit, that it causeth sleepe, and causeth insensiblenes. This oyle is prepared and made in the same manner as all oyles of other rootes are made, but it is very seldome used but when great neede doth require.

### Oyle of Amber. §. 3.

ALl they that delight in distillations, and haue endeuoured themselues to draw out the purest and cleanest out of all things, they haue also found great vertue in the oyle of Amber; for which there hath beene made especiall ouens, glasses, and other preparations, &c. which were heere too long to discourse, but we will only declare her vertue & vse. First, there is nothing more forcible against all venemous ayre, if one rub a drop thereof in the nostrels. In like manner the lolings are also good, amongst which two or three drops of this oyle is tempered. The same is good against all sicknesses of the head, as against Palsy, and against the Falling sicknes, if one take it with Betony water, or with any such like water, and annoynt it outwardly vpon the neck: but that is especially good which is distilled of the white Amber. It is also very good for all diseases of the sinewes, as for the cramp, the lamenes, and such like, it expelleth the stone, and the grauell, if the same be giuen with the water of Parsly: it furthereth also Childbirth if it be giuen with water of Verueine, so doth it also if one annoynt the nauell on the outside with Snakes grease and it together. It is also very commodious against the suffocation of the mother, if one annoynt the same in the nostrils, and vpon the pit of the

hart. The lossings wherein this oyle is baked, be especiall good against all cold rheumes, they strengthen the braines, they be good against all swouning and hartbeating, and they do also strengthen the digestiue power of the stomack. In fine, this oyle may be vsed in stead of the true and naturall Balme.

## Artificiall Balme. §. 4.

OF this artificiall Balme, and how the same is made after diuers manners, and distilled, we haue declared before in the second Chapter sufficiently.

## Sallet oyle, or oyle of Oliues. §. 5.

THis Sallet oyle is of all people so well knowne, that whereas oyle standeth without any surname, thereby alwayes Sallet oyle is vnderstode: and it is also a gratious gift of God, that people may vse the same for sundry necessaries, which were too long to discourse, for how many kinds of Plaisters, Salues, Oyles, & Clisters &c. be prepared of this oyle? But as much as concerneth this Sallet oyle, there be three sorts of the same vsed for Phisick, to wit, one that is thorow ripe, the second, that which is not thorow ripe, the third, which is very old, for that each one of the three hath his proper nature: that which is cleane ripe is of a warme nature, so that it defendeth the bodie from all cold being annoynted thereon, it refresheth all the members, and maketh them fit for labor, it suppleth all the whole bodie and the skinne, it asswageth all payne of the ioynts, it cleareth the sight, it is good against all venim if one drinke the same often, and vomiteth it vp againe, so that the auncient Phisitions haue left a prouerb behind them, Wyne sustaineth the bodie within, and Oyle outwardly. When the oyle is aboue a yere old, then doth it lose much of her pleasantnes, and the best driueth alway aboue, which is contrary in Hony, wherein the best doth lye alwayes vnderneath, and the best of the wyne is alwayes in the middle. The oyle which is prest out of the vnripe Oliues, that is called *Omphacinum*, the same hath power for many kind of things, and especially in Salues: it is also very mete for the stomack through her astringent virtue, likewise it doth fasten the gums and the teeth. The old oyle is hotter then the other, and hath also more virtue to digest, it strengtheneth much the sight if it be annoynted vnder the eyes: if one can get no old oyle, then loke before into the introduction how that the oyle is to be prepared.

## Oyle of Behen. §. 6.

THis oyle of the rotes of red and white Behen, is not very vsuall, howbeit that we doe sometimes remember it in this our booke.

## Oyle of *Pyrethrum*. §. 7.

IT is an oyle which is very hot, and that is not made at the Apothecaries, but only if the same be prescribed to be made, therefore we will write no further thereof.

## Oyle of Beuercod. §. 8.

THe Apothecaries do make a certaine oyle of Beuercod, which is made of many kind of things for all cold diseases, and especially for all diseases of the sinewes, and paine of the ioynts. It is very good for the Palsy, and stifnes of the neck. It alayeth the cold in the Agues if the backbone be annoynted with it. But we will here describe that which is easie to be made: Take Beuercod one ounce, *Euphorbium* three dragmes, *Murrha* one quarter of an ounce, white strong wyne eight ounces, Sallet oyle twelue ounces; let it sethe so long together vntill the wyne be thorowly consumed, afterwards strayne it and keepe it.

## Oyle of Led. §. 9.

THis oyle of Led is thus made: Take dry Ceruse one pound, vineger which is two times distilled, one quart or more, and sethe it in a narrow pot in sething water an houre space,

but

but stirre it often about, and let it settle: afterwards distill it thorough a Filter, to the end the vineger may runne thorough it, and the oyle tarry in it: do this two or three times; then set this oyle in sand, and distill it slowly, then will there come out of it that which is faire and cleane. This oyle healeth all vlcers maruellous well, as we in the fift part the fourth Chapter and 4. §. haue taught. Another. Take Lead as much as you please, and beate it very thin, then poure as much distilled vineger vpon it vntill it be well couered, then will it be lead white. When it is now cleane consumed, then set it certaine dayes in the whot sunne, or in horse dung, and afterward then distill it in sand, vntill that the water which distilleth do alter, then set another receiuer before it, and there commeth a ruddy oyle out of it.

## Oyle of Penniroyall. §. 10.

THis oyle is made like oyle of Cammomill. You may adiudge the virtue by the propertie of the herbe, yet it is not much vsed.

## Oyle of Purslaine. §. 11.

THis oyle is prepared like as the oyles of other herbs, but it is made very seldome.

## Oyle of Cammomill. §. 12.

THis oyle is thus made: Take well sauoring Cammomill as much as you please, put it into a pot, and powre vpon it as much old Sallet oyle, vntill all the Cammomill be well couered, and then set it the space of fourteene dayes in the sunne, or in some other warme place: afterwards let them sethe in a narrow pot in sething water, and then put out the Cammomill, and put in fresh againe, and let it sethe againe, then wring it out well, and do this three times one after another, and then keepe it vntill you haue occasion to vse it. This oyle is good for many kind of things, it openeth the pores and sweat vents, it expelleth vapors, it alayeth rheumes, it is good for the sinewes, for all paine of the ioynts, and it asswageth also the paine of the guts.

## Oyle of Capers. §. 13.

THe oyle of Capers is most commonly made at the Apothecaries in this manner: Take Capers rotes one ounce, rinds and leaues of Tamariske, the seedes of *Agnus Castus*, Harts tongue, and Cipers rotes, of each one quarter of an ounce, Rue one drag. Vineger and good wyne, of each one quarter of an ounce, ripe Sallet oyle twelue ounces, poune the rotes grosly, and let them steepe a whole night, afterwards sethe them in an especiall pot in boyling water, strayne and keepe it. This oyle is especially good for all hardnes, obstructions, and payne of the Spleene, but you may in sething put some more wyne and vineger.

## Oyle of *Costus*. §. 14.

TAke of the very true and good rotes of *Costus* one ounce, Cassy wood, or Elecampane rotes (in stead of it) halfe an ounce, sprigs of Marierom gentle foure ounces, oyle of *Sesamum* 18. ounces, and wyne as much as sufficeth. Let it steepe two dayes and two nights, afterwards let it sethe altogether in water vntill the wyne be thoroughly wasted, which you may perceiue thereby, if that you let one drop fall into the fire, and that it hisse no more. This oyle is of a warme nature, it openeth the obstruction of the stomack and of the Lyuer. It is good against all diseases of the sinewes, it auoydeth the growing of gray haires, it preserueth the bodie in his naturall colour.

In the first part you haue two other sorts of oyle of *Costus*, which may also be vsed for aduantage, and they be also hotter then this present oyle is.

## Oyle of Dill. §. 15.

THe oyle of Dill is made of the herb, of the floures, & of old oyle, like as oyle of Cammomill is made. This oyle asswageth all paine, it openeth the pores, it consumeth wind, also all

cold and hard swellings, it taketh away the shaking of an Ague, it maketh one to slepe, and taketh away all paine of the head in hot Agues, if the backe bone be therewith annointed.

## Oyle of Egs. §.16.

HOw this oile is made, and what it hath for efficacie, and power, is taught in the first Part, the third Chapter, and first §.

## Oyle of Annis. §.17.

THis oyle of Annis is made by distilling in this manner: Take one pound of smal beaten Annis, and put it into a glased helme, and powre so much water vpon it vntill the helme be halfe full: but distill it the first time with a milde or slowe fire in boyling water, vntill it begin to be hot, afterwards make a good fire, vntill that the oyle and the water do go ouer togither. Now being distilled, then separate the water and the oyle one from another, with a glasen funnel, for that the oyle swimmeth alwaies on the top: This oyle hath a great force against the giddines of the head, and against the Collicke, and is also highly commended against the falling sicknes, if one giue thereof three or fower drops. It is here to be noted, that if one will distill any such like, that one is alwaies to take for one pound, two or three pound of water.

## Oyle of wilde Cucumbers. §.18.

THis oyle is not vsuall in this countrey: But for what it is meete, loke for that in the Table.

## Oyle of *Euphorbium*. §.19.

THis oyle is thus made: Take *Euphorbium* halfe an ounce, oyle of yellow Violets and good wine, of each fiue ounces, let it sethe so long vntill that all the wine be consumed; afterwards wring it thorough a cloth: it is especiall good for the cold brains & sinewes: In like maner it is also good against the paine of the head, *Cephalalgia, Hemicrania*, and against the slepy sicknes, if one annoint it in the nostrels. Item, for all paine of the ioints, of the Liuer, and of the Splene, if it proceade of colde.

## Oyle of Foxes. §.20.

BEfore in the second Part, the fourth Chapter, and 15. §. there is found this oyle of Foxes, and therewithall also his operation.

## Oyle of Lillies. §.21.

TAke the white leaues of Lillies, and prepare the oyle, like as is said of the Cammomils; this oyle healeth all cold payne of the breast, of the raines, & the bladder, & especially of the Matrix, and also all payne of the guts. For that it is of an hot nature, it hath power to digest, it asswageth the cough, it ripeneth all impostumations, it dryeth all bad sores of the head, and it diminisheth also all swellings, if one temper a little Saffron amongst.

## Oyle of Hemp seede. §.22.

VIt of Hemp sede is this oyle beaten: it warmeth and dryeth much, therefore it doth consume naturall sede; yea if one eate too much of the same, then doth it the same hurt that Coriander doth: wherefore the same is verie seldome, and that very little vsed in Phisicke, as also thereof but twice hath bene spoken in this Booke.

Oyle

## Oyle of the kernels of Abricockes. §.23.

OVt of the kernels of this fruit is oyle prest, like as is done of Almonds, but it is very seldom prepared in this countrie.

## Oyle of Elderne flowers. §.24.

YOu are to make oyle of Elderne flowers and of olde Sallet oyle, as oyle of Cammomill is made, it asswageth the paine, it cleanseth, and is very good for the yellow iaundise, and all diseases of the liuer, and also for their obstructions: likewise it doth also take away all payne of the ioynts.

## Oyle of Saint Iohns wort. §.25.

OF this herbe, you must take the tops when it beginneth to ripen, to wit, the vppermost sprigs three ounces, steepe them three dayes long in good Wine: afterwards wring them out well, and then put other in againe and let it seethe together. Being sodden, wring it againe euen to the third time: and if the wine were sod away, then put more vnto it. Lastely, take three ounces of Turpentine, old Sallet oyle fiue ounces, Saffron one scruple; put this all together in a seuerall pot, and so let it seethe in seething water so long vntill the wine be consumed: then wring it hard thorowe a cloth and let it settle; so do the Apothecaries make it. The Chirurgians doe make it in this manner: Take fower pound of the vppermost sprigs of Saint Johns wort, put them into a pot of the quantitie of fiue quarts, and poure to pound of Sallet oyle vpon it, and as much white Wine vntill the herbes be well couered; then stop the pot tight, and so let it stande the space of sixe weekes: afterwards make it open and put one dragme of Saffron vnto it, but stop the pot by and by verie close, and set it in a kettle with seething water, and so let it seethe the space of ten houres. This being al done, then afterwards poure it al together in a linnen bag and binde it verie fast vnto it, and presse it hard out whilest that it is yet warme, put it in a glasse and set it in the sunne, or in another warme place; then will the oyle come on the top, lade it off then continually, and keepe it well stopt in a glasse. This oyle is hot and dry, and hath an especiall astringent vertue; therefore it doth also heale all wounds and all wounded sinewes; yea all burning of fire, it asswageth all paine of the hips, of the bladder, and doth expell vrine, &c.

## *Oleum Irinum.* §.26.

THere are two kindes described and are both verie troublesome to be made, they be also not much vsed.

## Oyle of Cherrie Kernels. §.27.

THis oyle is also very seldome vsed, and is made like as oyle of Almonds by pressing, and is much commended for moouing of vrine.

## Oyle of Melilot. §.28.

SO is it also with this oyle of Melilot, they be also seldome made, and also very seldome vsed.

## Oyle of Cresses. §.29.

THis oyle is also very seldome made, yet it is made like all oyles of herbes.

## Oyle of Copper. §.30.

THis oyle doe the Alchymists distill, like the oyle of Lead, whereof there bee two kindes described before, and there is difference betweene them, but that the Copper is somewhat smaller to be cut, and must be beaten somewhat thinner.

## Oyle of Gourd seeds. §.31.

THis oyle is not vsuall with vs, and is very seldome vsed.

## Oyle of Lineseede. §.32.

THe vertue of this oyle may be gathered by the properties of the sæd, out of which it is beaten, and also out of many places of this boke, wherein they be commanded to be vsed.

## Oyle of white *Sesamum*. §.33.

THis oyle is made of the sæde *Sesamum*, and is also beaten out of the forsaid sæde, like as the Linesæde oyle, it hath a speciall power for to ease all rough throats, to take away all hoarsenes, and to make one haue a good voice: wherefore it is vsed in many parts of Phisicke.

## Oyle of Linnen cloth. §.34.

HOw that this oyle is to be vsed, we haue told it in the first Part, and also taught therewith how the same is to be made. It is to be vsed for all running eies.

## Oyle of Bay. §.35.

THis oyle is brought vnto vs by the marchants in great quantity out of Italy: it is warme by nature, it openeth all obstructions, and asswageth all paines of bowels, also al cold pains of the bellie, of the liuer, of the Milt, the kidneies, the Matrix, of the sinewes, and of the ioints, and is also very good for all cold sicknesses.

## Oyle of Mace. §.36.

THis oyle is brought vnto vs out of Indy, and vsed for diuers cold accidents.

## Oyle of the seedes and flowers of Poppy. §.37.

FIrst of all there will be made of this plant and of the white flowers an oyle, which is more milde than the red and carnation flowers be, and will be made with Sallet oyle, like as Cammomill oyle is wont to be made, yet at sundrie times renewing the infusing of the flowers, according to that one desireth to haue it strong. This oyle asswageth all hot paine, it coleth much, and is very good for all them, that cannot sleepe well, if the temples of the head be annoynted therewith: and as the hot vapors do drawe to the head, in any hot sicknesses, also the nostrels, the eares, and the temples of the head may be annoynted with it.

The oyle which is made of the sædes of this herbe, is made of the white, gray and blacke sæde, and beaten out of it, as the oyle of Linsæde is made, it maketh fat, it asswageth the pain of the throate, heate of the Agues, and all heauy dreames.

## Oyle of sweete Almonds. §.38.

THere be two kindes made thereof (of swæte and bitter Almonds.) This oyle is prest out or beaten out vpon a pouning mill, like as the oyle of Linsæde is beaten out. But if one will drinke the oyle, then take Almonds well dryed, which haue a fresh and swæte taste, as much as you please, poune them very small, and parch them a little, afterwards put a Rosewater vnto it, and presse it well out with a strong presse. But the oyle of swæte Almonds is much vsed. The oyle of swæte Almonds is good against the roughnes of the throate, of the breast, of the lights, and against all drought of the same. Further, it asswageth all paine of the ioyntes, it is also very pleasant for to be occupied in all meates, & good for all them which beginne to consume, it maketh fat, and augmenteth humaine nature, it quencheth thirst, it alayeth the heate of the vrine, and all payne of the bladder, togither with all vlcers of the

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womanhod, if the same be annointed thereon or iniected therein.

The oyle of bitter Almonds doth asswage all hardnes of the sinewes, it openeth all obstructions, it consumeth wind and all bad vapors, and it is especiall good for deafnes, and all bad hearing, for all sitting of the eares, and it taketh also away all spots.

## Oyle of Marierom gentle. §. 9.

TAke the herbe Marierom gentle fower handfuls, wilde Thyme two handfuls, Mirtle leaues one handfull, Southernewood and Mints, of each halfe a handful, Cassie wood two ounces, vnripe Sallet oyle as much as will suffice for to couer all the foresaid; then stop it tight, and so let it stand the space of eight daies in the sun: afterwards wring it out hard, and lay fresh again therin: do this thus three times togither. This oile is especial good for all diseases of the braines, and of the sinewes, and it is especiall good in bathing against all lamenes, or conuulsion of the Palsey *Paralysis*: if the same bee annointed in the eares and in the nose, it taketh away all sitting; it moueth womens termes, and it withstandeth all venime of Scorpions. Some doe make this oyle onely of the leaues, like as Cammomill oyle is made, and it is made most so.

## Oyle of Masticke. §.40.

THe manner to make this oyle, and also his virtue is described in the third Part, the eleuenth Chapter, and fift §.

## Oyle of Narcissus. §.41.

THis oyle is called by the Phisitions *Oleum Narcissum*, and is made like as oyle of Cammomill is wont to be made. This oile is very good for the hardening of the womanhod, or if the same be shut too close: it is also vsed for the Palsey that commeth of fals.

## Oyle of Mirtles. §.42.

OF this oyle be two kindes made; that which is made of the sæde, hath an astringent virtue, wherefore it is also good for all hot vlcers, and for the chaps of the Arsegut; it strengtheneth the slacknes or losenes of the sinewes, and it stayeth sweat. But that which is made of the leaues, strengtheneth only the braines, the sinewes, the hart, and the stomacke: but because that we can get no fresh, they are first to be infused in good wine, & to put vnripe Sallet oyle vnto it.

## Oyle of Mints §.43.

THis oyle is made of Mints, and vnripe Sallet oyle, like as the oyle of Cammomil is wont to be made. This oyle warmeth the cold stomacke, it taketh away vomiting, it maketh appetite to meate, it helpeth the Consumption, and it consumeth all hard swellings.

## Oyle of Motherwort. §.44.

THis oyle is very seldome vsed, and is made as other oyles, yet in this booke it is but once ordayned.

## Oyle of Nutmegs. §.45.

THis oyle is made like as the oyle of Almonds is wont to be made, that is, by pressing it out.

## Oyle of Cloues. §.46.

TAke good fat Cloues halfe a pound, poune them very small, and distill it, like as before in the 18. §. hath bin said of Annis sæd. A pound of Cloues doth seldome yeld more than an ounce

and

and a halfe of Oyle. In the same manner may oyle of Nutmegs be also distilled, and there is hardly more gotten out of it then fiue dragmes out of a pound: both these oyles are more forcible than the same spices.

## Oyle of Walnuts. §.47.

THis oyle of Walnuts is prest out of old Nuts, like as oyle of Almonds: his vertue do we finde described in sundry places of this Booke.

## Oyle of Pepper. §.48.

WE will refer the preparing of this oyle to the Apothecaries; but it is good for all cold diseases of the sinews, as for the palsey, the cramp, conuulsion of the mouth, shaking, falling sickenes, paynes of the hips, and other diseases moe of the ioints. In like manner it is also good for a colde stomacke, for the guts, for the raynes, and for the cold bladder: for that it warmeth, it auoydeth all slymines, it openeth all obstructions, it breaketh the stone of the bladder, and also of the kidneies.

There is also oyle distilled out of Pepper, like as is saide of the Annis.

## Oyle of Peache Kernels. §.49.

THis oyle is also prest out like to the oyle of Almonds.

## Oyle of Quinces. §.50.

THe vertue and nature of this oyle, and also the manner of making it, is described in the third Part, the 15. chap. and 5. §.

## Oyle of Rue. §.51.

THis oyle is to be made of fresh Rue, like as oyle of Cammomill is made: it is warm by nature, it openeth & swageth the payne, it is good for all cold kidneies, for a cold Matrix, and for the payne of the same, if the belly be annoynted therewith, or if one set a clister with it. It is very meete for the sinewes, for the crampe, and it expelleth all colde humors.

## Oyle of Earth woormes. §.52.

IN the fourth Part the fourth Chapter, is the virtue of one of these oyles shewed, and the manner how to make it. But there is also another made, which doth warme more, doth penetrate more, and strengtheneth all the ioynts: Take Cammomill, Sage, Agrimonie, and fielde Cipers, of each halfe a handfull, Rosemarie halfe as much, Juniper berries one quarter of an ounce, Earth woormes decocted in Wine fiue ounces, white Wine one pinte, Sallet oyle fiftéene ounces; let it sæthe togither vntil the wine be thoroughly consumed, and then wring it out thorow a cloth.

## Oyle of Priuet. §.53.

THe Phisitions and Apothecaries do name this Priuet *Ligustrum*. This oyle is made as the oyle of Cammomill, it strengtheneth all sinewie parts, and hindereth the hayre to be graye.

## Oyle of Rubarbe. §.54.

TAke Rubarbe nine ounces, *Agaricus* thréé ounces, Turbith thréé ounces and a halfe, rootes of Polipodie fower ounces, Cinnamom, and Juniper berries, of each halfe an ounce, red, white, and yellow Saunders, of each fower scruples, long and round Hartwort, Gentian, rootes of blew Flower deluce, of Costus, *Asarabacca*. Zeduarie, Ginger, Galingall, Elecampane rootes, and Calmus, of each one quarter of an ounce, Tormentill, and rootes of *Cardus Benedictus*, of each one dragme and a halfe, Nutmegs, Cloues, Bayberries, Mace, and Cucubes, of each one drag.

the

the seede of Sorrell, of Purslaine, red and white Behen, and *Doronicum*, of each halfe a dragme, *Lignum Aloes*, red and white Corrall, scraped Iuorie, Mastick, *Spica*, and Campher, of each one scruple, burnt Iuorie one dragme; poune them all grosse, and then poure vpon it the clarified iuice of Burrage, and of Baulme, of each fiue ounces, the iuice of Oranges three ounces; let it keepe certaine daies togither, stirring it oftentimes about to the end it do not stinke: afterwards you are to distill it in seething water, then doth it first of all yeld a water: but as soone as you perceiue that it begins to get another colour, and that it beginneth to drop slowly, then augment your fire and receiue your oyle in another receiuer, and keepe it well stopt, at last set it the space of 02. dayes in the sunne. This oyle is somewhat ruddie, and smelleth verie well; so that if one put a drop in a great deale of well water, then getteth it a sauour accordingly. This oyle doth purge very mildly if one giue halfe a dragme thereof more or lesse, according to the qualitie or importance of the patient. This oyle is most meete given with Goates milke: it is also especiall good against the *Quartana*, if the patient haue gouerned himselfe well before in his order of diet. In like manner it is also good in all other Agues, which the Phisitions do call *Putridas*: it killeth and driueth out the wormes if it be giuen with purslaine water or with Wine. This oyle is also especiall good giuen once euerie fiue dayes against the Pockes: it is also good against the rheumes, against the payne in the head *Cephalalgia*, against the giddines, and against the payne of the kidneies, it obstructeth womens termes, and the flure of humaine seede. It is good against the gout of the feete if once euerie fourteene dayes two or three drops of this oyle be giuen with the decoction of fielde cipers. It is also verie good against all running Fistulaes, against all vlcers, and against the canker: also for all diseases of the places in women, and of the Matrix, if one iniect halfe a dragm thereof with the decoction of Feuerfew, it prouoketh also fruitfulnes. The water that commeth out before the oyle hath his vertue also, for that it prepareth all humours which cause any sickenes in the bodie, if one once or twice a day take thereof halfe an ounce at each time with three ounces of Endiue water.

## Oyle of Roses. §.55.

After the common fashion is this oyle of Roses prepared, and is verie meete for diuers matters. It is made of Rose buds as the oyle of Cammomill. This oyle coleth much, and hath an astringent vertue; it is good for all manner of heate of whatsoeuer occasion that the same may be caused, vsed outwardly, or in clisters inwardly, and it strengtheneth also all the ioynts which be annointed therewith, like as they be ordayned for it throughout the whole Booke.

This oyle is made very seldome of white Roses; and it coleth also more, then that which is made of red Roses.

## Oyle of Saffron. §.56.

The oyle of Saffron is not vsed by vs, but yet is prescribed in some places of this Booke.

## Oyle of *Sandaraca*. §.57.

This oyle is also vtterly vnknowen, it is but once prescribed in this Booke.

## Oyle of Sulphur. §.58.

This oyle of Sulphur is an Alchimisticall oyle, and is made in diuers manners: some do put one quarter of Amber vnto it; other do put *Petroleum* vnto it. In Italy do they take Sulphur viu, and poure the vrine of a man child vnto it, and so bury it in horse dung; and afterwards distill the oyle out of it. But after these two maners following is this oyle chiefly made: Take fiue pounds of smal beaten Sulphur and temper oyle of Tiles amongst it; afterwards lute the helme very tight, and at the first make a small fire, and afterwards increase it. There is gotten out of the foresaide fiue pounds of Sulphur, no more then about one ounce of oyle: this oyle must with great prouidence be giuen, to wit, in winter time two drops with vitall waters or with Malmsey, and in sommer with Endiue water. This oyle doth asswage all griping of the belly, whether it be in the vndermost or in the vppermost guts; as also all paine of the stomacke which proceedeth of winde and cold humours.

humours: the same may also well be vsed outwardly. It is likewise very good annoyted in the childzen mouthes when they haue the canker, oz any stinking vlcer in the mouth. Further warts are also taken away with it, and it maketh the teth white.

To make the other oyle of Sulphur: Take Sallet oyle and poure therin a good deale of small pouned Sulphur, & let it stand so long vpon the fire vntill that all Sulphur be cleane melted, stirring it well about: then are you to quench glowing peces of coales in it, vntill the oyle be thorowly suncken into the tyle stones. This being done, poune these stones and put them alone in the helme: the rest that ouerfloweth, and also the Sulphur is to be done away, and then distill further all that is put into the helme. The first oyle that commeth out of it doth appeer somwhat bleake in the helme; and when it beginneth to be white, then set another receiuer vnder it. This oyle seemeth to gild if it be annoynted vpon Iron, oz vpon any other thing.

## Oyle of blew Flower-deluce, §.59

THis oyle is to be made like to the oyle of Lillies, but it will be somewhat strengthened through the rotes: it is somewhat strong, but it allwageth all payne and meloweth all swellings, it is especiall good against all hardnes of the ioynts, it warmeth the Matrix, dzyueth away the crampe, and taketh away all paine and sitting of the eares: lastly, it doth withstand the canker of the nose, &c.

## Oyle of Scorpions. §.60.

BEcause that we (God be praysed) haue no Scozpions in *Engh*, therefoze is the oyle bzought vnto vs out of Italy, and is made thus: Take ten oz twelue Scozpions, cast them in twelue ounces of oyle of bitter Almondes, and so set it fiue oz sixe weekes in the sunne; afterwardes strayne it and keepe it foz to vse. This oyle bzeaketh the stone of the bladder, and of the raines, and it dzyueth the same also out, if it be annoynted vpon the raines, and vpon the pzinities, oz if it be iniected into the bladder: lastly, it is also good foz many other things moe, &c.

## Oyle of water Lillies. §.61.

THis oyle is made as well of the yellow as of the white water Lillies, but vnripe Sallet oyle is taken foz it, and it is made as the oyle of Violets. The oyle of the white water Lillies hath also the same vertue with the oyle of Violets, but that it is somewhat colder, but not altogither as cold as that of Poppie heads: wherfoze these oyles are commonly tempered with other oyles, accozding to the qualitie of the disease. It is verie good foz them that cannot rest, and foz the paine of the kidneies, of heate: also it is passing good against all venerial lustes if the pzinities be annointed with it. It is also vsed foz diuers other matters, as may appeere in diuers places of this Booke.

## Oyle of Mustard seede. §.62.

THis oyle is very seldome vsed, foz that it is so hot.

## Oyle of Spikenard. §.63.

VNder the name of *Oleum Nardinum* be there two sozts described: we will commend the greater to the Apothecaries, bicause it contayneth diuers doubtfull things, but the smallest is thus pzepared: Take good Spiknard thzee ounces, Wine and Water, of each two ounces and a halfe, oyle of white *Sesamum* eightéene ounces; sethe them togither in hot water vntill that all the moysture be consumed, then strayne it. This oyle doth heate, digesteth, and refineth all that is thicke and grosse, and is somewhat astringent: it is good foz all cold diseases of the bzaines, of the stomacke, of the liuer, of the splæne, of the kidneies, and of the bladder, it cleanseth the head if it be annoynted in the nose, it maketh a good colour, and also a good sauour. It is bzought now a dales mætely good and reasonable cheape out of Fraunce.

Oyle

## Oyle of Antimony. §. 64.

THis oyle is thus prepared: Take a pound of Antimony, poune it grosse, and set it in the fire in a melting crust, when it beginneth to smoke, then cast halfe a dragme of Boreas vnto it: when it is molten, then powre it vpon a flat stone and let it be cold, then stamp and melt it againe, like as before, and so do three times: afterwards poune it to fine powder, and powre vineger vpon it which is distilled two or three times, then put it into a glasse being stopped very tight and close, yet stirre it often about, and that so long vntill the vineger begin to be red, which is wont to happen in the space of a moneth or twaine. This being done, put all together into an helme, luted very close, and distill it with a mild fire so long, vntill the rednes be discerned, and as sone as that is perceiued, then augment your fire, and fasten another receiuer to it, and make a good fire as long as one drop of oyle comes out of it. Out of a pound of Antimony you cannot haue aboue one dragme or twaine, according to the godnes of it, or the oyle is well made. This oyle hath a red browne colour, it is also vsed for healing of wounds, and of old vlcers, like as also for all Fistulaes, Leprosie, and for the Pocks, yet neuertheles according to the importance of each sicknes, if there be a drop or twaine taken tempered with any thing else. The vlcers are washed with the water, but it is very sharp. Another: Take one pound of Antimony, poune it small, and put vnto it one quarter of an ounce *Mercurium Sublimatum*, put it then into a glas retort, and giue it presently a good fire: there doth come no water out of it, but only (fiue or sixe howres after) cleare oyle.

## Oyle of Steele, or oyle of Iron. §. 65.

TAke small filed Steele, or Iron, and white Flint, pouned very small, of each halfe a pound, put it in a glasen helme, and distill it in sand, first with a mild fire, and afterwards alwayes greater, it giueth first water, and afterwards red oyle, which hath a very pleasant smell, euen like to Balsam. Now for to distill this oyle, then are you to make an ouen after the fashion of a Retort, as the Alchimists do know. These things are rather searching out of the secrets of nature, then necessary Phisick.

## Rocke or Peteroyle. §. 66.

SOme of these oyles be white, some yellow, and there are also some black, which is called *Naphta*. This Peteroyle doth runne in Italy and also in other places out of the rocks: it doth heate, dry and consume: it is also good for the Falling sicknes, for the Palsy, for doting, and for the enfeebled memorie.

## Oyle of Turpentine. §. 67.

THe manner to distill this oyle haue we shewed in the fift part the thirtenth Chapter and 4. §.

## Oyle of Violets. §. 68.

THis oyle is made of blew Violets and vnripe Sallet oyle, it is somewhat colder then the oyle of Roses, therefore it doth the more cole all heate, especially the heate of the raynes and of the kidneys: in like manner it doth asswage the dry heated breast, and is moreouer good for many other things.

The oyle of Wallfloures is prepared also of the floures, and of old oyle, it is very good against the conuulsion of the sinewes, it driueth away all diseases of the breast, the kidneyes, and the bladder, and it is also good against all paine of the sinewes and of the Matrix: also, it asswageth and melloweth all other diseases.

## Oyle of Ireas.

THe oyle of Ireas is vtterly vnknowne vnto vs.

Oyle

## Oyle of Vitriol, or of Copperace. §. 69.

THis oyle is very highly commended, it getteth an especiall swætenes, which is a miraculous worke of nature, and is made thus: Take foure pound of Hungarie Copperas, stamp it very small, and then put it in a great body, then let it dry certaine dayes: afterwards poune it againe, and so set it in a warme place couered with a fine cloth, to the end that the sauour of Copper may thereby auoyd. This being done, poure foure pound of the best spirit of wyne vpon it which is well rectified, lute it well, and so kæpe it fortie dayes in a warme place, or dunghill, and afterwards distill it, then shall you sæ the oyle swim on the top of the wyne. There be yet mo lenger and mo other meanes for to distill this oyle, but this is the commonest manner. Concerning the vertue of this oyle, and her force, it is very nædefull that it be prouidently dealt withall, it must alwayes be mixed with somewhat else, for that it is too sharp, that it will inflame the entrailes, otherwise hath it the same force of the oyle of Sulphur, but it is much stronger, and penetrating. It is very good against all filth, and infection, and against the Plague it is especiall good: it hath also great power to cause the matter of the Pleurisie to auoyd out of the breast, it is good for all tough fleame and corruption of the brest to fetch it out, it suffereth also no stone to grow in the bladder, and healeth the bruised or perished bladder. There is no more but thræ or foure drops to be giuen with wyne. There may also losings be made of it. Also this oyle is vsed by some, according to the importance of the cause, like as is admonished in certaine places of this booke. This oyle doth strengthen the cold stomack, it consumeth *Phlegma*, it causeth all tough and slimy matter to auoyd, it is good for the griping of the guts, and against all red flures, it quencheth thirst, it withstandeth all wambling and parbraking.

Because that these oyles must be driuen vp through strong fier, it doth happen otherwhiles that the glasses leape in pieces, by which all the cost, the trouble, and labour is lost. Now for to preuent that, are the glasses to be hardened in this manner following: first are the bodies to be luted very well with lome, and before that you will vse the same, annoynt them oftentimes with Allom water, and so let them dry; and if so be that they happen for all that to breake, yet may they afterwards be souldered together, that they may hold water in this manner: Take Venice glasse, red Lead, Linsæde oyle, Mill dust, and the white of an Eg, mixe it well together, and then spread it mætely thick vpon the cracks, and let it dry afterwards.

a Solder for glasses

## Of the oyle of Wheate. §. 70.

THe oyle of Wheate is made like as the oyle of Annis sædes is made.

## Oyle of Iuniper berries. §. 71.

THis oyle is drawne out of the pouned berries. It may also be distilled like as the oyle of Annis sædes, but because that there is very much brought to sell of it, the same may be bought better cheape then made. That which is distilled out of the wood is made as followeth: Bury a pot in the ground that it stand about thræ fingers out of it, then take another pot which fitteth well the vndermost, and fill the same with small chips of Iuniper wood, then make ouer it a latten lid with many small holes, that the moysture may drop thorow it, and that the chips fall not into the vndermost pot. This being done, then whelme both these pots one ouer the other, and then make a fire round about the vpper pot a good while, then gather the oyle together which is dropt into the vndermost pot. This oyle is very good against all that that doth outwardly infect the skin, as old vlcers and cankers, but especially against the *Varices*. The oyle which is drawne out of the wood, hath an vnpleasant sauour, but that which is drawne out of the berries, hath a very pleasant sauour and smell. They haue both of them one operation.

## Oyle of Willow leaues. §. 72.

THe leaues, floures, and fruits of this trée haue an astringent virtue, whereby they draw the wounds together and heale them, withstand the spitting of bloud, and take away all spots

spots of the face. The oyle thereof is good being dropt in the eares, against the paine of the eares: and if the same be annointed on the outside, then it is very good against the Gout, and it taketh away all unchastnes. There may also oyle be drawen out of Willow wood, as it is drawen out of Juniper wood.

## Oyle of Argall. §.73.

TAke fower pound of Argall, poune it very small, and set it to burne in a pot bakers ouen; afterwards poune it again, and then put it into a woollen bag, & so hang it in a sellar, then will there drop out cleere moysture, which is rather a water than an oyle.

## Oyle of Wormewood. §.74.

AUncient Phisitions doe make this oyle, of Wormewood which groweth in *Ponto*, and with unripe oyle, like as is said of the oyle of Cammomill: but because that we haue not that Wormewood, therefore are we to take that of ours; and one must take halfe so much Roses as Wormewood. This oyle hath an especiall power to warme, it strengtheneth also all that is cold, and especially the stomacke, it maketh an appetite to meate, it openeth all inward partes; and if one annoint it on the Nauell, it killeth the wormes, without any hurt: wherefore it is more profitable for yong and old people, than the Wormeseede.

## Oyle of Tyles. §.75.

THis oyle is to be distilled after two wayes, as the same is to be seene in the Table.

## *Oxytraton.* §.76.

THese things following doe keepe the Greeke name with the Phisitions and with the Apothecaries, for *Oxys* is Vineger: afterwards do they ad somewhat unto it, which is tempered with the forsaid Vineger, like as with the *Oxycraton*, where wine, water and vineger are tempered togither, which of the Latinists is called *Posca*: for which the same is now to be used, that is to be seene in many places of this booke.

## *Oxymel Simplex.* §.77.

THis *Oxymel* is described in the first Part, the second Chapter, and first §. It is very often used, and praised for many things.

## *Oxymel Compositum.* §.78.

THis is therefore named so, for that it is made of sundrie things, which is also described in the first Part, the second Chapter.

## *Oxymel Scillinum.* §.79.

THis is also described in the same place, and used oftentimes.

## *Oxyrrhodinum.* §.80.

ITis another compound than the former. It is much used against the paine of the head, laid upon it on the outside, there be two kindes of it, as is taught in the second Part.

## *Oxysacchara.* §.81.

THis compound, and her virtue and operation, is described in the first Part, the eighth chapter, and second §.

## *The 13. Chapter.*

THis Chapter is a gathering togither of all kindes of Plaisters and Pils, which be described in this booke.

*Emplastrum album Coctum.* §.1.

WE do commonly call this, the white plaister. How it is made, is to be sought for in the Table.

*Apostolicon* Plaister. §.2.

AFter two wayes is this plaister made; whereof one is called *Triapharmacon*, for that there commeth not aboue three things into it: You may loke for both of them in the latine Table.

*Emplastrum de Baccis Lauri.* §.3.

THe manner how to make this plaister, and also her vertue, is described in the third Parte, and the eleuenth Chapter.

*Basilicon.* §.4.

HEr preparation and vse is described in the fift Part, the first Chapter, and 15.§.

A Plaister for the Rupture. §.5.

THere be diuers specified of these in the third Part, the third chapter, and §.1.

The Plaister *Ceroneum.* §.6.

IF there be any that desire to make this plaister, he may loke for the same in *Nicolao*, for that it is very seldome vsed.

*Diachilon.* §.7.

OF this *Diachilon* there be three kindes made: the common *Diachilon*, is described in the third Part, the twentieth Chapter, and twentieth §. The great *Diachilon* is found at the Apothecaries, it melloweth and ripeneth all hard swellings.

The Plaister *de Galbano.* §.8.

HOw this plaister is made, and also her operation is to be sought for in the Latine Table, vnder the name of *Galbanum.*

*Gratia Dei* Plaister. §.9.

THat is as much to say as Gods graces Plaister. The maner to make the same is found in the fift Part, the first chapter, and 16.§.

*Emplastrum Griseum de Lapide Calaminari.* §.10.

WE call this the gray plaister: It is also made after two waies, and it is described in the fift Part, the seuenth chapter, and 12.§.

*Hyssopi Cerotum, siue Philagrij.* §.11.

THis Plaister is made very seldome, and vsed but three times in this booke.

*Emplastrum de Meliloto.* §.12.

THis is a Plaister of the flowers of Melilot, and is made of many kindes of thinges: wherefore we will pretermit her description, and whereto it is to be vsed, shall you finde here and there in this booke.

*Em-*

*Emplastrum de Muscilaginibus.* §.13.

For what this plaister is to be vsed, and how the same is made, that is found in the first Part, the sixt Chapter, and seuenth §.

*Emplastrum Oxycroceum.* §.14.

After three manners is this Plaister described: it hath her name of the Vineger, and of the Saffron. Of her excellent operation may you reade here and there in this Booke.

*Emplastrum de Pelle Arietis.* §.15.

Looke for this in the third Part, the third Chapter, and first §. how highly the same is commended for all manner of ruptures.

*Emplastrum de Radicibus.* §.16.

This Plaister of rootes is but once vsed in this booke, and that in the third Parte, the twentieth Chapter and eleuenth §.

The Plaister of Saunders. §.17.

This plaister is called at the Apothecaries, *Cerotum Sandalinum*, which may be made to a salue, as it is described in the third Part, the eleuenth Chapter, and sixteenth §.

The blacke Plaister. §.18.

Whereof there be two sortes described, to wit, in the first Part, the fourth Chapter, and second §. and in the fist Part, the seuenth Chapter, and sixt §. for that they be very much vsed of the Chirurgians.

*Sparadropon.* §.19.

These Sparadraps are described in the fourth Part, the second Chapter, and second §.

*Emplastrum Viride.* §.20.

This Plaister doe the Chirurgians vse much in olde stinking vlcers, as the same is described in the first Part, the first Chapter, and fiftenth §. And because that now all the Plaisters must bee boyled, therefore it is taught in the first Part, the fourth Chapter, and third §. how to make a proofe, whereby it may be knowen, when the same are sodden enough, and must be taken from the fire.

## The second part of this Chapter speaketh of Pils.

The most of all compounds and mixtures of Pils, be composed togither of many things, and they be vsed but one dragme alone at one time, and not with whole or halfe ounces, as the Confections or Conserues are, wherefore it is not needfull for to adde their description here: and also seeing that each houlholder may buy the same for a small summe of money at the Apothecaries: but we will neuertheles discouer the virtues and commodities of all the Pils, which be in this booke commemorated, and for what sicknes that they are to be vsed.

*Pillulæ de Agarico.* §.1.

Pils of *Agaricus* be good for al them that be short on the breest, or be vexed with any old cough, and much tough phlegme.

*Pillulæ Aggregatiuæ* .§.2.

These Pils be very good in all lingring Agues, in all diseases of the head, of the stomack, and of the Liuer, they expell *Cholera*, and all slimy matter.

*Pillulæ Elephanginæ.* §. 3.

THese Pils do cleanse the stomack, the braynes, and the head, from all tough, grosse, and slymy humors: they do strengthen the stomack, and her digestiue virtue: they be also very common and safe.

*Pillulæ de Aloe lota.* §. 4.

HOw that *Aloe* is to be washed, and Pils prepared of it, you may sée in the introduction of this booke.

*Pillulæ Azaiareth.* §. 5.

THese do expell the *Cholera* and the *Phlegma*, and are good for all rheumes which cause the Cough.

*Pillulæ Aureæ.* §. 6.

THese clense the head, sharpen the sight, expell winde of the guts, and doe lose without paine.

*Pillulæ de Bdellio.* §. 7.

THese Pils bée very good against much bléding of the Pyles, and against womens flowres.

*Pillulæ Benedictæ.* §. 8.

THey do purge the *Phlegma*, and especially that that falleth into the ioynts. They do also clense the kidneyes and the bladder.

*Pillulæ Cochiæ.* §. 9.

THese do purge the head very mightely of all grosse, tough, and slymy matter, in like sort also the sinewes, therefore they are also much vsed.

*Pillulæ de Cynogloſſa.* §. 10.

THese Pils haue a maruellous operation in staying all kind of thin and subtile defluxions that fall into any part of the body, and to ease one of all manner of paine: but they are very seldome vsed, vnlesse it were in great extremities.

*Pillulæ de Euphorbio.* §. 11.

THese Pils haue a mightie power to expell the water in the Dropsie, and all other matter which is caused of any tumour. They be also good for all paine of the raynes, and for the *Podagra*, which is caused of any humor: but they be not much vsed.

*Pillulæ Fœtidæ.* §. 12.

THese purge all grosse, tough, and slymy humors: therefore they be also good for all Species of the Gout.

*Pillulæ de fumo Terræ.* §. 13.

THese Pils of Fumitory, do purge all salt and sharp humors of the gall, therefore they be also good for all diseases of the Skinne.

*Pillulæ*

*Pillulæ de Hermodactylis.* §. 14.

THese Pils be especiall good for all diseases of the gout, and for other causes moe.

*Pillulæ de Hiera simplici.* §. 15.

THese be very good for all diseases of the Stomack, that be caused of any manner of slimie humors.

*Pillulæ de Hiera composita.* §. 16.

THese are good for all infirmities of the head and sinnewes, which are caused of slimie humours, and for other matters mo.

*Pillulæ de Hiera cum Agarico.* §. 17.

TO these Pils of *Hiera* is a little *Agaricus* added. They doe emptie the stomacke and the breast from all grosse and tough humors, and they be good against the filling of the Eares.

*Pillulæ Iliacæ.* §. 18.

BEcause these Pils are made with small trouble, viz. for all paine of the guts, therefore be they described in the third part the fiftenth Chapter and 6. §.

*Pillulæ de Indæ.* §. 19.

THese sorts of Pils be described, where we do treate of the hardnes of the Spléne, for that they bs especiall good for it, as they be also very necessarie for the Melancholy, against the Canker, the Leprosie, bad vlcers, heauines of the minde, and against the Quartaine ague.

*Pillulæ de Lapide Armeno.* §. 20.

THese do purge Melancholy, and the burnt *Cholera* very mildly, they be also good for all maladies which do proceede out of them.

*Pillulæ de Lapide Lazuli.* §. 21.

THese Pils of Lazure stone be vsed against all diseases of Melancholy, and also for all others, which be caused through burnt gall.

*Pillulæ Lucis.* §. 22.

THey do clense the head of all *Phlegma*, and strengthen the sight, like as their name doth testifie.

*Pillulæ Masticinæ.* §. 23.

THese Pils do defend the stomack from all Sicknes, they lose mildly, they do strengthen much, and let not the humors putrifie, they do great pleasure and vertue vnto all them that vse the same, against all paine of the stomack, of the head, of the belly, and the Matrix. Item, for all pensiuenes be they also especiall good.

*Pillulæ de Mezereo.* §. 24.

THese Pils do expell very vehemently the Dropsie, wherefore they are also vsed in *Anasarca* and *Ascite*.

*Pillulæ de Opopanaco.* §. 25.

THese be good for the Palsey, against the conuulsion of the mouth, against the weakenes of the knées, against the *Podagra*, and moe other paines of the ioynts, and also for all diseases of the sinewy parts.

*Pillulæ pestilentiales, siue Ruffi.* §. 26.

HOw these common Pils and other moe be prepared, we haue declared in the first part the fiftænth Chapter and 12. §. and admonished also thereby how that the same hath an excellent virtue for to preserue one from the Plague, and to expell all stinking humors from the stomack.

*Pillulæ de quinq; generibus Mirobalanorum.* §. 27.

THese purge the Melancholy, the *Phlegma*, and the *Cholera*, and do also clense the blood.

*Pillulæ de Rhabarbaro.* §. 28.

THese Pils be especiall good in the beginning of the Dropsy, and in the obstruction of the Lyuer: in like manner also in all lingering agues. Loke further *Rhabarbarum.*

*Pillulæ de Sandaraca.* §. 29.

THese Pils be seldome made, and also scant vsed.

*Pillulæ de Sarcocolla.* §. 30.

THey expell the *Phlegma*, and all Sicknesses which are caused of it.

*Pillulæ de Serapino.* §. 31.

THese Pils haue an especiall power in the paine of the hips, the gout of the fæte, and of the ioynts: they be also very good for the Stomack, and further womens Termes.

*Pillulæ sine quibus esse nolo.* §. 32.

THese Pils do maruellously purge *Cholera*, *Phlegma*, and the Melancholy, and are especiall good for all Rheumes, and be especiall good for all darke sight. They are also good for the paine of the Eares, and for all paine of the guts.

*Pillulæ stomachicæ.* §. 33.

THese Pils expell *Phlegma* and the *Cholera* out of the stomack, and moreouer out of the head, and they be also good for many moe diseases.

*The foureteenth Chapter.*

THe Phisitions and Apothecaries haue certaine conserues in vse of some fruits, and other things, where as they temper nothing but Sugar with it, which they call *Rob*: amongst which the commonest is the *Rob de Berberis*, and *De Citonijs*, that is, *Rob* of Quinces, and *De Cornubus*, that is, of Gadziles, *Rob Nucum*, that is, of Nuts, *De Ribes*, that is, of Raspes, &c.

Hony of Roses. §. 1.

HOny of Roses is made after diuers manners, like as such is taught in the first part the third Chapter and 4. §. whereas his vse and virtue is declared.

Vineger

### Vineger of Roses. §. 2.

TAke red Rose buds, cut off the white beneath, and powre red wyne vineger vpon it, to the end that they be well couered with it, and then let them stand so the space of two moneths in the hot Sunne. In this manner is also made all manner of vineger of herbs, and other floures.

### Vineger of Rue. §. 3.

THis vineger is made after the same manner as the vineger of Roses.

## *The fifteenth Chapter.*

THis Chapter is none other, but a gathering together of certaine Salues, Sief, which be Eye pouders, Sirupes, and Specis which be remembred in this booke, and vsed dayly at the Apothecaries.

### *Ægyptiacum.* §. 1.

VVE will now speake first of the salue of Egypt, whose preparation is described in the fift part, the first Chapter and 16. §.

### Salue of *Agrippa.* §. 2.

TAke Briony rootes twelue ounces, rootes of wilde Cucumbers fire ounces, Squils three ounces, Ireas one ounce and a halfe, rootes of Ferne, of wild Eldern, and water nuts, of each one ounce, white Waxe seuen ounces and a halfe, Sallet oyle 24. ounces, take the rootes all fresh, and let them steepe the space of eight dayes in oyle, afterwards seethe them and wring them out, you are then to melt the Waxe in this decoction. This salue is maruellous good for the Dropsy, and all swelling of the body, it is also good for all diseases of the sinews, it driueth out the water, and if it be annoynted on the outside, then doth it lose the belly, and is especiall good for all paine of the Kidneyes.

### Salue of Alablaster. §. 3.

THis Salue is also very seldome vsed, and in this booke was it spoken of but once.

### *Vnguentum album.* §. 4.

IN the fourth part of this booke be described fiue kinds of these white salues, and therewith declared for what they be meete. These white salues are so rife and common, that the skin can scarse get any disease for which the same are not vsed.

### *Vnguentum de Althæa.* §. 5.

THis salue of Hollyhock rootes is very common, whereof there be foure kinds, and also their virtues described in the third part the fouretænth Chapter and 1. §.

### *Vnguentum Anodinum.* §. 6.

THe Grecians do call those salues *Anodina*, which do allwage all manner of paine, whereof there be sundry described in this booke, which you may looke for in the Register.

### *Vnguentum mundificatiuum de Apio.* §. 7.

THis is a mundifying salue, made of Smallage, her preparation is described in the third part the third Chapter and 9. §.

*Vnguentum Apostolorum.* §.8.

THis salue of the Apostles and her efficacie is described in the third part, the eight chapter, and third §.

*Vnguentum Arogon.* §.9.

THis salue is much vsed, but is verie troublesome to be made, it helpeth all cold diseases of the bodie, all conuulsions of the sinewes, the weaknes of the ioints, and all payne of the same.

*Vnguentum de Artanita.* §.10.

OF *Mesua* there be two kinds of this salue described which are verie seldome made, they be especiall good against the dropsie, they kill wormes, and expell the same, they lose the stomacke very mildly, if one annoynt it verie fat vnderneath the nauell, like as is wont to be done in vomiting.

*Vnguentum de Ceruſſa.* §.11.

THis salue is described in the fourth Part amongst other white salues.

*Vnguentum Citrinum.* §.12.

AT all Apothecaries this salue is alwaies readie, but it is somewhat troublesome to be made: it driueth away the spots in the face, it is good against all roughnes, against all rednes of the eies, and it softeneth all hardnes, but it is not much vsed in this Booke.

*Vnguentum Comitiſſæ.* §.13.

THis salue is verie good against all mischaunces of women, it stoppeth the bleeding of the Pyles; and is also very good for the kidneies, but it is very hard and troublesome to be made.

Salues for Scabs. §.14.

SVndrie of these salues are described in the first Part, the third chapter, and ninth §.

*Vnguentum infrigidans Galeni.* §.15.

THis cooling salue is in the first Part, the first chapter, and [illegible] §. described, and therewithall also her vertue and operation.

*Vnguentum Martianum, vel Martiatum.* §.16.

THere are three kinds of them described by the Phisitions which be compounded of many things togither, and are also of sundrie operations, yet here too long to discourse.

*Vnguentum Mercuriale.* §.17.

THis salue of Quicksiluer is much vsed for the Pockes, and is described in the fift Part, the third chapter, and fift §.

*Vnguentum Neruinum.* §.18.

THe description of this sinewe salue do you finde in the first Part, the 13. chapter, and 2. §.

*Vnguentum Nihili.* §.19.

HEr preparation is to be found in the first Part, the seuenth chapter, and foure §.

*Vnguentum Pectorale.* §.20.

WHereof be two sorts described in the second Part, the fift chapter, and fift §.

*Pomada,*

*Pomada*, Pomadoes.

THe manner to make this salue shall you find in the first Part, the eleuenth chapter, and first §.

*Vnguentum Pompholigos.* §.22.

THe preparing of this Tutie salue is described in the second Part, the second chapter, and second §. and her vertue is to be found in the table of the Tutie.

*Vnguentum Populeonis.* §.23.

THis Poplar salue is rife at all Apothecaries, and is verie troublesome to be made; wherefore is the same to be fetched at the Apothecaries: it is good against all vnnaturall heate; and if it be annoynted vpon the temples of the head, then procureth it sleepe.

*Vnguentum Rosatum.* §.24.

THe preparation of this salue is described in the first Part, the first chapter, and second §. and is there also taught how that it is good against all hot payne of the head, and other paynes which be caused through heate.

*Vnguentum Sandalinum.* §.25.

THis salue of Saunders is much vsed in effluxion of humaine séede, and is described in the third Part, the sixt chapter, and first §. This and other salues be vsed for many other things, which (as the cause shall require) are to be sought in the table.

## The second Part of this Chapter, of Sief.

WE haue discouered before that the Phisitions vnderstand through this Arabian name *Sief*, all manner of fine and impalpable eie pouders, whereof some haue béene described in this Booke.

*Sief album Rasis* §.1.

THis *Sief* is vsed for all red, sore, and waterish eies, and is described in the first Part, the seuenth chapter, and first §. for what it is further to be vsed, looke for that in the second table vpon the name *Sief*.

*Sief de Fellibus.* §.2.

THe manner to prepare this *Sief* is to be found in the first part, the seuenth chap. and fifténe §.

*Sief Memithe.* §.3.

HIs preparation is in the first Part, the seuenth chapter, and first §.

*Sief de Plumbo.* §.4.

THis is described in the first Part, the seuenth chapter, and tenth §.

*Sief de Rosis.* §.5.

THis *Sief* of Roses is described against sore eies in the first Part, the seuenth chap. and sixt §.

*Sief de Thure.* §.6.

THis *Sief* of Frankinsence is set downe in the first part, and seuenth chapter.

*Sief Viride.* §.7.

THis Sief shall you finde in the first Part of this Booke, the sixt chapter, and first §.

The

*The third Part of this Chapter of Sirups.*

## Of the Sirups and Iuices ingenerall.

BOth of these things, as Sirups and Iuices be almost innumerable that be vsed in Phisicke, to wit, the iuices of fruits, herbs, flowers, rootes, and such like things, somtimes alone, but tempered for the most part alwaies with other things, according as each pleaseth, as may be discerned thorow out all this Booke. Wherefore it is not our purpose to gather here togither such things, but onely those which are most vsed: but we will as much as is possible most truely expound and translate their names into English, and also adioine therewith their operations and powers. First you haue in the introduction how all iuices are to be clarified. Secondly, it is also a generall rule that no sowre iuices, as the iuice of vnripe Grapes, Barberries, neither wine nor vineger are to be sodden in Copper vessels, for that they may get an hurtfull taste: but the same are to be decocted in earthen leaded pots. Thirdly, you haue also in the first part, the first chapter, and first §. how that the compounded sirupes are to be decocted. Fourthly, bicause that it importeth much that the sirupes be not decocted too hard, to the end they come not to candise, and that they be not sodden too thin, & come not to be mouldie; wherfore the proose also is described in the introduction, wherby may certainlie be vnderstood when as they be enough: like as is also sufficiently admonished of each sirupe that they may be clarified.

### *Syrupus de Absinthio*, that is of Wormewood. §. 1.

TAke Romish Wormewood, or if you cannot get it, then take of the common Wormwood sixe ounces, red Roses two ounces, Indie *Spica* three dragmes, good white Wine, and the iuice of Quinces, of each fower and twentie ounces; let them steepe altogither in an earthen pot the space of one whole night, and afterwardes sethe it to the halfe: this being done strayne it, then put fower and twentie ounces of cleare Hony or Sugar vnto it, and then let it sethe to a sirupe. This sirupe is especiall good for the stomacke, for the liuer, and for all nourishing parts: it maketh appetite to meate, and helpeth to digest the meate: it is good for the falling sickenes, it expelleth winde, and dryueth out all bad humours by the vrine. In the table vnder the name of Wormewood is her vertue described at large.

### *Syrupus de Acetosa*, of Sorrell. §. 2.

TAke the iuice of Sorrell three parts, Sugar two parts; let it sethe togither, skum, and clarifie it well vntill it be sufficiently decocted. This sirupe is good for all hot pestilentiall Agues; it quencheth the thirst, and the inflaming heate of the hart, and also of the stomacke, and it strengtheneth the same. See further in the table of the Sorrell.

### *Syrupus Acetosus*, of Vineger. §. 3.

IN the third Part, the 11. Chapter, and 9. §. is taught how that this sirupe is to be made; and one may also reade her vse there.

### *Syrupus Acetosus compositus*, also of Vineger. §. 4.

HOw this sirupe, and also *de Radicibus* is to be made, is to be seene in the third Part, the 11. chapter, and 9. §. where both their operations be described.

### *Syrupus Acetosus de Cytoniis*, which is of sower Quinces. §. 5.

HEr preparation is described in the third Part, the eleuenth chapter, and first §.

*Syrupus*

*Syrupus Acetosus Diarrhodon*, that is, of Vineger, and of Roses. §.6.

THis Sirupe is very seldome vsed, but for what it is good, you may reade that in the table of the Roses.

*Syrupus de Acetositate Citri*, of the iuice of Citrons. §.7.

TAke the iuice of Citrons, which is strained thorough a cloth without wringing, otherwise the iuice will be thicke when it is cold, like as pap, then sethe away this iuice, with halfe so much Sugar. This sirupe hath the same virtue of the sirupe of Orenges, whereof we will speake shortly, but that it is more forcible. This sirupe is made thus in *Cypro*, like as hereafter followeth. Take clere iuice, Sugar halfe so much, then stop it tight, and set it in the sun. This sirupe remaineth alwaies clere. Both these sirupes be good against all venime, but especially for the Plague and all other putrified humors: it strengtheneth the stomacke, it coleth the hart, and all other inward parts, it quencheth thirst, it bringeth sleepe, it stayeth all vapours of the stomacke, especially if one drinke too much. Reade further in the Table of the Citrons, and their virtues.

*Syrupus de Agresta*, of Veriuice. §.8.

FOr what Veriuice is good and how the same is to be made, we haue taught in the first Chapter of this eighth part: for the sirupe are you to take fiue ounces, short sodden and vnsalted Veriuice, and three ounces and a halfe of Sugar; then let them sethe togither vnto a sirupe.

*Syrupus de Aurantijs*, of Orenges. §.9.

TAke the iuice of sweete Orenges, which is wrong thorow a cloth, and well clensed, two parts, Sugar one part, sethe them togither vnto a sirupe. This sirupe is very good for all heat caused of *Cholera*. Likewise it is also good in all pestilentiall Agues, and it allwageth the thirst singular well: it may also be made of sowre Orenges, for that the same is much more forcible than that of Citrons.

*Syrupus de Artemisia*, of Mugwort. §.10.

THis sirupe is very troublesom to be made, wherfore we wil commend it to the Apothecaries: it is very good for all diseases of the Matrix, it kepeth it in her due place, it expelleth all winde, and all paine of the same, it strengtheneth the sinewes, it openeth the pores, it maketh good blood, and it forceth womens termes. For what purposes els it may be vsed, loke in the Table of Mugwort.

*Syrupus de Barberis*, of Barberies. §.11.

TAke Barberies which be very ripe, & let them sethe well in wine vntill that they be mellow, then wring it thorough a cloth, & boyle the colature with Sugar, as before. Item take the iuice of ripe Barberies, and let it sethe apart, afterwards scum it well; when it is well clensed, take as much Sugar as iuice, sethe it all togither vnto a sirupe. Her virtue is to be read in the Table of the Barberies.

*Syrupus de Betonica*, of Betony. §.12.

THe description of this sirupe is very long, wherefore we will pretermit it. Her virtue may be adiudged by the description of the herbe Betony in the Table.

*Syrupus Byzantinus*. §.13.

TAke the iuice of Endiue and of Barberies, of each fiue ounces, the iuice of Hops and of Buglosse, of each three ounces, sethe al togither, clarifying it vntil there remaine twelue ounces, then

then put seuen ounces and a halfe of Sugar vnto it, and let them sæthe all togither to a syrupe. This syrupe maketh all the tough slimie matter to auoide, and it openeth all obstructions, wherfore it is also good for all yellow Jaundies, like as there be many other syrupes.

*Syrupus de Burragine*, of Burrage. §.14.

WE haue before admonished in the fourth Chapter in the description of the Conserue of Burrage, that there is none, or indæde very small difference betwæne the Burrage and the Bugloss: neuertheless there be made at the Apothecaries two kindes of syrupes, and commonly mixed with other medicines; wherefore is an housholder to prepare it thus. Take the iuice of both these herbes, of each 8. ounc. the iuice of both these floures, of each one ounce, sæthe the same with foure ounces of Sugar, and scum it as behoueth, and ought to be; you may also suffer the flowers to sæthe in some water, and powre the iuice vnto it. This syrupe is good against all diseases of the hart, and it maketh a merry minde: and of her power you may reade further in the Register of Burrage.

*Syrupus de Bugloſſa.* §.15.

OF this Syrupe is sufficiently written in this foresaid syrupe of Burrage.

*Syrupus de Calamintha*, of field Mints. §.16.

TAke of field Mints and white water Mints, of each two ounces, the sæde of Louage, of the greater Pimpernell (in stead of *Dauci cretici*) and Squinant, of each fiue dragme, Raisons fyre ounces, hony 24. ounces, let them sæthe, all that is to sæthe, scum and wring it out well; then make with Hony, or with as much Sugar a syrupe of it. This syrupe is especiall good for a hard Spléne, and all hard intrailes, and also for an olde Cough, of all old people, which be plagued with a sæble and short breath: like as you may reade further of Mints in the Table.

*Syrupus Capillorum Veneris*, or of Mayden haire. §.17.

THis syrupe doth cost very much labour before the same may be made, like as we haue admonished vnder the name of Mayden hayre in the Table.

*Syrupus de Cichorio cum Rhabarbaro*, of Cicory. §.18.

AT all Apothecaries this syrupe is very rife: it clenseth and withstandeth all poyson, and especially the Carbuncle, and such like: it strengtheneth the hart, and al nutritiue parts: it is also good for all pestilent Agues, it expelleth all bad matter, by the stole and by the vrine: it causeth also appetite and slæpe.

*Syrupus de Cytonÿs*, of Quinces. §.19.

THis syrupe is like to all other syrupes, made of Sugar and iuice of Quinces: you shall reade of her virtue and efficacie in the Register in the description of Quinces. There is another syrupe described before of sower Quinces, called *Mina Cytoniorum*. Further, there are iuices or thicke syrupes prepared vnder the name of *Mina*, whereof there be some described in the third Part, the eleuenth Chapter, and 17. §.

*Syrupus de Citro*, of Citrons. §.20.

SOme doe take not onely the sowernes of the Citrons, but also the iuice of the white rindes, so that not onely the outwardmost pæles and the sædes are separated: but this syrupe is not so forcible as that which is prescribed; yet they be both made and vsed in all hot sicknesses.

Sy-

*Syrupus de corticibus Citri*, of Citron peeles. §.21.

TAke the outwardmost fresh peeles of Citrons, cut in small peeces, one pound, powre thereon fiue times as much water, and let it sæthe to the halfe: then wring it thorough a cloth, afterwards put a pound of Sugar vnto it. When it is almost sodden to a syrupe, then put fower greines of Muske vnto it, broken in Rose water. This syrupe coleth not like the former, but it warmeth and strengtheneth the hart, the braine, all inward parts, and the vitall spirites. It strengtheneth the weake stomacke, maketh a good breath, and defendeth from the Plague &c.

*Syrupus de Cucurbita*, of Gourds. §.22.

THis syrupe is seldome vsed, and in this booke but onely in two places.

*Syrupus de Endiuia*, of Endiue. §.23.

OF this herbe be many sundry syrupes made. That which is called *Simplex*, is made thus: take the iuice of græne endiue one pound, and when it is clarified thorough sæthing, then put ten ounces of Sugar vnto it, sæthe it away, like as all other syrupes be. This syrupe is good against all inward heate of the Liuer, and other nutritiue parts, it is vsed for many kinds of things, as may be sæne in the Register.

*Syrupus de Epithymo.* §.24.

AT all well furnished Apothecaries this syrupe is rife, whereas the same is to be fetched: it expelleth the burnt cholericke humors, it doth therefore withstand all sicknesses which spring or come thereof, viz. the Leprosie, Canker, bad vlcers, and Fistulaes: like as his name shall shew in the Table.

*Syrupus de Eupatorio*, of Agrymonie. §.25.

THe opinion of many learned men is, that our Agrymony is the true *Eupatorium*: Of this is also a syrupe made, which is very troublesome to be made: wherefore we will not describe the same here. It hath a speciall power for to helpe the cold & obstructed liuer, to expell all Dropsies and such like sicknesses, for to make all grosse slime thin, and to strengthen the liuer: it also moueth vrine. Looke further of her virtue in the Table of Agrymony.

*Syrupus de fumo Terræ*, of Fumitorie. §.26.

TAke the iuice of Fumitory, and of the sprouts of Hops, of each one pound, clarifie it and temper it like as we haue taught, & then decoct it vnto syrupe with one pound of Sugar. At the Apothecaries there is an other made of many sundry things, which here we will not describe. These syrupes be both good for to open all obstructions of the stomacke, and of the liuer; for to strengthen the same also, and to cleanse the blood, that thereby all scabbednes, all bad sores, and such like accidents may be suppressed, and auoided. Wherefore they bee also good against the Pockes, against all old vlcers, Leprosie, and other such like diseases moe.

*Syrupus de Glycyrriza*, of Licorice. §.27.

THe common people do make this syrupe thus: Take a pound of small sliced Licorice, and powre thereon two pots of water: afterwards let it sæthe so long, vntill the virtue come out: then straine it, & then put to this decoction one ounce of Dragagant, and let it sæthe togither vntill it be thicke enough. This syrupe is very good for the Cough, and for all toughnes of the brest. But this following is the right syrupe of Licorice: Take small sliced Licorice one ounce, Mayden haire halfe an ounce, Hyssope one quarter of an ounce, put a quarte of water vnto

vnto it, and let it all togither infuse the space of fower and twentie howers; afterwards put vnto it cleere Hony, Sugar pennets, and white Sugar, of each fower ounces, Rose water three ounces, sethe it togither vnto a syrupe. This syrupe clenseth the breast, and the lights, it is very good for all cold coughes, and also for the pleurisie, as you may read in the table of Licorice.

*Syrupus Granatorum*, of Pomegranates. §.28.

IT is a great abuse to wring out the sower and sweete Pomegranates togither, by reason that the sower and the sweete each a part are meete for sundrie diseases, but the foresaid mixture we will leaue alone for Cookerie: thus, take two quarts of Pomegranates wine, and sethe it so long vntill it be well clarified, then temper amongst it halfe a pound of Sugar, and so set it in the sunne vntill it come to worke, and then afterwards preserue it in a sellar.

And for to write a part of the sower Pomegranates: Take thereof fiue pound of the iuice, and white Sugar three pound, sethe it togither to a syrupe skumming it alwaies about. This syrupe is verie forcible in all hot agues which be caused of *Cholera*.

The syrupe of sweete Pomegranates is prepared in all sorts as the former, like as the same is taught in the table at large of the Pomegranates, and euerie one may direct himselfe accordingly.

*Syrupus de Hysopo*, of Hyssop. §.29.

YOu must take dry Hyssop, the rootes of Smallage, of Fennell, Parsley, and of Licorice, of each fiue dragmes, pæled Barley one quarter of an ounce, the sæde of Mallowes, of Quince kernels, and Dragagant, of each one dragme and a halfe, Mayden hayre three dragmes, Iuiubes, and *Sebestes*, of each fourteene or fifteene, Currans three quarters of an ounce, Figs, and Dates, of each fiue or sixe, Sugar pennets twelue ounces, then make a syrupe thereof. This syrupe is verie forcible for all the diseases of the breast, and of the lights: it causeth all tough slime to auoide which may hardly be coughed vp, like as shall be more at large taught thereof in the English Register, vnder the name of Hyssop.

*Syrupus de Ireos*, of Ireas. §.30.

THis syrupe is made, as in the third Part, the tenth chapter, and ninth §. is taught, whereas it is ordained against the dropsie *Tympanites*, like as also the table vnder the name of Ireos doth giue to vnderstand.

*Syrupus de Iuiubis.* §.31.

OF Iuiubes take thirtie or thirtie sixe, the sæde of Violets, and of Mallowes, of each two dragmes and a halfe, Mayden hayre, pæled Barley, and Licorice, of each halfe an ounce, Quince kernels, white Poppie sæde, the sæde of Mellons, of Lettice, and Dragagant, of each one dragme and a halfe; sethe them togither in well water, and to this decoction strayned put twelue ounces of Sugar, and then let it sethe to a syrupe. The same syrupe is good against all hoarsnes, against the cough, and against the pleurisie; and also to other diseases moe, like as the table doth expresse.

*Syrupus de Limonibus*, of Limons. 32.

THis syrupe is made of fresh Limons, euen as the syrupe of Oranges is made; but it is far stronger then the syrupe of Citrons, like as the same may be seene in the register vnder the name of Limons.

*Syrupus*

*Syrupus de Lupulo*, of Hops. §. 33.

TAke the iuice of the sprigs of yong Hops one pound, and the iuice of Fumitory halfe a pound, which be both very cleare decocted, and skummed, afterwards sethe them with a pound and a halfe of Sugar vnto a sirupe. The iuice of Hops may also be taken alone. This sirupe coleth much, it expelleth the yellow Iaundise: moreouer, all slimines and also the Dropsie through the stole, and is also good for all other things, like as is sufficiently declared vnder the name of Hops in the Table.

*Syrupus de Menta*, of Mints. §. 34.

THere be two kinds of Sirups of Mints, as the same and also their virtues are described in the third part the eleuenth Chapter and 17. §. where it is also admonished, that it is especiall mete for the Lare. For what causes moe the same is profitable, that may you reade in the Table vnder the name of Mints.

*Syrupus de Myrto*, of Mirtle seede. §. 35.

IN the third part the eleuenth Chapter and 17. §. is this Sirupe also specified, which is very commodious for many things, like as you may reade in the Table.

*Syrupus de Nymphæa*, of water Lillies. §. 36.

TAke of the white leaues of waterlilly floures one pound, let them wame vp in water, afterwards wring them hard out through a cloth, and then sethe this decoction skumming it, with a pound of Sugar to a sirupe. This sirupe is very metely vsed for all hot sicknesses, like as before is taught in the fourth Chapter and 39. §. It moysteneth, it coleth, and furthereth sleepe. Another, which is commonly prepared at all Apothecaries: Take the leaues of white water Lillies one ounce, yellow water Lillies halfe an ounce, seedes of Fleawort and of Sorrell, of each halfe an ounce, the seedes of Melons, of Citruls, of Gourds, and of Cucumbers (all together pæled) of each one quarter of an ounce; the seede of Lettice, of Endiue, of small Endiue, and of Purslaine, of each one dragme, Fennell rotes halfe an ounce: shred it all together very small, and let it sethe in Barly water: afterwards strayne it thorow, and wring it out hard. Now being clarified, then put sixe ounces of white Sugar vnto it, Vineger and the iuice of sowre Pomegranates, of each one ounce, then let them sethe all together againe vnto a sirupe, at last temper yellow Saunders with it, and Indy Spica, of each two scruples. This sirupe doth maruellous much withstand the hot *Cholera*, and besides all hot Agues, and procureth also sleepe: it is also to be vsed for moe other things, like as the Table vnder the name of water Lillies doth set forth.

*Syrupus de Papauere*, of Poppie heads. §. 37.

THere be two kinds of these sirupes made, the one called *Compositum*, is thus made: Take black and white Poppie heads which be very fresh, of each 25. dragmes, Mayden haire seuen dragmes and a halfe, Licorice 22. dragmes, Iuiubes fiftene dragmes, Lettice seede two ounces and a halfe, Mallowes seede and Quince kernels, of each three dragmes, sethe them all together in a pot of water euen to the halfe: afterwards wring it out, and sethe this decoction againe with Sugar and sugar Pennets, of each foure ounces vnto a sirupe. This sirupe is very good against all dry Coughes, against the Consumption *Phthisis*, and against all rheumes, it maketh sleepe, and is also good for moe other causes, like as the Table maketh mention.

*Syrupus*

*Syrupus de Persicis*, of Peaches. §.38.

THis sirupe is made of the iuice of the selfe same fruits, hir virtues are described in the fourth chapter; and wherefore it is further good, looke for that in the table of the Peaches.

*Syrupus de Plantagine* of Plantaine. §.39.

THis sirupe is very seldome vsed, and besides made with greater trouble; it is also vsed but once, to wit, in the obstruction of the Pyles: it is made onely of the iuice like as all other sirupes.

*Syrupus de Pomis*, of Apples. §.40.

OF Apples there be two kinds of sirupes made, like as the same be described in the second Part, the sixt chapter and fourth §. their vse is declared in the register vnder the name or title of Apples.

*Syrupus de Portulaca*, of Purslaine. §.41.

THis sirupe is also made of the iuice of the herbe, but vsed very seldome, like as one may read in the register vnder the name of Purslaine.

*Syrupus de Prassio*, of Horehound. §.42.

TAke Horehound one ounce, Liquorice halfe an ounce, Mayden hayre, and Hyssop, of each three dragmes, Currans, Annis, Rootes of smallage, and of Fennell, of each two dragmes and a halfe, of the greater Pimpernell seede, of Fenegreeke, and Ireos, of each one dragme and a halfe, Linseede, and Quince kernels, of each one dragme, Currans one ounce, eight or ten Figs, Sugar pennets, and Sugar, or Hony, of each twelue ounces; then make a sirupe thereof like as is taught before. This sirupe is very good against all diseases of the breast, and of the lights, which be caused of cold tough slymines, and be hard to be expelled; but it is especiall good for all olde and auncient people which haue stuffed breasts. The register teacheth further for what this sirupe is meete.

*Syrupus de Pyris*, of Peares. §.43.

THis sirupe hath the same power which the sirupe of Peaches hath; it is also made and vsed for the selfe same sicknesses.

*Syrupus de Radicibus*, of Rootes. §.44.

THere be also two sorts made of this, the one of twaine, and the other of fiue kinds of roots, like as the same in the third part, the 20. chap. and 20. §. are described, where be also their vertues discouered. But whereto the same be further meete, looke for that in the register vnder the name of the sirupe of rootes.

*Syrupus de Ribes*, of Raspes. §.45.

TAke three pounds of the iuice of Raspes, and two pounds of good Sugar, seethe the same vnto a sirupe. For what it is good, looke before in the fourth chapter, where it is described how that the same is to be made after sundry fashions.

*Syrupus infusionis Rosarum*, of Roses. §.46.

TAke fresh Rose leaues twelue ounces, put them in a pot, and powre vpon it thirtie ounces of hot Rose water; afterwardes stop the pot close, and so let it stand a steepe the space of eight howers: this being done, then wring it out and put fresh Roses vnto it againe, then let it stand a steepe as before: then being wrong out againe, put twentie ounces of Sugar vnto it, and seethe it togither softly vnto a sirupe: this

sirupe

Sirupe is especiall good for to slake thirst, to cole all heate, and hot Agues, and also to streng, then the stomacke: It withstandeth all rotten humors: wherefore it is also very good for the plague, it withstandeth windes and other diseases moe, like as the Table maketh mention at large.

*Syrupus de Rosis siccis*, of drie Roses. §.47.

ALso there is a sirupe made of drie Roses which loseth not, but bindeth, but it is not much used, and is made like as in the first part, the thirteenth Chapter, and fourth §. is shewed: looke for this in the Table under the title of hony of Roses.

*Syrupus Rosatus solutivus*, purging sirupe of Roses. §.48.

ALso there be sundrie sirupes of Roses laratiue prepared, as liketh each Phisition best; whereof in the first Part, the second Chapter, and seuenth §. are described the two commonest sortes, and their virtues and operation added vnto it. For what they be now further to be used, looke into the Table vnder the name of Roses.

*Syrupus de Rosis albis*, of white Roses. §.49.

ALthough this sirupe bee very profitable, neuertheles it is not much used: it coleth much more than the red sirupe. Some doe commonly take onely the iuice wrong out of the flowers, and they sethe it short, with Sugar vnto a sirupe, to the ende, that it might the better retaine his virtue. Looke further into the Register of white Roses.

*Syrupus sapor Regum*. §.50.

TAke the iuice of Bugloss and of Burrage, of each fiue ounces, the iuice of sweet Apples nine ounces, let them stand and settle, and afterwards put one ounce of Sene huskes vnto it, let them so infuse 24. howers, and then let it sethe a waume or twaine, and afterwards sethe it with nine ounces of Sugar, vnto a sirupe; further, hang with a little bag, halfe a dragm of Saffron in it, and wring it oftentimes out. This sirupe is onely to be occupied in *Melancholia*.

*Syrupus de Stechade*, of Stechas flowers. §.51.

HEreof be two kindes described, but we will commend them vnto the Apothecaries: they be also good for all cold diseases of the braynes, and of the sinewes, also for the Palsey, for the falling sicknes, for the Crampe, for the conuulsion of the mouth, for the shaking: they doe strengthen the stomacke, and all other inward parts, like as the Register further declareth, vnder the name of Stechas.

*Syrupus de Thymo*, of Thyme. §.52.

THis sirupe is used very seldome, and in this booke it is onely used against the Leprosie.

*Syrupus Violarum*, of Violets. §.53.

THis present sirupe is also described after three kindes of sortes: the first is made by infusion, like the sirupe of Roses: the same is good against all inward burning, against all heat of Agues, of the Liuer, of the Hart, against all roughnes of the throat, against thirst, and against the obstruction of the belly. The purging sirupe of Violets is made laratiue like the sirupe of Roses, which is described in the first Part. The third sirupe is made as hereafter followeth: Take one ounce of fresh Violets, Quince kernels, the seede of Mallowes, of each halfe an ounce, Iuiubes and Sebestes, of each ten or twelue, water of Gourds as much as will suffice, let it then

sæthe togither vntill the third Part be boyled away. This sirupe doth open the breast, the obstruction of the Lights, it asswageth all roughnes of the throate, and all cough which is causeD of heate, it is also good for the Pleurisie, and for all drithe: it is very much vsed, like as the Register maketh mention vnder the name of Violets.

## The fourth Part of this Chapter, of the Species and of Loosings.

THoroughout all this booke, there be many kindes of Powders or Species vsed, which at all furnished Apothecaries be composed togither and prepared of sundrie thinges, of which all kindes of cordiall waters, Confections, and other things be made. But because the same be tempered togither of many sundrie things, and by reason that there cannot be made many at one time, therefore we haue refrained from writing much of them.

### *Species de Ambra*, of Amber. §.1.

BEcause that this Powder and Confection that is made of it, is very much vsed and very requisite, therefore we will here describe the same: Take Cinnamom, *Doronicum*, Cloues, Mace, Nutmegs, Cloue leaues, and Galingall, of each three dragms, Indie *Spica*, Cardamome, & Greins, of each one drag. Ginger one drag. and a halfe, yellow Saunders, *Lignum Aloes*, and long Pepper, of each one quarter of an ounce, Amber one drag. Muske halfe a dragme; temper them, & poune them all togither very small, it is very forcible for all debility of the head, and of the whole body, it prouoketh naturall heate, it is also very good for all them that be vered with cold humors, and in like manner for the ioints and against the wambling of the stomacke, that can kéepe no meate or foode, it causeth appetite and strengtheneth the hart. For what this powder or this Confection may be further vsed, that is here and there to be found throughout the whole booke.

### *Species de Anisi*, of Annis. §.2.

THese Species be very troublesome to be made, and they be not very much vsed. For what they be further good, looke into the Table vnder the name of Annis.

### *Species de Anthus*, of Rosemary. §.3.

OF the flowers of Rosemary take half an ounce, Violets, Roses, and Licorice, of each three dragmes, Cloues, Indie *Spica*, Nutmegs, Galingall, Cinnamom, Ginger, Seduary, Mace, *Lignum Aloes*, Cardamome, Annis and Dill sæde, of each two scruples, temper them altogither. If you will haue Tabulats of it, then take eight ounces of Sugar, and make them vp. These Species and Loosings be especial good for all melancholicke and fæble persons, it maketh merrie, it strengtheneth the stomacke, and is very méete for many moe other things, like as the Table vnder the name of Rosemary doth specifie.

### *Species aromaticum Rosarum*. §.4.

THese Species are vsed for the debility of the stomacke, and is described in the third Part, the eleuenth chapter, and fift §. You shall further finde their virtues in the Register of Roses.

### *Species de Calamintha*, of field Mints. §.5.

BEfore is declared in the tenth Chapter, and first §, how that three kindes of mixtures bée described by the Phisitions, which be all made of Mintes, but by reason their species be much

much more vsuall than their Confection: therefore we will here notifie them, like as *Mesua* describeth them. Take field Mints, Marierom, the seedes of Siluermountaine, and of Parsly of Macedony, of each one three dragmes, Ginger one dragme and a halfe, the seedes of Smallage and sprigs of Thyme, of each one dragme, Louage seede three dragmes, Pepper three quarters of an ounce, then temper thē togither: These species be very good against all cold stomacks, lost appetite which be vexed with winde, and against shortnes of breath, and also for other causes moe, like as the Table maketh mention vnder the name of Mints.

*Species de Capparis*, of Caper rootes. §.6.

THese species are vsed very seldome, but the losings therof be only once in this booke ordained, viz. against the Splæne.

*Species de Caryophyllis*, of Cloues. §.7.

THese Species be also called at the Apothecaries *Aromaticum Caryophyllatum*, and be made of many sundrie things, they doe strengthen the hart and the stomacke, they expell the wambling and parbraking, and doe separate all tough slimynes of the stomacke, they doe warme all nourishing parts, and also expell all windes: looke further in the Table vnder the name of Cloues.

*Species de Cinnamomo*, of Cinnamom. §.8.

IN the third Parte, the eleuenth Chapter and fift §. be these Species described after two waies, and also their vertue thereby declared. For what they be further good, looke for that in the Table vnder the name of Cinnamom.

*Species Cordiales*, for the hart. §.9.

OF these Species be sundrie prepared, like as *De Gemmis*, and *Diamargariton*, and others moe, which be altogither made for the hart. There be also a certaine sorte of these Species in the second Part, the first Chapter and eighth §. described.

*Species Diacostu*, of Costus rootes. §.10.

THese Species bee very seldome prepared, for that there come certaine doubtfull things into it. But they be good for all inwarde paine, and for the beginning of the Dropsie: but they be not more than once ordayned in this booke, against a diseased Liuer.

*Species de Croco* or *Crocoma*, of Saffron. §.11.

THese Species be commonly called with a wrong name, *Diacurcuma*: They be (because of certaine things, which bee put into them) very troublesome to bee made, and be also not much vsed. Their virtue is to correct all lingering sicknesses of the Splæne and the Liuer, as when a body is inclined to the Dropsie: they be very good against all slimy cold humors of the stomacke, they do cause winde to auoyde, and also all paynes of the Kidneies, and of the bladder; but especially they expell water. Looke further for it in the Register, vnder the name of Saffron.

*Species de Cymino*, of Comin. §.12.

TAke Comin seede one ounce and one scruple, let them steepe in Vineger the space of 24. howers, and drie againe; Cinnamom ℈ Cloues, of each two drag. and a halfe, Pepper ℈ Ginger, of each one quarter of an ounce ℈ 5. greins, Galingall, Sauery, and field Mints,

of each halfe a scruple, the sœde of *Ameos* and of Louage, of each one dragme, and eightéene greines, long Pepper one dragme, Indy Spica, Cardamome, and Nutmegs, of each two scruples and a halfe, make a pouder of it. This pouder is good for the diseases of the sinewes, for a heauie breath, for the Cough, for the Stomack, and it openeth all obstructions: but it is most vsed in losings, like as the Table teacheth the same vnder the name of Comin.

*Species de Tragacantha*, of Dragagant. §. 13.

There be also two kinds made thereof, to wit, cold and hot species of Dragagant: the hot you may finde in the first part the fouretœnth Chapter and 4. §. and the cold be also described there, and there be declared their properties, and vses, like as you may sée in the Table vnder the name of Dragagant.

*Species Ducis.* §. 14.

These be tempered together of many kinds of things: they be very good for a cold windy stomack, and for all inward cold parts. Item, for all cramping and paine of the vppermost bowels, and also for the Stone.

*Species de Galanga*, of Galingall. §. 15.

This specis and Confection are also made euery where and vsed: Take Galingall, and *Lignum Aloes*, of each seuen dragmes, Cloues, Mace, and Louage sœde, of each one quarter of an ounce, Ginger, long and white Pepper, *Calmus*, and Cinnamom, of each one dragme and a halfe, garden Mints, Cardamome, Indy Spica, the sœde of Smallage, of Fennell, Annis, and Comin, of each one dragme, poune them very small vnto a pouder. This pouder is especiall good for all wind, for all belchings of the stomack, it helpeth much for the digestion of the stomack, it warmeth the Lyuer and also the Stomack. For what this as well in pouder, as also in losings is vsed, that is to be found in the Table vnder the name of Galingall.

*Species de Gemmis*, of pretious stones. §. 16.

Before in the cordiall Specis is admonished, that these may be called cordiall specis, whereof we haue written downe fiue kinds, viz. in the second part of this booke, the sirth Chapter and 9. §. And for what the same is vsed in Phisick, that is declared in the Table vnder the name of pretious stones.

*Species Hieræ simplicis.* §. 17.

These Species be made like as in the third part the eleuenth Chapter and 20. §. is shewed: and for what they be further good, is sufficiently taught and declared throughout all this booke.

*Species de Yreos*, of Yreas. §. 18.

These species be described in the first part, the fouretœne Chapter and 2. §. their power and operation are to be found in the Register vnder the name of *Yreas*.

*Species Iustini.* §. 19.

For as much as the description of this specis is very long, we will omit hére to describe the same, as also for that they are not much vsed. These species and the losings which be made thereof, be very good against all paine of the Kidneyes, they breake the Stone, expell grauell, and open the passage of vrine. For what they may be yet further vsed, that is taught sufficiently here and there, where is discoursed especially of the paine of the bowels, and of the grauell.

*Species*

*Species de Lacca.* §. 20.

THese Specis be made of many kinds of things, but yet very seldome vsed: they be good against all obstructions, and against all swellings, they do mollifie the hardnes of the Kidneyes and the Lyuer, they expell all causes of Dropsies, they moue womens Termes, and be good for all old yellow Jaundise, like as the Table doth shew at large vnder the name of *Lacca*.

*Species Lætificantes*, and *Lætitiæ Galeni.* §. 21.

BOth of these specis haue the names, to make merry. The first is described in the first part the twelfth Chapter and 8. §. But we do not describe the other, because that both of them haue the same virtue. They both do strengthen the inward parts, they refresh the vitall spirits, they do help naturall heate, they expell all bad cogitations, they make a good colour, they ease the digestion of the stomack, they make merry, and they stay gray haires, like as is admonished in mo other places.

*Species Liberantes.* §. 22.

THese Specis are vsed in the time of the Plague, like as the same are described in the first part, the fiftenth Chapter, and 12. §.

*Species Lithontribon.* §. 23.

THese Species be expressely ordayned for the Stone and the grauell, wherein there be indede fiftie kinds of things mixed together, as the Table doth shew.

*Species de Margaritis*, of Pearles. §. 24.

THere are two kinds of these specis, to wit, cold and hot, the hot spices are described in the first part the twelfth Chapter and 12. §. the cold sort which are most vsed are made in this manner: Take the pæled sædes of Pompeons, Gourds, Citruls, and Cucumbers, Purslaine sæde, white Poppie sæde, white, yellow, and red Sanders, Ginger, Roses, Burrage floures, water Lillie floures, and Myrtle sæde, of each one drag. make them all to pouder: this pouder comforteth all fæbled bodies that are readie still to swoune, whether the cause of swouning be in the hart, or in the stomack. It strengtheneth all inward parts, it is also good against the cough, against the consumption, for those that by long sicknesses are greatly weakened. But regard must be had to hot and cold diseases, as this also seuerally is noted vnder the name of Pearles in the Table.

*Species de Mentha*, of Mints. §. 25.

THese specis are prepared at the Apothecaries, but they are seldome vsed; and you may see their virtues in the Table vnder the name of Mints.

*Species de Moschu*, of Muske. §. 26.

THese specis are described after two wayes, to wit, vnder the name of swæte, and of bitter species of Muske, and because their composition is not a little troublesome, we haue hære omitted to recite them. They are good for the panting of the hart, against all bad dreames, against the tumours of the ioynts, against a cold braine, against giddines, falling sicknes, and against the shortnes of breath. The bitter species are much stronger then the swæte, and that especially for the moysture and corruption of the stomack, &c.

*Species Nere.* §. 27.

THese species are for the most part mixed with other compositions, and made as followeth: Take Amber one ounce, *Lignum Aloes* three dragmes, Muske halfe a scruple, Campher fiue greines, mixe and beate them all together.

*Species de Olibano*, of Frankincense. §. 28.

THese species (by reason of the *Opium* and Henbane seede which be put into it) are seldome vsed inwardly, and therefore made but seldome. Whether they be made in pouder or in a confection, yet be they alwayes good for all paine of the head, they stay all rheumes, they be good against the Cough, and spetting of bloud, and they do also expell all wambling of the stomacke, they be also good for all those that haue any impediment in the Lights, and them that haue the Pleurisy and spet matter, they stay the effluxion of naturall seede, and *Satyriasin*, besides that also womens Termes, if they runne too much, for which in this booke they be commended to be vsed: further, looke into the Table vnder the title of Frankincense.

*Species de Papauere*, of Poppie seede. §. 29.

TAke the iuice of Licorice, Dragagant, and Gum, of each fiue dragmes, white Poppie seede, and sugar Pennets, of each ten dragmes, pæled Almonds fiue dragmes, Starch, Quince kernels, and Purslaine seede, of each two dragmes and a halfe, pæled Gourds seede, the seedes of Pompeons, Cucumbers, and Lettice, and of Mallowes, of each one dragme and a halfe, shred them, and stamp them very small: of this may commonly be made a confection with Sugar, like as they are also in the Table vnder the name of lowsings to be found.

*Species de Penidio*, of sugar Pennets. §. 30.

THese species be also described in the second part, the fift Chapter, and 6. §. and also therewith declared for what the same is wont to be vsed.

*Species Paoniæ*, of Piony. §. 31.

THese species be very seldome vsed, and that but once in this whole booke.

*Species Diaphœniconis*, of Dates. §. 32.

THis mixture and her operation is described in the third part, the eleuenth Chapter, and 5. §. for what the same is now to be vsed, that is to be seene in the Table vnder the name of Dates.

*Species Philanthropon.* §. 33.

THis is a very great composition, so that there come indede some 50. things into it. It is seldome made, and is vsed in this booke but once, viz. in the obstruction of the kidneyes.

*Species Pliris Arcoticon.* §. 34.

IN these kinds of Species there are put many kinds of things: they be very good against all melancholick and pensiue people, against weake stomacks, and also against all swounings which procede of any debilitie of the hart, they quicken the vnderstanding and the memorie, they be also very good for all them which haue the Falling sicknes, and a short breath, and also for other things moe.

*Species de Prasio*, of Hotehound. §. 35.

THis is also one of the very greatest compounds, for that it is made of some lxx. things. It is made in manner of a Confection, and also in forme of lowsings. It is good against all dazeling

dazeling and darkenes of the Eyes, it clenseth the throate, and all parts adiacent, it dryeth the moysture of the Uuula in the throate, it asswageth the toothach, and it is especiall good for the heauie breath, and for all that which causeth the same, it expelleth the paine of the Lyuer, and strengtheneth the same, it strengtheneth the Stomack and the Milt, it expelleth all payne and also all wind of the bowels, it clenseth the Kidneyes and passages of urine from all grauell, and when the same is often used, then doth it make good colour, it furthereth womens Termes, and also is good against the Tertian and Quartain agues. In fine, all they which often use these Losings or Confections, they are freed and defended from many kinds of sicknesses, but because of their unpleasantnes, they be seldome used, as in the Register you may see under the title of Horehound.

*Species Diarrhodon Abbatis,* of Roses. §. 36.

Albeit that this composition be made of many things, yet it is neuertheles oftentimes used, wherefore we will heere describe the same: Take red and white Saunders, of each two dragmes and a halfe, Dragagant, Gum, and burnt Iuorie, of each two scruples, *Asarabacca,* Hallick, Indy Spica, Cardamome, the iuice of Licorice, Saffron, *Lignum Aloes,* Cloues, *Gallia Muscata,* Annis, Fennell, Cinnamom, Rubarb, Basill, Berberies, the seedes of small Endiue, of Purslaine, peeled Melon seede, Gourd seede, the seedes of Cucumbers, of Pompeons, and of white Poppie seede, of each one scruple, Pearles and bones of the Stags hart, of each halfe a scruple, Sugarcandy and Roses, of each one ounce and three dragmes, Campher seuen ounces, *Muscus* three greines and a halfe, poune each apart, and then temper them all together. These species be especiall good for all hot Stomacks, for the heate of the Lyuer, the Milt, of the Lights, and for all paine of the intrailes, and of the whole bodie. For what these species or their confection be meete, looke for that in the Register, under the name of Roses.

*Species Electuarij de succo Rosarum,* of Roses. §. 37.

These Species be before in the tenth Chapter, described amongst the Confections: out of which Specis there be purging losings wont to be made. In the Register shall you also finde (under the name of Roses) for what the same are to be used.

*Species Rosatæ Nouellæ.* §. 38.

These kinds of Species be very seldome prepared; they be especially meete for all hot and dry Stomacks, Harts, Lights, and Lyuers. They do quench thirst, stay vomiting, they fortifie the Stomack, they draw the resolued inward parts together, and they be very necessarie for all that haue any panting or beating of the hart, they do withstand sweate, and strengthen them also which be recouered from a long lingering Sicknes.

*Species de Seminibus.* §. 39.

These be also very seldome used, and be made of these seedes following, viz. of Annis, Fennell, Caruway, Comin, Parsly seede, *Ameos,* seede of Smallage, *Amomum,* of each alike quantitie: let all these steepe together in Uineger, and dry againe, and afterwards be pouned to powder. They are used in all cold paines of the kidneyes, in the grauell, and it moueth also urine.

*Species Triasantalum,* of Saunders. §. 40.

Take red, white, and yellow Saunders, Rose sugar, and Sugar, of each three dragmes, Rubarb, burnt Iuorie, and the iuice of Licorice, of each one quarter of an ounce, and xv. greines, Dragagant, Starch, Gum, peeled Melon seede, Pompeon seede, seeds of Gourds, of Cucumbers, and of small Endiue, of each one dragme and a halfe, Camfer one scruple, temper them all together pouned very small. This is especiall good against all heate of the Lyuer, and of the stomack; it is also good against giddines, and the yellow Jaunders.

*Species Trion-Pipereon.* of Pepper. §.41.

TAke long, white, and blacke Pepper, of each fiue dragmes, Ginger, Thyme, and Annis, of each one quarter of an ounce, Indie *Spica, Ameos, Ammoniacum*, or (in stede thereof, *Cucubes*, or Calmus) Cinnamom, one dragme, Cassie wood, the sædes of Smallage, of Siluer mountaine, *Asarabacca*, and Elecampane rotes, of each halfe a dragme, make a powder thereof. This is verie good against all cold stomacks, against all belchings, against the quartaine Ague, against all diseases of the liuer, and also against the cough.

*Species dia Turbith*, of Turbith. §.42.

THese species be described after two waies, to wit, as they be ordayned in the third Part, the eleuenth chap. and 20. §. against the obstruction of the bodie.

*Species de Xyloaloe.* §.43.

NOw for as much as these species be very common, therefore we will not pretermit to describe them here: Take *Lignum Aloes*, and Roses, of each one ounce, Cloues, Indie *Spica*, Mace, Nutmegs, *Gallia Moscata, Cucubes*, Cardamom, Graynes, Mastick, Cinnamom, Cypers rots, Squinant, red and white Behen, Spiknard, red Silke, Pearles, red Corall, Amber, Citron leaues, *Basilicum*, Mints, garden Mints, Marierom, long Pepper, and Ginger, of each halfe an ounce, Muske one scruple, Amber one dragme and a halfe; poune it small, and then temper them togither. These species be good against all infirmities of the stomacke, of the hart, of the liuer, and also against all other inward diseases which be cauled of cold. Item, for all swounings, for the bad digestion, and for a stinking breath; they do also make merrie, as you shall find described in the Table vnder the name of *Lignum Aloes*.

To make strong Water. §.44.

FOr a conclusion of this former Chapter, we will adde vnto it this strong water: Take Allome, and Coperas, of each one pound, Saltpeter halfe a pound; put them all togither pouned small into a bodie, and then distill it in sande. Make first a milde fire, and so a little stronger and stronger: and when the fume in the glasse receiuer beginneth to be red, then giue it a stronger fire; and when the redines beginneth to be gone, then draw out the fire and let it be cold, then keepe it stopt very close. Although not onely the Chirurgians, but also the Goldsmiths, and other moe do vse this water: yet it is neuertheles very good against the paine of the teeth, but it must be wisely taken in hand, or else must be wholly omitted the Quicksiluer whereof the pouder precipitate is made, and also is calcined with it.

*Species Berchtoldi.* 45.

THe occasion wherefore we haue not adioyned this Species with other, is therefore, for that these species are onely vsed in the Kitchin and for fish: the same is tempered with some good Wine; they be not onely pleasant, but also very healthie. And to alaye the moystnes of the fish: Take Ginger halfe an ounce, long Pepper one quarter of an ounce, Cinnamom three quarters of an ounce, Greines one dragme and a halfe, Galingall one dragme, Saffron halfe a dragme, Sugar ten ounces; poune them all small, and then temper them togither. Another: Take Cinnamom, halfe an ounce, Ginger three dragmes, Greines halfe a dragme, Cloues, Galingall, and Cardamom, of each one scruple, Saffron halfe a dragme, Sugar two ounces; poune them all togither and make it moyst with Wine: afterwards temper it in a mortar, and let it dry in a warme place, then bruse it at last to pouder againe.

*The*

## *The 16. Chapter.*

IN this Chapter be certaine Potions described, as also certaine powders for meate, and Trocishes, which here and there be ordayned in this present practise of Phisicke: wherfore we will first begin with the Potions.

### *Decoctiones Aperitiuæ*, Potions that do deobstruct. §.3.

THere be some of these described in the third Part, the eleuenth Chapter, and twentieth §. viz. called the common, and with Rubarbe, which bee verie necessary for to kæpe an open bodie: notwithstanding that one may vse the same commonly, for to mixe other Confections with it.

### *Decoctio Epithymi*, of Dodder. §.2.

THis Potion is prepared as it is described in the first Part, the twelfth Chapter, and eighth §. viz. in thræe kindes of wayes. Her operation may you reade in the Register vnder the name of Dodder.

### *Decoctio fructuum*, a Potion of certaine fruits. §.3.

THis Potion is described in the third Part, the third chapter, and fift §. where we do speake and discourse of the Rupture.

### *Decoctio pectoralis*, The pectorall Potion. §.4.

THis Potion is very good for al them which haue a short breath, for the Cough, and for the rheume, whereof there be two discouered in the second Part, the 2. chapter, and 2. §. and in the second Part, the 5. chapter, and 5. §. For what the same is further vsed, is to be found in the Register, vnder the name of a pectorall potion.

### *Decoctio & infusio Senæ*, A potion of Sene leaues. §.5.

THis Potion is described in the third Part, the eleuenth chapter, and 20. §. where it is ordained for the obstruction of the belly, as the Register doth witnesse the same, vnder the name of Sene leaues.

### A water of Mans blood. §.6.

After the discourse of these forsaid potions, I cannot pretermit to adioine with this a new inuention, whereof some princes haue very great estimation, and haue also vsed otherwhiles for to remaine thereby in their force, and to liue long (as they thought) which was this, viz. that one should chuse a yong strong man, which was as yet in his flourishing youth, like as of 25. yeres, which was somewhat cholericke by nature: the same is to be fed the space of one moneth, and be well dyeted with light and healthy meats, also with all kindes of spices, and with good strong wine, who also is to be kept with mirth: this being so done, then are both his vaines to be opened in his armes, and so much blood to be let out as he may tolerate and abide; and vnto fire pound of blood mixe one handfull of salt: then put these togither in a glasse body, stopt well and tight, and set it a whole moneth in horse dung, yet euery eight daies in fresh horse dung: afterwards distill this blood in ashes, when the water is then distilled out of it, then powre it againe in the body, by all that which remained therein, to the end it may be soft againe, and in this manner distill it seuen times togither. Other be of opinion, that as often as it is distilled, that then it is to be set againe in horse dung. Some suppose that it ought to be but thræe

times

times distilled, and that at the most: put the dry feces into a Retorte, and distill it with moderate fire, and then will it yeld a stinking oyle. Afterwards powre oftentimes water vnto it, and distill this oyle as many times with the water, vntill it lose her sauour or stench. This water is to be giuen in three or fower times a yeare, each time one ounce; but not aboue three or fower drops of the oyle. Each one may beleeue this as far as he will.

Concerning all other drinkes, as Beere, Claret wine, Aromaticall wines, Barley water, Juleps, Almond milke, Meade, and such like: of them wee haue written elsewhere. In the end of this booke we will admonish and discourse of moe other herbed wines.

## The second Part of this Chapter, of certaine powders for Meate.

WE will not here admonish of any powders, which be seruiceable & meete for any sicknesses: but we will only speak of them that are vsed for pleasure, and for to warme the stomacke, or that may be strowed vpon wine sops, as this ensuing: Take elected Cinnamom one ounce and a halfe, Ginger three ounces, Greines and Pepper, of each one dragme and a halfe, Nutmegs, Cloues, and Mace, of each three drag. poune all verie small togither, Sugar as much as you please, and according as that you desire to haue it strong. Item, take Cinnamom one quarter of an ounce, Nutmegs one drag. Mace, Greines, and Cloues, of each halfe a drag. Sugar as much as you please: Or take Cinnamom one quarter of an ounce, Nutmegs one drag. Mace and Greins, of each halfe a drag. prepared Coriander and red Roses, of each two scrup. Sugar as much as you please, but not too much. These powders be very good, vsed as well at meales, as afterwards. Another, take blacke, white, and long Pepper, of each half a drag. Thyme, Annis, and Ginger, of each fiue greines, Sugar 5. ounces, then temper them altogither. This is speciall good for all cold stomackes.

## The third part of this Chapter, of Trociskes.

*Rociscus* is a Greeke name, and is as much to say as a round thing, or round Cake, like as these *Trociſci* bee made: but the Apothecaries doe commonly make them nowe adayes fower square, and about the waight of one dragme, which is of small importance. These Trociskes be made diuersly, whereof be many mentioned in this our booke: whereof wee will onely describe the name and force of them that bee too troublesome to make, to the end the same may be asked for at the Apothecaries, when there is vse for them.

### *Trociſci de Abſinthio,* of Wormewood. §.1.

THese be ordained onely against the obstruction of the Liuer, and bee described in the third Parte, the twelfth chapter and 4. §.

### *Trociſci Adulphi.* §.2.

THese doe take their name of the Sulphure, like as you may finde written in the second Part, the fift chapter, and fiftenth §.

### *Trociſci de Agarico,* of Agaricke. 3.§.

THese Trociskes are found prepared at all Apothecaries, to the end that the bad qualitie of the Agaricke may be taken away thereby. The manner to prepare them is described in the Introduction. Their vse shall you finde in the Table, vnder the name Agaricke.

*Trociſci*

*Trocisci Alhandel*, of Coloquint. §.4.

THe preparation of these Trocisks, is also described in the Introduction of this booke, for to strengthen other purgations with it, like as stands admonished in the Register, vnder the name of Coloquinte.

*Trocisci Alkakengi*, of winter Cherries. §.5.

THese be also troublesome to be made, they be good for al diseases of the Raines, and the bladder, and for *Dysuria*. Looke further in the Register vnder the name of winter Cherries.

*Trocisci de Berberis*, of Barberries. §.6.

OF the iuice of Barberries take one quarter of an ounce, burnt Iuory, *Lignum Aloes*, Sorrell seede, Mastick, *Gallia Moscata*, and Indy *Spica*, of each one ounce, Gum three dragmes, Roses fiue dragmes, and Rose water as much as is needfull for to temper them togither. You shall find their vse vnder the name of Barberies.

*Trocisci de Bolo Armeno*. §.7.

THese Trocisks be in no vse, but they are aduised to be vsed for a cold stomacke.

*Trocisci de Camphora*, of Camfere. §.8.

FOr that these Trocisks be very much vsed, therefore wee will describe the same: Take Roses halfe an ounce, burnt Iuory and Licorice, of each one quarter of an ounce, peeled seedes of Melons, of Pompeons, of Gourds, and of Cucumbers, Dragagant, Saffron, Gum, and Indy *Spica*, of each one dragme, yellow Saunders two dragms and a half, *Lignum Aloes*, Cardamome, Starch, and Camfere, of each two scruples, white Sugar and Manna, of each three dragmes: then fashion them with the Mucilage of Fleawort, which is made with Rose water. These Trocisks be very good against all hot Agues, against all inflaming of the blood and *Cholera*, against a bad stomacke, and bad liuer, and also against thirst, which is caused therby, they be also good against the yellow Iaundies, against the Consumption, and against the distines of the head: like as you may further perceiue in the Register, vnder the name of Camfere.

*Trocisci de Capparis*, of Caper rootes. §.9.

THese Trocisks be very seldome made: They be good against the hardened Milt, like as you may further reade in the same place of the hardened Splæne.

*Trocisci de Carabe*, of Amber. §.10.

TAke a quarter of an ounce of yellow Amber, burnt Harts horne, parched Gum, burnt Cozall, Dragagant, the iuice of Sloes, *Hypocistis*, blossomes of Pomegranates, Mastick, *Lacca*, & parched blacke Popie seede, of each two scruples, Frankincense, Saffron, and *Opium*, of each halfe a dragme, then make thereof Trocisks with the slime of Fleawort. These Trocisks stop the blood, out of whatsoeuer place it should flowe: as womens termes, the Piles, and excessiue making of water: it healeth also all inward exulceration, viz. of the Liuer, & of the Lights: looke further in the Table of Amber.

*Trocisci de Chelidonia*, of Chelidony. §.11.

THese Trocisks are vsed alone in this booke, for fowle flesh in vlcers.

*Trocisci*

*Trociſci de Corallis*, of Corrall. §.12.

THey be very troubleſome to be made, and be very ſeldome vſed; they be onely good againſt the Piles.

*Trociſci de Eupatorio*, of Agrimony. §.13.

TAke the iuice of Agrimonie, and *Manna*, of each one ounce, Roſes halfe an ounce, burnt Iuorie three dragmes and a halfe, Indie *Spica* three dragmes, Rubarbe, *Aſarabacca*, and Annis, of each two dragmes and a halfe; poune them verie ſmall to pouder, and temper them togither with water of *Cuſcuta*, then dry them in the ſhadow. Theſe be eſpeciall good for all obſtructions of the lyuer and of the ſplæne, and alſo for all agues which procæde of it. Item, for the yellow Iaundiſe, and dropſie: loke in the regiſter for Agrimonie.

*Trociſci de Lacca*. §.14.

THey are verie troubleſome to be prepared; they open the obſtructions of the liuer and ſplæne, and cure the agues that are cauſed thereby; they do alſo expell the dropſie *Aſcites* by vrine, as hath bæne ſhewed in the name *Lacca*.

*Trociſci de Mirrha*. §.15.

TAke *Mirrha* one dragme and a halfe, Lupins two dragmes and a halfe, Rue, white water Mints, *Diptamus* of Candy, Comin, Madder, *Aſſa Fœtida*, *Sagapenum*, & *Opopanacum*, of each one drag. then make thereof Trociſkes with the iuice of Feuerfew. Theſe Trociſkes do moue womens termes, and allwage al paine, which may be cauſed by their obſtructions: ſuch like Trociſkes of Myrrh haue you deſcribed in the third Part, the 19. chapter, and 2. §. loke further in the Table of *Myrrha*.

*Trociſci de Olibano*, of Frankinſence. §.16.

THe deſcription of theſe Trociſkes you haue in the third Part, the 11. chap. and 12. §. loke further in the Table vnder the name of Frankinſence.

*Trociſci de Rhabarbaro*. §.17.

TAke good Rubarbe fiue drag. the iuice of Agrymonie, and bitter Almonds, of each one quarter, of an ounc. Roſes, Indy *Spica*, Annis, Madder, the ſeed of Smallage, Wormewood, and *Aſarabacca*, of each halfe a dragm; then make Trociſkes therof with water of Fleawort. Theſe open the obſtructions of the liuer, they take away all paine and ſwelling of the ſame; they be good againſt the dropſie, and the yellow iaundiſe, and alſo againſt all diſtemperance of the bodie, like as you may read in the Regiſter vnder the name of Rubarbe.

*Trociſci Diarrhodon*. §.18.

THeſe Trociſkes doth *Nicholaus* deſcribe, and they be eaſily made: Take ſeth Roſe leaues halfe an ounce, burnt Iuorie, and red Sanders, of each one dragme and a halfe, and ſeuen graines, white Sanders one dragm and twelue greines, Saffron two ſcruples and ſeuen greines, Camfer two greines; make Trociſkes of them with Roſe water. They be verie little vſed, like as is admoniſhed in the Table of Roſes.

*Trociſci de Roſis*, of Roſes. §.19.

BY *Raſis* theſe be deſcribed in this manner following: Take Roſes halfe an ounce, *Lignum Aloes* one quarter of an ounce, Paſticke one dragm and a halfe, Wormewood, Cinnamom,

Indie

Indie *Spica*, Cassie wood, Squinant flowers, of each one dragme; fashion them with old Wine, They be verie good against all paine and bad digestion of the stomacke, against all cold agues, and the beginning of the dropsie; but especially they be very good for all them which lose their naturall colour: loke further for this in the Table of Roses.

*Trociſci de Santalis*, of Saunders. §.20.

THese be not made but when the same be prescribed of purpose; they be very good against the diseases of the liuer, and against the dropsie, like as our table of Sanders doth shew.

*Trociſci de Spica*. §.21.

THese Trociskes be not vsed, and there is mention made but once of them in this Booke, and that onely against the pursuenes of the breast.

*Trociſci de Spodio*, of Iuorie. §.22.

THese be prepared as they are described in the third Part, the eleuenth chapter, and fourtéene §. and ordayned for the laske *Lienteria*; for which they be further necessarie, that doth the Register make mention of Iuorie.

*Trociſci de Terra ſigillata*. §.23.

OF more then twentie ~~sorts~~ things these Trociskes made, wherefore we do leaue them to the Apothecaries. They be very much vsed, for that they be forcible against spetting of blood if the same be giuen with the water of Knotgrasse: they be also good against the bleeding at the nose if the same be annoynted on the forehead; and also for womens flowers if they passe away too excessiue fast: likewise for the bleeding of the pyles, and for passing of blood, if it be spouted into the yarde, like as the same is mentioned in the Register vnder the title of sealed Earth.

*Trociſci de Violis*, of Violets. §.24.

YOu must take Violet leaues which be somewhat withered one ounce and a half, Turbith one ounce, the iuice of Licorice, *Manna*, and *Diagridion*, of each halfe an ounce; make Trociskes thereof with the syrupe of Violets. They are very seldome vsed alone, but sharpened with three greines, or with any other pils if they be giuen to any bodie that is hard to be purged. They are made also without *Diagridio*, and they be also otherwhiles mixed with some other Trociskes: loke further for it in the Register of Violets.

For to make writing Incke. §.25.

WE must not pretermit the description of this Incke (being a necessarie matter.) It is also made in sundrie manners; but this is the commonest manner for to make Incke: Take pouned Gall nuts one pound, Coperas halfe a pound, raine Water fiue quarts; sethe them all togither vntill the third part be wasted, then let it settle, afterwards strayne it thorow a cloth: put fower ounces of Gum vnto it, and then stir it oftentimes about. Some do not boyle it but let it stand and steepe, stirring it very often and well: but take for it no more but three quarts of water, and let the Gum be first dissolued in good wine Mineger vntill it be all dissolued, and then put the other substance vnto it, and thus it is also best of all and doth remaine alwaies without moulding.

For to make common Vernish. §.25.

VErnish is made after sundry waies, and there are also sundry sorts of them, each for an especiall vse: the one is made thus, and the other so. But we will here describe onely and teach how that it shall be most fitly made, and for what it shall be requisite for each one.

one. First, take olde Linſeed oyle, and ſœthe it ſo long vntill it be as thicke that if you do take a drop of it out, and let it be cold, that when you preſſe vpon it with the finger it ſpinneth two or three threads, or glueth to the finger. This oyle being now ſo ſodden, put Roſin vnto it as much as ſhall ſuffice for to make the Verniſh thicke enough: then let the Roſin decoct togither with the oyle ſo long vntill it do ſtand wholly ſtill. This Verniſh is good for the Smithes, for the Trencher-makers, for the Trunck-makers; and further for to Verniſh all ſlight things.

## Of Painters Verniſh. §.27.

TAke olde Linſeed oyle & ſœthe the ſame as is afore ſaid; afterwards put amongſt one pound of the oyle, halfe a pound of Maſticke or ſomewhat more, and ſo let it ſœthe togither a good while. This being done, then ſet it in the ſunne, in a leaden Baſen, and power one part of water vpon it, and ſtirre it well togither; then will the oyle come vpon the top, and let it ſtand ſo clarifieng in the ſunne and ayre the ſpace of two or three moneth. But it is to be noted that you muſt alwaies take good heede of the faire weather, and of the raine, and alſo of the night: for if ſo be that it did raine, then would your oyle run ouer and ſo you leſe the ſame: wherefore muſt you haue alwaies ready a boord or plancke for to couer the ſame oyle, as well from the raine, as from the night, vpon aduenture leaſt that it ſhould raine at night, &c. You may make alſo a faire Verniſh of the oyle alone, to wit, through the ſœthing it away, and then let it clarifie as is before ſaid.

## For to make odoriferous Verniſh. §.28.

FOr to make this odoriferous Verniſh you are to take a new earthen pot which is well leaded, and put into it one pound of oyle of Spike, and let the ſame be boyling hot: afterwards you are to take halfe a pound of *Sandaraca*, or ſomwhat more, and ſtrow the ſame amongſt it being beaten ſmall, alwaies with a little at once, and ſtirring it well about; then ſet this Verniſh to clarifie as is ſaid before. This Verniſh dryeth very hard and with a faire gloſſe: it hath an eſpecial good ſauour, and may be vſed for all things that you pleaſe.

## *The* 17. *Chapter.*

IN this Chapter do come no compoſitions, but onely thoſe which be tempered with blew Violets and wall Flowers, whereof we haue oftentimes written before, whereof each is to be found in the Regiſter: as the Julep of Violets, that you ſhall find in the third Part, the twelft Chapter and tenth §. The ſirupe of Violets in the fifténe Chapter, and 53. §. The Conſerue before in the fourth Chapter. The oyle of Violets in the twelft Chapter, and 69. §. viz. in this eight Part. The Vineger of Violets is made, like as the Vineger of Roſes is wont to be made.

## *The* 18. *Chapter.*

## Of all kindes of Wines.

IN this Chapter be all Wines contained, which be made with any kinde of Herbs, and ſuch like things, viz. all ſuch as may be accounted amongſt the Phiſicall remedies: and becauſe they are commonly prepared with Wine or Muſt, therefore we will write firſt of them, and that in the braeſeſt ſort; for that to write of all kind of Wines were a matter without end.

Of

## Of Wyne in generall. §. 1.

IT is most true, that this noble Plant is made of God for diuers necessities of mankind, notwithstanding that man doth dayly abuse this noble gift of God so shamefully, and so in stead of doing good thereby, harmeth his body, and prouoketh sicknes, wherefore we must discourse and treate somewhat of both these things.

In this do all learned agree, and dayly experience doth teach vs, that Wyne is so commodious and necessarie for mans life, and for his health, that there can no better drinke be deuised. Moreouer, it withstandeth all poyson, and is especiall good for all sorenes of the Kidneyes, and for all paine of the Bladder. But especially sowre wyne strengtheneth the stomack: further, it doth prouoke digestion, it sustaineth naturall power, it strengtheneth all inward and outward parts, it keepeth a body with a good colour, it maketh fresh and healthie bloud, it maketh the languishing merry, the dismayd couragious, it carieth the well digested meate into the inward parts, it consumeth the slimy humors, it strengtheneth and dryeth the braynes, it refresheth the hart, it sharpneth the wits and the vnderstanding, wherefore it is of the heathen endued with a godly name, and is called *Liber*, that is free. Further, it bringeth with it the pleasant fleepe, it prouoketh venery, and maketh women fruitfull. In fine, Wine hath so many vertues, that *Asclepiades* sayd, That the power of wine may well be compared with the Gods. *Esdras* doth write (which I cannot pretermit) that Wine is stronger then men that drinke it, that it altereth the wits, that it maketh Kings, wise, poore, and ritch men, it assureth and sharpneth the vnderstanding, it causeth all paine to be forgotten, it satisfyeth all concupiscence, it careth neyther for King, nor Princes, and it vttereth all that it lusteth and pleaseth. These be now the commodities and auailes which Wine can bring with it.

But what shall I say to the contrary of those things which it doth if it be superfluously vsed, but we haue ynough spoken thereof in the first part and eightéene Chapter, where we discourse of the Plague; but we will procéede with those things that are more fit for our purpose. We haue before admonished, that there can no more commodious nor healthier potion be found for mans nature then wyne, and of all other are best the faire, cleane, light red, and they that haue colour like Géese fete. But for to haue a full and perfect instruction of wyne, and for what Sicknes each wyne is prescribed or forbidden, that is to be séene in the table of the Wyne. In like manner, there is also found heere a perfect instruction of Must, of vine cuick, and of spirit of wine; also of vineger, and for what the same is good within and without, and for what it is also hurtfull. Lastly, we will describe sundry herbed wynes, to wit, how that they be made, and also what operation they haue.

## Of sundry natures of Wyne. §. 2.

IT is also very nédefull, that one do know the nature of wyne, for that some of them do alter their nature, according as they be yong, old, white, red, thick, subtile, small or strong. The white wyne is warme in the first degrée: the very old wyne in the third degrée: but the wyne of a yeere old keepeth the middle meane. The thick red wyne maketh much bloud, because it nédeth no great alteration, but the thin, white, and sowre wyne, giueth little nourishment. The thick and troubled wyne obstructeth the belly, the Lyuer, the Spléene, and the Kidneyes, so that all they which vse the same too much, are wont to be troubled with the Dropsie and Grauell, and especially the old folks. Out of this may each one chose such wynes which be most méete for him.

## Of Must. §. 3.

THe wyne which we call Must, that is new wyne, which is first prest out, and not long cellered, and hath not as yet wrought thoroughly, like as the same is knowne vnto all men: this Must hath his proper nature, but there is almost no Must which doth any good, but many that are hurtfull. But Must is commonly vsed when one will make any herbed wynes.

Of

### Of vine cuict, or decocted wyne. §. 4.

THe Phiſitions do call this wyne *Sapam*, it is commonly decocted ſo long of Muſt and other ſtrong wyne, vntill that of thræ quarts there remaine but one. This decocted wine is vſed in Phiſick very much inwardly and outwardly.

### Of burnt wyne, or ſpirit of wyne. §. 5.

THe burnt wyne is for the moſt part burnt of the drofſe, or læſe of wyne, which is not vſed ſo much for Phiſick, as that which is diſtilled of cleare wyne, and is rectifyed two or thræ times ouer againe.

### Of Vineger. §. 6.

THat Vineger is made of ſowre wyne, is apparant to euery bodie. It is alſo a maruellous worke of nature that it ſpoyleth wyne, and altereth it out of his naturall courſe, and maketh ſome other thing thereof, which is a thing by it ſelfe, and vſed as well in Cookerie as for Phiſick, which is no leſſe pleaſant then wyne it ſelfe. For *Dioſcorides*, and other mo learned aſcribe to vineger many innumerable vertues, like as we find by dayly experience, therefore is alſo the red as well as the white vineger ordained in Phiſick for many kind of cauſes, as it is alſo in ſome diſeaſes forbidden. The læſe of the vineger is alſo otherwhiles mentioned in this booke.

## *The nineteenth Chapter.*

## Of Herbed wines and ſuch like.

FIrſt, we will teach hære how this Wine is hære to be prepared, the which is effected after ſundry manners, and as liketh each one beſt. The common manner is, that the herbs are to be gathered betwæne the middeſt of Auguſt, and middeſt of September: but the fitteſt time is, when they beare their floures. Theſe herbs are to be dryed in the ſhadow, or at leaſt in a luke warme Chamber where it doth not duſt, vntill you will vſe the ſame. If now you will make any Herbed wyne, then take a ſmall veſſell as big as you will, and put therein Bæchen or haſell chips into it, ſtrow vpon it a good deale of dryed herbs, without wringing, and afterwards one part of chips againe and herbs: do this ſo long vntill that all the whole veſſell be full, and afterwards fill it with Muſt. If ſo be that it be ſtrong, then may you drinke of it the ſoner, and fill it full againe. But to procure further aduiſe thereof, therefore we will adde vnto this how to make other ſorts of herbed wines. If one will kæpe theſe wines ſwæte, then is one part of the Muſt to be decocted away with a light fire, and that according as the Muſt is ſtrong, or thin. Other do prepare their herbed wines by a certaine diſtillation with ſuch herbs as they will themſelues, ſo that they kæpe their ſmell, power, and vertue, that if ſo be that one put but two or thræ drops of it into a quart of wine, that then all the wine will taſte of it, ſo that thereby many expences, labor and trauell is ſpared. But becauſe that ſuch experiments be not knowne vnto all men, therefore may they vſe theſe things following: Take ſuch herbs as you will, whether they be floures or rotes, which be very dry, poune them, and powre vpon them good burnt wine: afterwards ſtop it tight, and let it ſtand ſo aſtæpe the ſpace of certaine dayes; afterwards ſtrayne them out thorow a cloth, and then preſerue it in a glaſſe. When as then you will haue ſuch wine, then powre thereof whether it be much or little into it; and if ſo be that you haue no burnt wine, then take good old ſtrong wine in ſtead thereof. But excepting the boyling or diſtilling of it, the wine it ſelfe is of that nature, that very ſhortly it draweth to it the power, ſmatch, ſauor, and vertue of thoſe things which are infuſed therein. Some ſuppoſe, that one muſt caſt into the veſſell only the herbs, rotes, ſædes, floures, or any thing elſe that one will, and to powre new Muſt vpon it, whether it be much or little, according to that the wine or any thing that is

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in it be strong or weake. Other do cast the rootes, herbs, and other things in it when the wyne is a yere old. Some do take the herbs or rootes &c. grene: some dry. Some do shred the herbs, some do stamp them to powder, and so hang them in a bag. Each may take out of this which liketh him best. Let this suffice for the making of these wynes.

## The wyne of Elecampane rootes. §. 1.

THis wyne is prepared after diuers sorts, but the best manner is which also needeth not much trouble, as hereafter followeth: Take Must first troden out of the Grapes, and let it sethe without any smoke about it euen to the halfe if that you desire to haue it swete. In this are you to sethe Elecampane rootes, which be digged vp in the spring time, and cut into slices, and dryed on a thred. Sethe them so long in it vntill they haue lost all their bitter taste: and if one will often vse this wyne, then are the rootes so much the oftner to be sod with new wyne that the wyne may abide by his power, and the vessell is alwayes to be filled vp againe with wyne. This is a very profitable potion for the head and the braines, in like manner also for to warme and strengthen the sinewes if the same be vered with rheumes. This wyne is also good against all cold diseases of the Lights, and of the brest, it clenseth the same, it strengtheneth all bad digestiue stomacks, it refresheth naturall warmth, it warmeth the sinewes, it openeth the passages of vrine, it is good against all winds, it strengtheneth the Matrix, and it clenseth the same of all cold phlegmatick moisture, and it prouoketh also the termes.

## Eyebright wyne. §. 2.

THis wyne is made of the herbe, as we haue taught before, his virtues are described in the first part, the seuenth Chapter, and 20. §. and in other places moe.

## Wyne of whole Grapes. §. 3.

IF one will make this wyne as it ought to be, then take whole red or white Grapes taken from the stalks, and well clensed, and put them into a vessell with chips (as we haue taught before) fill the white with white Must, or with Ferne wyne, and the red with red wyne. Some do boyle it in Must, and that according to each ones pleasure, as also some there be which put no chips vnto it, but they do put Sage leaues vnto it, and let them lye a certaine time in it. There be spices also wont to be hanged therein, so that the wyne may get thereby not only a pleasant, but also a strong and good taste.

These wynes are first of all very commodious for all hosts and householders, so that all that which remaineth of other wynes and is not dronken may be powred vnto it. Such wynes be very acceptable, but if one do drinke too much thereof, then do they hurt the head, for they do distemper the braines, and that chiefely in the euening after supper, for that they be much subtiler, and more ascending then other wynes. They make a bodie quickly very sleepie, they prouoke vomiting against euening, but in the morning they make merry: and amongst all other there be none that hurt the braynes more then this, wherefore they are both dronken more for lust and pleasure, then for commoditie of health.

## Wyne of Auence. §. 4.

THese odoriferous rootes do the Apothecaries and Phisitions call *Garyophillata*, the same is to be digged vp in the spring time, but chiefely in March, in which time the rootes be most forcible. Let these rootes dry well, and when they be clensed, then hang them afterwards in the wyne, it will get thereby a very pleasant sauor and taste which refresheth the hart and strengtheneth: it openeth the obstruction of the Lyuer, warmeth the cold and moyst braynes, dryeth and strengthneth the cold slimy stomack, it allwageth also all paine of the Matrix.

## Betony wyne. §. 5.

THis wyne is made of browne Betony, as all other herbed wynes be: it is especiall good against all belching and wambling of the stomack, it withstandeth the ouerflowing of the gall, it is many times approued in a cold Matrix, and against all suffocation of the same,

it strengtheneth all inward parts, it warmeth and healeth also the same, it openeth the obstructions, it consumeth all cold humors, it expelleth all venemous matter by the vrine and by the stole, and in like manner also the yellow Jaundise: and if the same be oftentimes used, then it is very requisite against the falling sicknes, against the *Sciatica*, against the sicknes of the Lights, and against the Consumption. It is also very necessary against the Cough, against short breath, and it expelleth also all Agues which do come out of a foule stomack. The same power haue the red Gilloflowres, like as the same be also a kinde of Betony, whereof hereafter we will speake further. This wines vse and operation you shall finde described in other places moe.

## Bourrage wyne. §. 6.

WE haue admonished before of the description of the Conserue and Sirrupe of Bourage, how there is small difference betweene this herbe and the Bugloss, wherefore also both these herbs may be taken for this wyne, like as we haue taught before; or the iuice of the same may also well be vsed with this wyne: which wyne doth driue away all poyson from the hart, it clenseth the bloud, it maketh merry, it refresheth the vitall spirits, it drieueth away all pensiuenes and all bad thoughts, it is also very necessary for all them which do fall easily into any swouning, and is of a full temperate nature, &c.

## Wyne of *Asarabacca*. §. 7.

THis wyne and other moe be prepared against grauell, like as in the third part, the 17. Chapter and 4. §. is described, and you shall further finde in other places moe, for what it is more commodious.

## Wyne of Framboys. §. 8.

THis wyne is made like as the wyne of the whole Grapes is made: it hath the nature of the same berries; it is much commended in the Plague and Squinancie, but if one put none other wyne vnto it, then is it not very pleasant, wherefore it is not commaunded to be vsed in any other places of this booke.

## Wyne of Harts toong. §. 9.

THere be two kinds of Harts tongs, viz. the *Ceterach*, which is the right Harts tong, and the long Harts tong, which is hairie about the stalks, they may be taken both together, and to make this wyne as all other wynes: it is not very pleasant of taste, but it is of great force, for that it openeth and strengtheneth the Spleene, it is good against all poyson of Snakes, and being dronke warme, it asswageth all cramps and scowring of the belly, it taketh away the yellow Jaundise, and also obstructions of the Lyuer: it is also very good for all them which be vexed with the stone, and with the grauell: it is also good against all melancholy, and expelleth the quartaine Ague, it consumeth all clotted bloud which is caused in the breast through fals, it openeth also the conduits of vrin, and healeth all diseases of the same. For what this wyne is further meete, that is to be found described in other places of this booke.

## Wyne of Hyssope. §. 10.

THis herbe is hot and dry by nature, which virtue the wyne also hath, wherefore it is good for all old persons, for that it warmeth all inward parts, it asswageth the cold and moyst Cough: it is also good against the falling sicknes, for that when the same is vsed often and long, then doth it take away the same, and that especially in yong folks. It is also good for the breast and the Lights, for that it warmeth the same, and consumeth all tough slimy matter, and also all Agues which may spring out of the same: it openeth the pipes of the Lights, and it maketh a cleare voyce; for that it clenseth the brest, and healeth all anguishes of the same: it taketh away the shortnes of breath, and is especiall good against the Dropsie, like as is admonished and described in mo other places of this booke.

Win-

## Winter Cherry wyne. §. 11.

THis wyne is also made like as the wyne of whole Grapes: it is very much vsed against the stone, the grauell, and is also especiall good for all them which can hardly make water.

## Cherry wyne. §. 12.

VPon the Riuer of Rhene and euery where else all wynes, which be made of red or black Cherries, are called Cherry wynes, and they make the same as hereafter followeth. Pluck the Cherries from the stalks, and poune them in a stone morter with stones and all, and then powre red or white wyne vpon it; but this wyne will be very small, wherefore it is prepared after another manner with whole Cherries as followeth. Lay in a vessell of beechen or hasell chips as many as you please, and then one part of Cherries vpon it, and so further vntill it be full, like as we haue sayd and taught of the wyne of Grapes, fill then the vessell full of wyne, and so let it lye three or foure dayes, then shall it be sufficiently coloured. This wyne is of a good tempered nature, it is very requisite in Sommer time in great heate for to asswage therewith thirst, and to moysten the inward parts. It openeth also the Lyuer, it expelleth vrine, especially if the kernels with the stones be broken in it, for these kernels expell the grauell. Some do hang some spices therein, which cannot be good, because that his nature is altered thereby. Loke into the Table of the Cherries.

## Lauender wyne. §. 13.

THere is but little made at once thereof in a small vessell, whereof may not be dronken long. There is a long bag hanged in it with Lauender flowres, and interbastated or quilted, to the end that not all the flowres fall in a heape. This wyne is especiall good for a cold head, and for moyst braines, for the giddines, for the falling sicknes, and such like diseases.

## Of Malmesey. §. 14.

ALbeit that this wyne be tempered neither with herbs nor with spices, but by nature and of it selfe is a noble and pleasant wyne, which is brought vnto vs out of Grecia, and other Countries adiacent, yet shall it neuertheles not be against our purpose, because that the same is very much vsed in Phisicke, that his power and vertue be shewed at this present, loke for it in the second part, in the 6. Chapter; and in the third part, the 11. Chapter, and 14. §.

## Wyne of Marierom. §. 15.

THis wyne is prepared as all other herbed wynes are: it strengtheneth the braines, and warmeth all inward parts: it is very good for all them which be enclined to the Dropsie, it asswageth the paine of the belly, it expelleth vrine, and moueth womens termes: it is a very good potion for to warme the head, and to strengthen the memorie, as you finde described in diuers places of this booke.

## Wyne of Cinnamome. §. 16.

THis aromaticall wyne is so called and placed amongst Claret wyne, whereof we haue admonished before in the eighth part, the third Chapter. This wyne is to be prepared in the haruest, and will keepe good thorow out the whole yere. It hath all the vertues of Hypocras. Take one and a halfe, or two barrels of Must, scathe the same as we haue taught of the wyne of Elecampane rotes: when it is cold, then put it into a cleane vessell, and put thereto as many whole Grapes pluckt from the stalke as will go into the third part of the vessell: afterwards make a linnen bag, and put therein two pound of Cinnamome, Ginger one ounce, Galingall one ounce and a halfe, Pepper and Greynes, of each halfe an ounce, Cloues and Nutmegs, of each one quarter of an ounce, Cubebes, Cardamome, and long Pepper, of each one dragme, Mace three dragmes, poune all grosse, and then hang these herbs in it. This

Cinnamom wine may be vsed for all cold diseases of the head, as all other aromaticall wines are to be vsed. Item, for all cold and vnfruitfull women: but to the contrary, all young and hot people, and all they that be burthened with hot agues must shun this wyne as poyson. Of this foresayd wyne is admonished in many places of this booke.

## Muscadell wyne. §. 17.

THis wyne groweth in Candie, from whence it is brought to Venice, and brought thence vnto vs, and is often vsed in Physick, like as is admonished in many places.

## Wyne of Gilloflowres. §. 18.

THis wyne is made of red Gilloser flowres, and made after the same manner as the wyne of Betony is made, which hath also the same force, like as both these herbs be taken to be of one efficacie, and is recommended in sundry places of this booke.

## Wyne of Bugloss. §. 19.

LOoke for it before in the 6. §. of the wyne of Burrage.

## Wyne that purgeth. §. 20.

THese purging wynes be made after many kinds of wayes, like as you finde them described in their places, whereof you haue one for an example in the third part, the 11. Chapter, in the end of the 20. §. which may be vsed for a common opening of the bodie.

## Wyne of whole Grapes. §. 21.

IT is before described in the 3. §. wherefore we will heere not discourse any further thereof.

## *Vinum Punicum.* §. 22.

THis is no artificiall wyne, but it is a wyne which is of it selfe so growen without the addition of any thing vnto it. It is very healthy, and also good of taste. The same is dronken in Germany not onely at great feasts, but also vsed for Phisick, like as is sufficiently admonished thereof in the Table.

## Rosemary wyne. §. 23.

THis Rosemary wyne is maruellous much commended, and taken for a very wholsome potion, especially in all cold sicknesses. It strengtheneth the digestiue vertue of the stomack, it causeth appetite, it fortifieth the hart, the braines, and the sinewes, it giueth a faire pleasant colour, not only dronken, but also the face washed therewith, it consumeth all inward putrified humors, and it preserueth the bodie from all sicknes. If the mouth be often washed therewith, then doth it make a wel-sauoring breath, it strengtheneth the teeth, and the flesh of the teeth: wherefore it is also very good, that all outward vlcers, viz. the Canker, fresh wounds, and such like sores be washed therewith. Further, this wyne is good for all diseases of the Lights, for the consumption, and especially for all them that are rheumatick, and moyst of braines. It is also good against the Palsey, against the falling sicknes, against the lamenes, and against the cold Matrix, it heateth and dryeth the same, and maketh it also meete for conception. Thus if this wyne must be made in haste and not be kept long, then may you take Rosemary floures, Harts tong, and also rinds of Thamariske, of each halfe a handfull, then powre vpon it seuen pots of Must, and then let it so stand and worke or runne ouer, and fill vp the vessell alwayes with other good wyne. Item, take Rosemary and Harts tong, lay it all a night to steepe in wyne, and then vse this wyne in stead of the foresayd wyne if the same cannot be gotten. His vertue and power is described in many sundry places.

Wyne

## Wyne of Sage. §. 24.

THis wyne doth heale all sorenes of the mouth, it setteth fast the teeth and also the gums, it strengtheneth the sinewes, and all lame ioynts, it dryeth the moyst braines which is hurt through *Phlegma*, it freeth from the Cramp trembling and shaking, and also from the falling sickness, the same being dronken, and the Lyuer annoynted therewith, or the hot vapor thereof receiued; for what it is further meete, that is admonished heere and there in this booke.

## Wyne of Clary. §. 25.

THe deceiptfull falsifiers of wyne haue made this pretious herbe (which is a species of wilde Sage) very suspitious, so that it is esteemed hurtfull: but it is in truth not so, for if with this herbe as with all other herbs the wyne be prepaerd, then is it very fit for the head and for the stomacke, for that it dryeth and warmeth the cold moyst braines. It is also much to be compared with the wyne of Sage and of Rosemary for his vertue, and this is also the cause wherefore we make so little mention thereof in this booke.

## Wyne of water Lilly floures. §. 26.

THis wyne is prepared very seldome, as also it is but once remembred in this booke, and that in the consumption.

## Tamariske wyne. §. 27.

THis plant doth willingly grow in moyst places, and to this wyne is alwayes vsed the middlemost rinds: it hath the same power of the wyne of Harts tong, wherefore they are commonly vsed together, as may be seene in many places of this booke. This wyne may also well be dronken for to clense the bloud with it, and to consume melancholick humors which do cause the quartaine Ague and the Scurvy, and such like sicknesses. What vertues this wyne hath more, looke for that in the Table in the description of the wyne of Harts tong.

## Wyne of Wormewood. §. 28.

ALthough that this wyne hath a bitter and vnpleasant taste, yet hath it neuertheless a maruellous great vertue, and is vsed aboue all other herbed wynes. First of all it killeth wormes, it withstandeth poyson, and it expelleth the hurtfull phlegme; and if one drinke the same often, it clenseth and strengtheneth all inward parts that they cannot receiue such matter, it dryeth the vapors of the stomacke, that they cannot ascend into the head, it maketh appetite, it openeth all obstructions of the inward parts, viz. of the Lyuer and Splæne, and it taketh away also the yellow Jaundise which is caused thereby, it freeth from the Palsey, the falling sickness, and all lamenes, it restoreth lost speech, it strengtheneth the weakened ioynts if the same be well rubbed and fomented with it; and if mens or beasts wounds be washed with it, then is the same kept faire and cleane, and suffereth no foule flesh to grow in them, but healeth them: it cureth also all scald heads if the same be washed with it. If any one would go to sea, then is he to drinke certaine dayes before some of this wine, for that thereby shall he be freed of the sea sickenes. Moreouer, this wyne is an especiall preseruatiue against the Plague, and against all venemous ayre, if one take a good draught thereof, before that such patients be visited, it bringeth also sleepe with it, and taketh away heauie dreames. But by reason the common people hath not alwayes this wyne in a readines, the iuice of Wormewood may be tempered amongst wyne, and be vsed in steede of the Wormewood wyne. This wyne is meete for many mo other diseases, like as may be read heere and there in this booke.

## Wyne of Zeduary. §. 29.

TAke in the beginning of winter one barrell and a halfe of Must, let it sæthe softly, like as is described of Elecampane wine; afterwards put it into a cleane vessell, and then put these spices following vnto it: Take good Cinnamom one ounce, Zeduary halfe an ounce, Cloues one quarter of an ounce, Ginger, Galingall, Graynes, and long Pepper, of each one dragme, poune them all together grosse, to the end (that when the power of the Zeduary is gone) the spices may dry, and take out the Zeduary of it and put fresh vnto it: if so be that you desire to kæpe this wyne long, then is the same to be filled vp with decocted wyne, and not with common wyne. This wyne hath the same efficacie and power with all aromaticall wynes, and may also be vsed in stæde of them.

## How the infirmities of all Wynes are to be mended. §. 30.

WE are hære not to write to largely how all the infirmities of wyne are to be amended, but are to commend that to the wyne sellers, by reason that thereof diuers bookes are written: for amendment of all wynes doth serue very well M. Tristrams water, which is described in the first part the fift Chapter and 1. §. In like maner also all golden and vitall waters which before in the eighth part and first Chapter are described, if there be powred alittle of them in wyne which is dead or lowe and stirred well about. Item, in the moneth of May you are to take a braunch of a young græne træ, shaue off the vppermost rindes, and lay them the space of thræ dayes in fresh water: afterwards wash them well, and then powre fresh water againe vpon them. This being done, let them lye the space of thræ dayes, wash them well againe, and then dry them in the shadow. If you haue now any wyne which beginneth to be dead, then take thræ or foure of these rinds all of a length, and binde them to a thred, and hang them in the wyne, it will thereby be very good and cleare.

There be hære and there described diuers sorts of wynes, which be prepared for sundry sicknesses and parts of mans bodie, viz. for the Head, for the Lyuer, for the Milt, for the Hart, and for the Raynes, &c. each one may loke for them in their places for which they will vse them.

Hærewith we will in the name of God finish this our Booke of Phisicke, and commend the same vnto our most true Father through Jesus Christ our Lord, the most true Phisition of all our diseases, that he will most gratiously extend his blessings ouer it.

Amen.

## The end of the eighth and last part of this Booke.

The

# *The first Table*

## Contayneth the names of all diſeaſes, accidents, and *infirmities: Alſo all manner of Compoſitions,* Conſerues, Confections, Electuaries, Syrupes, Iuleps, Trocisks, Pils, Potions, Salues, Plaiſters, Oyles, *Baulmes, Waters, and Aromaticall Wynes, with diuers other things more, which are mentioned in this Booke.*

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# This second Index contayneth all the Simples that are

*specified in this Worke, as Rootes, Herbs, Flowers, Fruits, Plants, Iuices, Gums,*
Woods, Stones, Barks, Metals, Minerals, and Earths; Also
*all the parts of Beasts and of the body of man, that are*
or may be vsed in Physicke.

## A.

ABrecockes, or Peaches, are called in Latine *Mala armeniaca, Mala præcocia*, and *Bericocia*, others do call them *Mala trecacina*, and the common sort name them *Chrysomela*, but this is the right and true Latine name of the Orange: it is a fruite sufficiently knowne, and growing in this our Countrie.

Adders tong, is called of *Plinie Lingua*, and *Lingulaca*, of the Herbarists *Echioglossum, Ophioglossum, Lingua viperina, Lingua serpentina*, and *Lingua vulneraria*. This herbe is to be gathered only in Aprill and in May, it groweth in moyst medowes and lowe grounds, and that at no other time then in the aboueſayd moneths. It is vsed in vulnerall potions, oyles and salues.

Alecoste, or Indish Pepper, in Latine *Lepidium, Piperitis*.

Alehoofe, or (as some say) Harehoofe, is called in Greeke and in Latine *Chamæcissus, Selinitis, Hedera humilis*, and *Corona terræ*, by the Herbarists *Hedera pluuiatilis*, and by the Apothecaries *Hedera terrestris*.

*Allium alpinum*, it is also called *Allium reticulatum, Victorialis*, and *Victorialis longa*, to distinguish it from *Gladiolus segetalis*, which by diuers authors is called *Victorialis rotunda*, although in very deede they differ greatly. The leafe of this hearb is not much vnlike to that of Peasewort, the roote is long and hairie, twisted together, as if it had beene done of purpose with the hand, whereof two of them are layd crosse one ouer another as the legs of man or woman otherwhiles are placed. This roote do the cosening Merchants (I meane the Mountibanks and Quacksaluers) sell for the right Mandragora, or Mandrake, saying that they haue digged it vp vnder the gallowes with great hazard of their liues; thus do they beguile and seduce the common sort of men with vntruths, which ought by the Magistrates to be seuerely punished, and for a small peece of siluer to be permitted, otherwise I feare they shall be called to an accoumpt for it, when it shall be sayd, *Redde rationem villicationis tuæ*.

Allum, *Alumen, Alumen liquidum, Alumen liparinum, Alumen rubeum*, the Apothecaries call it *Alumen de Rocha*.

Amber, in Latine *Ambarum, Ambar, Ampar, Succinum orientale*, and at the Apothecaries *Ambra*, it is a pretious liquor, or a kinde of sweete smelling earth.

Amethyst, *Amethystus*, a pretious stone.

Ammy, *Ameos, Ammium, Ammi, Cuminum regium Hippocratis, Cuminum Alexandrinum*, and *Cuminum Æthiopicum*, it is a kinde of plant, which beareth a sharp & sweete seede, which the Apothecaries do call *Ameos*.

*Anacardus*, or *Anacardium*, is a strange fruite so called.

Angelica, is called by diuers & sundry names, for that there be diuers sorts of it, as *Hippiatricis, Lasaron Gallaticon*, in Greeke, *Laser Gallicum, Laserpitium Gallicum*, and of the Herbarists *Imperatoria, Ostrutium*, and *Astrutium*, the Apothecaries do call it *Astrantia*, and *Magistrantia*.

Anthora, is called of *Paulus Ægineta, Arnabo*, and of the Arabian writers *Zurumber*, of the Simplicists *Zurumbetum*: It is a sweete smelling roote like to Ginger, but it is bitter in taste. It is commonly called *Zedoaria*, but vniustly; for there is no small differẽce betweene *Zurumbet*, that is *Anthora*, & *Zedoaria* of the Arabians, as manifestly appeareth by the words of *Auicen* and *Serapio*, who do write of these two in sundry chapters seuerally: wherefore the *Zedoria* of the Arabians is not our *Anthora*, although that it hath beene falsly vsed in many compositions for it, but it is the roote of Seduary.

Anthora, is an herbe not much vnlike the lesser Wolfs bane, but that it groweth somewhat higher, and the flowers are alittle lesse and yellow. It hath two blacke rootes round like vnto an oliue, blackish without, and as it were withered; within white, and solide. It groweth in great quantitie on the hils in *Sauoy*, and about *Geneua*, also about *Salmes* in high *Burgundy*, and on the hils of *Switserland*. The latter Greeke writers call it *Zadura, Zaduaria, Zedura, Zudar, Zaduara, Zadur, Zadera, Zaduar*, and *Zadar*: *Serapio* calleth it *Zedoaria*, *Auicen*

Zeduar,

*Zeduar*, *Gieduar*, and *Napellus Moysi*. The Simplicists name it *Anthora*, *Antithora*, and *Anthullia*: wherefore whensoeuer you shall finde *Zurumbet* in any composition, then be sure to take *Anthora*, but if you reade *Zedoaria*, then take *Doronicum*.

Antimony, in Greeke *Stibi*, *Stibium*, or *Stimmi*, of *Galen Gynacium*, and of *Plinie Platyophthalmon*: it is called at the Apothecaries by the barbarous name *Antimonium*. *Plinie* also calleth it *Alabastrum*, which name is proper only to Alabaster; it is a minerall like to Lead, and knowne of all men.

Argentine, *Argemone altera*, *Inguinaria Plinij*, *Anserina*, *Argentina*, *Tanacetum syluestre*, *Agrimonia syluestris*, *Potentilla*, and *Portentilla*. This herb is sufficiently knowne, and much vsed for all paines and gripings in the belly, which are without any binding.

Aristology the round, *vide* Hartwort.

Aromaticall wyne, is a wyne made with spice, and a kinde of Hippocras, *Aromatites*. Hippocras is called in Latine *vinum Hippocraticum*: the Claret wine, *Clarea*, *vinum Claretum*, and at the Apothecaries *Claretum*.

Artichokes, are called in Greeke and in Latine *Scolymus*, *Cinara*, *Cynarus*, *Acantha*, *Cactus*, *Carduus altilis*, *Strobilus*, *Carchofilus*, *Articocalus*, and *Articoca*.

Ars smart, in Greeke and in Latine *Hydropiper*, *Piper aquaticum*, *Piper caninum*, *Herba pauonis*, *Pauonaria*, and *Persicaria*, of *Hippocrates*, *Polycraton*, or *Polycriton*. It is a well knowne and contemned herbe, but very good for wounds; it is hot and dry. The other kinde, which by the vnskilfull without any regard is vsed for the true Arse smart, is somewhat bigger, & hath blewish spots on the leaues, it is also something colder & dryer by nature then the former, and it is called *Persicaria maior*, and *Persicaria maculata*, and of *Plinie Plumbago*, and *Molybdæna*. The first sort is the right Arse smart, which is not only vsed in wounds, but also for the Piles, and the iuice of it for the wormes.

*Asara bacca*, *Asarum*, *Nardus rustica*, *Vulgago*, and as some say *Vuluago*: the Apothecaries call it *Asarum*, and some *Asara baccara*.

Ash tree, in Greeke and in Latine *Melia*, and *Fraxinus*, it is a common and well knowne tree.

Azure stone, *Cyanon*, in Latine *Lapis Cyaneus*, *Lapis cæruleus*, and *Lapis stellatus*, at the Apothecaries *Lapis lazuli*.

Auence, or herb bennet, *Gariophyllata*, *Anantia*, *Sanamunda*, *Oculus leporis*, & of *Plinie*, *Geum*.

*Axungia vehicularis*, or *Vnguentum vehiculare*, is a composition of Tarre and Tallow that countreymen doe vse to grease their cart whæles withall, it is vsed for ruptures or hernyes.

## B.

Bacon, is called of *Plinie* in Latine *Lardum*, and of *Plautus*, *Laridum*.

Badger, *Meles*, *Taxus*, *Tassus*, *Taxo*, it is a well knowne beast.

Barbery tree, in Greeke and Latine *Oxyacantha Galeni*, *Crespinus*, and at the Apothecaries *Berberus*, and *Berberis*.

Barly, in Greeke & Latine *Crithe* & *Hordeum*.

Bay tree, in Greeke *Daphne*, in Latine *Laurus*. There are two sorts of Bayes, the male & female kind. The female is the common Bay tree which beareth the berry: the male is altogether like to the former, but that it beareth no berries: the female is called of *Plinie Laurus baccalia*, and of the Herbarists *Laurus fœmina*, *Laurus baccifera*, and *Laurus fœcunda*. The male is called *Laurus mas*, and *Laurus sterilis*. Both kinds are planted in Gardens with vs.

Baulme, *Melissophyllon*, *Meliphyllon*, *Melittæum*, & *Melittæna*, in Latine *Apis strum*, *Citrago*, & *Citraria*, of the Herbarists *Citronella*, *Melifolium*, & *Cedronella*, at the Apothecaries *Melissa*. *Nicolaus Myrepsus* calleth it in Greeke *Melissochortum*, that is, *Herba apum*. Our baulme vndoubtedly is the right *Melissophyllum* of the auncient Phisitions, although diuers will gainesay it, for both in forme, virtues and operation do they agree. There be also two kinds of this herbe, the one, which is common & dayly vsed, of the which in this place we speake. The other hath long & iagged leaues, & browne flours, and it beareth the smell of a strong & odoriferous Limon, and it is called *Melissa Cretica*, and *Melissa Turcica*, to distinguish it from the other: both kinds are in vse.

Bearefote, *Acanthus seu Acantha*, *Herba Topiaria*, *Herpacantha*, *Pœderos* or *Pœderotes*, *Melamphyllon*, of the simplicistes *Branca Vrsina Italica*, to seuer it from our common Bearefote, which is the right *Spondylium* of our auncestors. The wild Bearefote or *Acanthus*, is very common euery where in Germany, it groweth willingly in low and moyst medowes, and is there called of the common

common people *Graskol*. It is there ordinarily vsed in the pot amongst other potherbs. *Dioscorides* calleth it *Acanthus syluestris*, the Simplicists call it *Carduus pratensis*, and *Brassica pratensis*.

Bære, *Ceruisia*, *Zythum*.

Bætes are called of the Grecians *Teutlon*, *Teutlis* and *Seutlon*, of the Latinists *Beta*, and at the Apothecaries *Cicla*. There are two kinds of it, the white and red Bætes: the white Bætes are called *Beta candida*, & *Beta sicula*, whence the barbarous names *Cicla*, and *Sicla* first began. The red Bætes are called *Beta rubra*, in English red Bætes, of which there are also another sort with a darke red coloured leafe, called *Beta nigra*. The white is vsed in Phisick, and the other in the Kitchen.

Bæstings in Græke *Trophalis*, in Latine *Colostrum* and *Colostra*.

Behen or Ben, are two rotes, the white and the red, they are seldome vsed seuerally. The white is knowne of all Simplicists, and it is called *Cardiantheman*, of *Dioscorides Ocymastrum*, we know no other name for it but Behen or white Ben. The other sort which is brought vnto vs from forraine countries, is called the red Behen, and but little accounted of with vs. Some do vse the rotes of Tormentill or of Pimpernell for it, and that indæde not amisse, for that the rotes of the red Ben is both without smell and taste, and also vncertaine.

Benzoine: *Beniouinum*, *Belzoinum*, *Benzoinum*, and *Benzuinum*, is a swæte smelling iuice, which is called at the Apothecaries *Asa dulcis*: it is very seldome vsed alone, but is alwayes vsed in compositions, whether it be fuming candles, or sope balles.

Beryll: *Berillus*, or *Beryllus*, it is a pretious stone palegræne coloured. There is another kind of it that is somewhat yellowish, and is called *Chrysoberyllus*, that is, a yellow Berill. The Berill is vsed for all infirmities of the hart, being mixed with other things.

Betony, in Græke and Latine *Cestron*, *psychotrophon*, *Betonica*, *Vetonica*, *Serratula*, & *Scribonius* doth call it *Hierabotane*, that is *Sacra herba*, otherwise is Verueine called *Hierabotane*.

Beuercod, *Castoreum*.

Bisket, *Panis nauticus*, *Biscoctus*, *Bucellatum*, *Dipyrites Hippocrati*, it is bread twice baked.

Birdlime in Græke *Cleos*, in Latine *Viscus* or *Viscum*, *gluten auiarium*, and *gluten aucupum*.

*Bistorta*, in Græke and Latine *Bretanica*, *Britannica*, of the Herbarists *Serpentaria rubra*, *bistorta*, and at the Apothecaries *Serpentaria*, or *Colubrina*.

Blackbery bush, or Bzier: *Batus*, *Rubus*, *Morus Vaticana*. The fruite of this shrub is called the Blackbery, in Græke and Latine *Mora bati*, *Mora rubi*.

Blites, in Latine *Blitum*, of the Herbarists *Beta insipida*, and *Beta fatua*. There be foure kinds of it: the first is the common Blites, and knowne by that name, *Blitum*, *Blitum album*. The second kinde hath red leaues, and is well knowne and common in euery Garden, called red Blites: the Simplicists do call it *Blitum rubrum*, and *Olus rubrum*. The third groweth on euery dunghill, it is much lesse, and is called wild Blites. The fourth kinde is brought vnto vs from forraine countries, but now it is common in all Gardens, and it is called Hungarian or Indian Blites, the Herbarists do call it *Blitum Indicum*, *Blitum Vngaricum*, and *Blitum Topiarium*. The common Blites shall be vsed in all compositions, to wit, where Blites is named without any addition.

Borage, or Burrage: *Buglossum*, *Euphrosynum*, *Nepenthes*, *Borago*, *Lingua bouis*, *lingua bubula*, and *Corago*.

Borras, *Chrysocolla factitia*, and at the Apothecaries *Borax*. There is another kinde of *Chrysocolla*, which the Goldsmiths were wont to vse in sodering, this is called of the Grecians *Chrysocolla*, and in Latine *Auriglitinum*, *Gluten auri*, and *Chrysocolla nativa*, but that is not taken inwardly as the common Borras is.

Brand, *furfur*, *Cantabrum*.

Brimstone, in Latine *Sulfer*, *Sulphur*: there are two kinds of it, the one as it is digged out of the Mine, which is called *Sulfer vife*, in Græke *Theon Apyron*, and in Latine *Sulphur ignem non expertum*, and *Sulphur viuum*. The other kinde is the common sulphur or dead sulphur, in Græke *Theon pepyromenon*, in Latine *Sulphur ignem expertum*, *Sulphur factitium*, and *sulphur mortuum*: but whensoeuer Sulfer or Brimstone is found in any composition, then shalt thou vnderstand *Sulfer vife*.

Bryonie, in Græke *Ampelos Leuce*, *Bryonia Leuce*, *Psilothrum*, *Ophiostaphylos*, *Melothrum*, *Archisostis*, *Cedrostis*, *Hippocrates* calleth it *Echetrosis*, *Plinie Madon*. In Latine *Bryonia*,

*Vitis alba*, and *Bryonia alba*, *Vua serpentina*, *Vua anguina*, *Rorastrum*, of *Apuleius*, *Dentaria*, and *Apiastellum*, in the Arabian tongue *Alpheseera*, and *Fescera*. The other kind is called the black Bryonie, but it is not so common with vs as the white: the leaues of this are not much vnlike to the long Hartwort leaues, but they are somewhat longer and tenderer, fashioned like a Hart: it runneth vp into the hedges like the white. This black Briony is called of *Dioscor. Ampelos melæna*, *Chironios ampelos*, *Bucranium*, and *Plinie* calleth it *Cynacanthe*. In Latine *Bryonia nigra*, *vitis nigra*, *vitis chironia*, *Batanuta*, *Betisalca*, and of *Plinie Apronia*. The Herbarists call it *Tamarus*, *Taminus*, *Tamus*, and *vua taminia*, the Arabians *Alfesiresin*, and *Fesiresin*, yet it is altogether vnknowne to our Phisitions and Apothecaries. It groweth very much about *Lauterberge* in the woods and hedges thereabout. Whēsoeuer thou doest find Bryony in any cōpositiō without any addition, then shalt thou vnderstand the white Briony only.

Broome, is altogether vnknowne to the Grecians, *Plinie* calleth it *Genista*, at the Apothecaries *Genesta*, and *Genestra*. The Simplicists call it *Spartium scoparium*, and *Genista scoparia*, for a difference of the Spanish Broome, which *Dioscorides* calleth *Spartium*.

Bucke, *Hircus*, of this beast are many things and parts vsed in Physick.

Buffle, *Bubalus*.

Bugloss, Oretong, Lang de beuf, in Latine and Græke *Buglossa*, *Buglossum*, *Lingua bouis*, *Lingua bubula*, the Grækes do also call it *Euphrosynon*, or *Nepenthes*: these are the true names of the Bugloss of the auncient Phisitions. The herbs that now adayes are called Buglosses, are in number 8, whereof three are tame or garden Buglosses, and fiue wild. The first kind is called the Spanish Bugloss, which is the true Bugloss of *Dioscor.* as euery one doth acknowledge that compareth it with the description, the Simplicists call it Spanish Buglos, *Buglossum semper virens*, and *Mesues* calleth it *Buglossa domestica*. The second kinde is called Borrage, *Borago*, and *Corago*, it is both common and well knowne. Many do take this to be the right Bugloss, but indæde the former is to be taken for the right. The third is our small ore tongue, or Lang de beuf, which the Apothecaries do dayly vse, and is called the lesser Bugloss, and of the Herbarists *Buglossa minor*, *Buglossa officinarum*. The fourth kind of Buglos, although with vs it be planted in gardens, yet notwithstanding it is a wild Bugloss, for by *Merburge* in *Lotteringe*, and also in *Fraunce* it groweth very common in euery field. It is called the greater Bugloss, Italian Bugloss, *Buglossum Italicum*, *Buglossum Gallicum*, and at the Apothecaries *Buglossa maior*, *Mesues* doth call it *Buglossa syluestris*, and other will make a kind of *Echium* of it. The first kind (and the second among the wild Buglosses) groweth not aboue one foote in height, it beareth a purple floure admixed with blew, it is cōmonly found in woods, & in sandy grounds: it is both in smell and taste like the lesser Bugloss, and is called also the lesser wild Bugloss. The Simplicists call this fift kind of Bugloss, *Buglossa syluatica*, *lingua ouina*, and *Cynoglossa minor*. The sixt kind (and the third wild oretong) groweth not aboue a span and a halfe in height, it is very sharp & pricking, it beareth a light blew floure, it is found in gardens, and in other well tild places of it selfe: the Herbarists call it *Buglossum Echiotes*, & *Buglossum syluestre spinosum*. The 7. Bugloss, (and the fourth amōg the wild ones) is also cōmonly so called, it groweth euery where by the high way sides, and dry places, it is well knowne to euery man vnder the name of Bugloss, it is called in Græke & Latine *Echium*, *Alcibiacum*, and of *Æginета Alcibiadium* and *Dorias*, of the Simplicists *Buglossum viperinum*, & *Buglossum syluestre*. The 8. kind & fift wild Bugloss, is called red Bugloss, because that it hath red rootes, it is called in Græke and Latine *Anchusa*, but *Matthias syluaticus* doth call it *Lactuca asinina*, the Herbarists call it *Buglossa rubra*, & the Apothecaries *Alcanna*, but *Alcanna* is otherwhiles taken for *Ligustrum*. The first sixe kinds of tame & wild Buglosses are moyst and mētely warme, in time of nēde they may be vsed one for another.

Bull, *Taurus*.

Burre the greater, in Græke, *Prosopis*, *Prosopium*, in Latine *Arrium*, *Personata*, *Personatia*, *Bardana*, and at the Apothecaries *Lappa maior*.

Butchers broome, or Knéeholme, in Græke *Oxymyrsine*, *Myrsine agria*, *Myrtacantha*, *Myacantha*, *Schinchus*, *Scingus*, *Catangelos*, *Gyrēnia*, *Ocneron*, *Cine*, & *Chamæmyrtus*. In Latine *Myrtus syluestris*, *Myrtus aculeata*,

*Myrtus*

*Myrtus acuminata*, *Myrtus humilis*, *Myrtus terrestris*, *Genitura Herculis*, *Ruscus* and *spina murina*, the Herbarists do call it *spina vespertilionis*, *palma murina*, the Apothecaries *Bruscus*, and *Dioscor. Hiera myrtus*, that is, *sacra myrtus*. This butchers broome is only planted in Gardens in *Germany*, although his rootes and red berries be daily vsed of the Apothecaries. In *Fraunce* it groweth very common in diuers places, to wit, about *Orliens*, and *Montargy*.

## C.

CAbbage, or Colewoorts, a Cabbage is called in Greeke *Crambe*, *Cephalote*, and *Nicander* doth call it *Gaster*: In Latine *Caulis imperialis*, *Brassica capitata*, *Brassica tritiana*, *Caulis capitatus*, *caulis albus*, *Brassica alba*, and the Apothecaries name it *Caputium*: this is most common of all other kinds of Colewoorts, we call it a Cabbage. The other sort of Cabbages is called of *Plinie Lacuturris*, & of the Simplicists *Brassica lacuturria*, or *Brassica sabaudica*, of some Sauoy Colewoorts. The third kinde is called the red Cabbage, in Greeke *Caulodes*, in Latine *Brassica cumana*, *Brassica leuis*, & *Brassica rubra*. The fourth sort is named crisped, or crumpled Colewoorts, this is much sweeter then any of the rest, and it hath crumpled or wrinkled leaues, like to the headed Lettice, for which cause it is called in Dutch *Lattoucoole*, that is, Lettice colewoorts, and by *Plinie*, *Brassica Sabellica*, & by the Herbarists *Brassica crispa maior*, and *Brassica dulcis*. The fift sort is the lesser crumpled Cabbage, in Greeke *Selinoides* or *Selinusia*, and by *Athenæus Brassica crispa minor*, *Brassica Apiana*, and *Caulis crispus minor*. The first kind is the common Colewoorts, and is also vsed in phisick, it is called *Crambe*, *Caulis*, or *Brassica* without any addition. The seuenth sort is the caulyflory or flowered Cabbage, *Plinie* calleth it *Brassica Pompeiana*, & the Simplicists *Brassica Cypriana*, and *Florecaulis*. The eight kind is called Rapecole, or *Rapocaulis*, but this sort was altogether vnknowne to our predecessors.

Calamine, is the oare of brasse, *Cadmia*, *Cadmia fossilis*, *Cadmia natiua*, for a difference of *Cadmia factitia*, or Tutty, *Plinie* nameth it *Lapidem ærosum*, the Apothecaries barberously call it *Climiam*, *Cathimiam*, & *lapidem calaminarem*, and those that worke in mines name it *Cobaltum*. This minerall stone is much vsed amongst Chirurgions, and is the very best of all the sorts of *Cadmia*, as *Galen* witnesseth.

Calcedony, *Calcedonius* is a pretious stone, and a kind of *Onyx*.

*Calmus* was by the auncient Phisitions called *Acorus*: some do take the great Galingall for it, & although the same be not the right *Acorus*, yet is their error more tollerable then of those that vse the *Ireos* roote in stead of *Calmus*.

*Calmus Aromaticus*, is the right *Calmus* of the auncient Phisitions, and it is called *Acorus* and *Piperapum*: but the right *Calamus Aromaticus* is a sweete smelling reede, which is neuer brought vnto vs, and therfore we do vse *Acorus*, that is *Calmus*, which doth now supply the place both of *Calmus* and of *Calmus Aromaticus*.

*Camelina* is called of *Dioscorides Myagrum*, of *Theophrastus Eryſimum*, of Herbarists *Camelina*, of the Apothecaries *Sesamum*. And although it be not the right *Sesamum* of the auncient Phisitions, yet doubtles it may safely be vsed in stead thereof, because as yet the right *Sesamum* is not knowne. It hath power to warme reasonably, and to ease all manner of paine: wherefore it is much better to vse a thing in place of the true *Sesamum*, which is well knowne, then a thing altogether vnknowne & vncertaine.

Camell, *Camelus*.

Cammomils, in Greeke and Latine *Chamæmelum*, *Anthemis*, *Leucanthemis*, & *Leucanthemum*, the Apothecaries do call it *Chamemilla*, and *Camomilla*, Chamemils are hot and dry in the first degree.

Campher, *Caphora*, *Camphora*, in Latine and in Greeke *Caphura*, it is a strong smelling iuice, or sap of a tree in Indy. It is cold and dry in the third degree, and it is much vsed in Phisick. There is yet another kinde of Campher, which is a kind of minerall or of Amber, called Campher of the mine, that is hot and dry by nature. This kind of Campher is altogether vnknowne to the Physitions, for which cause also it is not in vse.

Canker, in Latine & Greeke *Carcinoma*, *Carcinus*, & *Cancer*, a virulent & corroding vlcer.

Canterbury bels, in Latine *Smilax leuis*, *volubilis*, *Campanula*, *Conuoluulus*, *Campanella*, *Scandulaca*, *Coniugulum Catonis*, and *funis arborum*. This herb is knowen euery where.

Capers, in Greeke & Latine *Capparis*, & *Iuturis*.

Capon, *Capus*, *Capo*, and *Gallus Spado*.

Caruway, in Greeke and Latine *Carum: Ætius* calleth it *Careum, Carium: Simeon* termeth it *Carnabadium*, others call it *Caroum*, and *Careosemen*. The Apotheearies call it *Carui:* and *Athenæus Pastinaca maior*.

Carbuncle, in Greeke and in Latine *Anthracites*, and *Carbunculus*.

Carduus Benedictus, *Atractylis hirsuta, Carduus Sanctus*, and *Carduus Benedictus*.

Carpe, in Greeke and in Latine *Cyprinus, Carpo*, and *Carpio: Erasmus* doth call it *Carpa*.

Carot, *Carota, Pastinaca Rubra*.

Cassie canes or Pipes, in latine and in Greek *Cassia, Casia, Cassia Fistularis, Siliqua Ægyptia*, and *Cassia Carthartica*.

Cassie wood, loke for *Cassia lignea*, or *Xylocassia* in the Latine Table.

Caterpillers, in Greeke and in Latine *Campe, Eruca*, and *Bruchus*: some men do call them *Erucula*: they are wormes sufficiently knowen that eat and spoyle all greene herbs, as Cabbages, leaues of hedges & trees. They that liue on the Pine trées and Fir trées are called in Latine *Erucæ Pinorum*, and *Erucæ Picearum*, in Greeke *Pityocampe*.

Cats Mints, field Mints, wilde Penniroyall, *Calamintha agrestis*, or *Aruensis* and *Pulegium agreste*. Of *Mesua, Calamintha domestica, Calamintha felina*, and *Cattaria*.

Celendine, in Greeke and Latine *Chelidonium maius, Cratæa, Philomedium, Othonium, radix Pandionia, Aubium, Fabium*, and of the Alchimistes *Celidonium*, of *Serapio Cauroch, Curcuma*, and of the Apothecaries *Celidonia*. It is an herbe common and well knowen: the Simplicistes doe call it *Herba hirundinaria maior*. The second kinde is called the lesser Celendine, Pilewort, or Figwort: in Greek and in Latine *Chelidonium minus*, and *Triticum syluestre*, of the Herbaristes *Herba hirundinaria minor, Testiculus Sacerdotis, Scrophularia*, or *Scrofularia*, and at the Apothecaries *Celidonia minor*. The former kind is alwaies vnderstood if it be without any addition.

Centorie, in Greek and Latine *Centaurium minus, Lymnesium, Lymnæum, Libadium, febrifuga*, and *Fel terræ*.

Ceruse, in Greeke and Latine *Psymmithium, Cerussa*.

Ceterach both great and small. The lesser Ceterach is called in Greeke & in Latine *Scolopendrion, Hemionion, Asplenium*, of *Scribonius Largus Calcifraga*, of the Herbaristes *Scolopendria vera*, and *Scolopendria minor, Splenium, Asplenium*, and *Ceterachum*. The Apothecaries do call it *Ceterach* as the Arabians do, it is the true *Scolopendrium* of the auncients: *Theodorus Gaza* calleth it *Mula*, or *Herba Mula*. Our vnskilfull Phisitions and Apothecaries doe vse the Harts tong *Phyllitis*, for the true *Scolopendrium* without any regard or care. If Rosemary were not so common, they would take the Juniper trée for it, and Nettles for Pariterom: wherefore it is a great grace that old women do so wel knowe the herbes, otherwise would they often be deceiued, séeing their whole trust and credite relyeth on the Herbe-wiues. The other kind of *Ceterach* is also called Harts tong, of *Dioscorides Lonchitis altera*, of the simplicists *Scolopendrium maius, Scolopendria maior, Asplenium, Asplenium maius, Spicantum, Scolopendrium*, or *Asplenium syluestre*, because it groweth in darke and moyst woods. Both these herbes doe take their names of the worme *Scolopendra*, which is called an Earewig or worme with many legs, because the leaues séeme to be noted with it. Both these herbs haue the same operation, for they are both hot in the first, and drye in the second degrée: they are the best spleneticall herbes that are to be found, for they are good for all maladies of the spléene.

Chaste trée is called in Greeke and in Latine *Amictomianum, Agnos, Lygus, Agonus, Tridactylum, Lecristicum, Uitex*, and *Salix Armerina*: of the Herbaristes *Piper agrestis, Piper Monachorum, Arbor casta*, and of the Apothecaries *Agnus castus* There are two kinds of it, to wit, the greater and the lesser Chaste trée. The great groweth in height like the Willow trée, and hath also leaues most like it, it smelleth very pleasantly, the flowers are white and purple coloured. The other kind hath altogither purple flowers, it is fuller of brauches, hath whiter leaues, and is much lesse than the former.

Charuill, *Carephyllon*, and *Cherefolium*, and of the common Phisitions and Apothecaries *Cerefolium*.

Chestnut trée, *Castanea, Glans Sardiana, Iouis glans*: the fruit is called *Nux Castanea*: there are diuers kinds of them that are not needfull to be rehearsed at this present.

Cherries, *Cerasa*, there are two kinds of them, sweete and sower, and each of them may bee subdiuided into mo kindes. The hard, sweet, and great Cherries are in some places called Spanish Cherries, and in Latine *Cerasa duracina*, or *Pliniana*, they haue a very sweete

swéete and pleasant taste: amongst these are the white Cherries also comprehended. The common red Cherries are called *Cerasa mellea*, for their great and pleasant swéetenes. The red and swéete Cherries that leaue a bitternes in the mouth behinde haue first béen graffed on a Bay tree, whére they as yet do kéepe their bitternes, and are called *Cerasa amarasia*, and *Laurea*. The black tame Cherries are called *Cerasa actia, Actiana, Caeciliana*, and *Cessiana*. The little wilde and black Cherries are comprehended vnder the *Actiana*, and in like sorte also the little wilde and red, vnder the great red and domesticall or tame Cherries. Of the sowre Cherries there be two sortes, to wit, white and red; the red are called *Aproniana cerasa*: others call them *Iuliana*, and *Aquea*. The black are named *Cerasa Amarina*, and *Amarena*: but amongst all kinds of Cheries are the wild blacke, the red, and the domesticall blacke Cherries vsed most in Phisicke, and aboue all other those black ones that are called *Amarena*. Wherefore if one finde the name of Cherries in any receit without any additiõ, then are the black Cherries or *Amarena* to be vnderstood & taken for it.

Chickwœde, in Grœke and Latine, *Alsine*, at the Apothecaries *Morsus Gallinæ*, of the Herbarists *Pabulum anserinum*, and *Pauerina*. This herbe is cold and moyst.

Cichelings, in grœke and latine *Lathyrus*, & of *Pliny*, *Cicercula*: they are white sower square Peason, sufficiently knowen of euery man.

Cichory or Suckery, in Latine and Grœke *Picris, Chreston, Cichorium, Pancratium, Troximum, Intybus*, or *Intubus erraticus, Cichorium agreste, Seris Syluestris, Amarago, Cicorea, Ambubeia*, and of *Celsus, Ambugia*, of *Pliny, Cichorea*, & of the *Arabians, Taraxacon*, and *Altaraxacon*. Of the other kind of *Intybus* loke in *E.* for Endiue: *Galen* calleth all these kinds of Cicories and Endiues *Intybolachana*, that is, *Intybacea olera*.

Cinnamom, in Grœke and Latine *Cinamomũ, Cinnamomum*, and *Cinnamum*: it is a swéete smelling barke, and a well knowen spice: it is also called *Canella*. It is hot and dry in the third degrée.

Cynquefoyle, in Grœke and Latin *Pentaphyllon, Pentapetes, Chamæzelon, Pentafolium*, and *Quinquefolium*.

Ciper rootes, or wild Galingall, in Grœke and Latine *Cyperus, Erysisceptrum, Cyprius, Iuncus quadratus*, it is called of *Celsus* and *Pliny*, *Iuncus angulosus, Iuncus triangulus*. There are two kindes of it, the one hath a rounde roote, and is called *Cyperus rotundus*: the other a long roote called *Cyperus longus*.

Cipresse tree, *Cupressus, Cyparissus*.

Citrõ tree, *malus Cipria, medica*, or *Persica malus*.

Citrons, in Grœke and Latine *Cidromelum, Cochimelon, Malum citrium, Malum medicũ, Malum citreum, Malum assyrium, Malum Hesperium*, and *Malum citrinatum*, and at the Apothecaries *Citrinatum*.

Citrul, *Citrullus*.

Clary is called of the Herbarists in Latine *Oruala, Orùalla, Sclarea, Scarlea, Matrisaluia, Galli crista, Totabona*, and *Herba sancti Iohannis*: at the Apothecaries *Gallitricum*, and *Centrum Galli*: it is a kinde of *Orminum*, or *Horminum*, although it be neither of them that *Dioscorides* doth write of, yet may it by reason of his similitude, properties, and virtues, be vsed either with or for *Horminum*. The other kinde of Clary is the wild Clarie, that groweth euery where in the fields, it hath dœpe iagged leaues with a blew purple flower, and is called *Scarlea syluestris*, or *Sclarea syluestris*, and *Gallitricum syluestre*. But whensoeuer Clary is prescribed, then ought the garden Clary to be vsed.

Clauers, loke in *T.* for thrée leafed grasse.

Clay, *Argilla*: *M. Cicero* calleth it *Terra Sigillaria, Columella, Terra figularis*. This Clay is vsed in this booke for the bléeding at the nose.

Cloues, in Grœke *Caryophyllum*, at the Apothecaries *Cariofilus*, or *Gariofilus*.

Cocke, *Gallus Gallinaceus*.

Cockle, *vide* Corne rose.

Codwort, in Grœke and Latine *Bubonium, Asterium, Aster Atticus, Asterifcus, Hyophthalmus, Herba inguinalis*, and *Inguinaria*, of the Herbarists *Stella attica, Oculus suis*, and *Alibium*. There be fower kindes of it, to wit, the first with the blew flower, which is commonly knowen by the name of Codwort. Some simplicisses do call it for a difference *Bubonium caeruleum*. The second is almost like the former, but that the leaues and the flowers be somewhat bigger, and the flowers yellow, and starre wise like the blew: this groweth by the riuer of Rhene. The Herbarists terme it *Bubonium luteum*, and *Inguinaria lutea*. The third kind groweth on dry hils, whereof the leaues are lesse, double, wrinckled, and bended almost like a halfe

halfe moone, the flowers are very yellow, and lesse than the aforesaid: the Simplicists call it *Bubonium lunatum*. The fourth kinde hath long and picked leaues, with three or fower sinewes like to the lesser Plantaine, and hath a faire starre like flower, yellowe euery where, and euery flower hath fiue smal leaues vnder it, placed also like a star. This kind did we first get from *Marselles*, for which cause it is now called *Bubonium Massilioticum*, and *Stella Massiliotica*: but when and wheresoeuer Codwort is named with any addition, there is alwaies the common Codwort with the blew flower to be vnderstood. This may also be called *Ramicaria*, or Rupture wœde, bicause it is especiall good for the Rupture.

Coloquint, in grœke and latine *Colocynthis*, *Sicyona*, *Cucurbita syleſtris*, *Cucurbita syluatica*, and *Cucurbitula*.

Conie, in grœke *Daspus*, of *Polybius*, and *Galen Cunilus*, in latine *Cuniculus*: it is a well knowen beast in all countries.

Copper is called in grœke *Chalcos*, in latine *Aes*, *æs Cyprium*, *Cuprum*.

Coriander, in grœke and latine *Corianon*, *Corion*, and *Coriandrum*.

Corke trée, in greeke *Phellus*, and of *Theophrastus*, *Ipsos*, and of *Theocritus Scoliastes*, *Anaryca*, in latine *Suber*. It is a kind of Oake, and very common in Italy, they haue a thicke rinde or barke, of the which our Corke is made.

Cornerose or Cockle, in grœke *Lychnis agria*, in latin *Lychnis syluestris*, of the Simplicists *Caryophyllus aruensis*, *Pseudomelanthium*, *Githago*, and *Nigellastrũ*: *Dioscorides* calleth it *Atocium*, *Hieracopodiũ*, *Tragonatũ*, *Lampada*, and *Semura*: some vnskilful Phisitions and Apothecaries haue vsed this herbe for the *Melanthiũ* or *Nigella* of the auncients, the which error diuers Apothecaries & fond fellows haue so imbibed, that they will rather follow their owne foolish opinions, than be better instructed of others.

Coral, in grœke and latin *Coralium*, *Corallium*, *Gorgonia*, *Lithodendron*, *Dentrites*, & *Curalliũ*.

Costus roots, *Costũ*, & *Costus*: of this roote there be two kinds, to wit, the bitter & the swœte Costus roots. The bitter roote is alwaies vsed for the Costus without any addition.

Coutsenille, in greeke & in latin *Coccos baphica*, of *Pausanias*, *Hysge*, *Coccum infectorium*, *Coccum tinctorium*, *Granum infectorium*: in the Arabian tong *Kermes*, and *Chermes*. The silke dyers for a differẽce of the crimson colour haue named it *Kermesinum granum*, for the crimson color and *Kermes* of the Arabians is not one & the self same. The Coutsenille is called *Kermesinum*, by reason of her braue color, which is cõwhat like vnto scarlet. Also the crimson colour called *Kermesinum* is takẽ from the roots of certain herbs, and it is an externall thing from the rotes, (although it grow with them) for it is also found to grow on the barks of certain trées, and hath no virtue or vse in Phisicke at al, as the Coutsenille doth, which is the natural fruit of a little tree, not vnlike to our Butchers broome, but that it is somewhat lesse, with fewer leaues & fruits: wherefore they doe erre greatly that take the crimson colour *Kermesinum* for the Coutsenille, & vse it for the same in their compositions, & medicaments. But the Apothecaries doe erre more grossely, that do vse the Gooseberries in stœde of the Coutsenille, & (that which is worse) the vnskilfull Phisitions doe beare with it, & let it passe for good, so that it may well be said of them that one blind man leadeth another: but woe be to the patiẽt, for he ought not to be iested withal, seeing ỹ Coutsenille is not vsed but in extreame debility of the hart, for which neither ỹ crimson colour nor the Goose berry hath any vertue at all. The Coutsenille is also vsed of womẽ with child for to cõfort & strengthen their child in their bodies, & to preuent all mischances, for the which it is very meete & requisite. The Gooseberry is of a quite contrary nature.

Cowslips, Cowslops, of some Lady keyes, or Primeroses, in grœke *Phlomis*, *Arthritica*, in latine *Verbasculum*, the Herbarists do cal it *Herba paralysis*, *primula veriflora*, *Primula veris*, *Bracha cuculi*, and *Herba primi floris*, & at the Apothecaries *Arthretica*, & *Betonica alba*, the which is indeed the right white Betony. There are three kinds of thẽ: the first kind are the common Cowslops, with the yellow flowers, that growe euery where in drie meadowes, and on grassy hils. These are called of the Herbarists *Verbasculũ odoratum*, by reason of their pleasant smell. The secõd kind groweth in the woods, & is much bigger than the cõmon Cowslops: it hath a pale yellow colour, but without any smel at all, & it is called *Verbasculũ syluestre*, & *Verbasculũ albũ*, & when this kind is set in gardens, it groweth as big againe as before. The third kinde are the double Coulops,

that

that are set in gardens, & they are much fairer, greater, and more pleasant than the cõmon, & are called *Verbasculum multiplex*.

Creuets, in Greeke and in Latine *Astacus fluuiatilis, Cammarus, Gammarus*: it is a kinde of shell fish very common and wel knowen. This fish is euen nowe adayes of diuers learned men called *Cancer* vniustly, for that there be no *Cancri* in Germany; for the true *Cancri* haue no tayle as our Creuets haue, which are in all points like to the Lobsters, but that they are much lesse.

Crabs or wild Apples, *Malum syluestre*, or *Pomum syluestre*, they and their leaues are vsed for the laske.

Cresses, in Greeke and Latine *Cardamum, Nasturtium hortense*, and of the common Herbarists *Cressio*.

Cricket, *Grillus*, a little worme very common in all Brew houses.

Cristall, *Chrystallus*, and *Chrystallum*.

Crowfote, in Greeke *Batrachion*, and *Batrachis*, in Latine *Ranunculus, Herba Sardonia, Herba scelerata, Strumea*, and *Herba strumea*, at the Apothecaries *Flammula*, and *Pes Corui*. *Plinie* calleth the double Crowfote *Polyanthemum*, it is called here Batchelers buttons, and of the Symplicistes *Ranunculus multiplex*. There are diuers kindes of it, but bicause they are not all of them vsed in Phisicke, we will only speake of the lesser sort, which by reason of the rounde rote that it hath it is called *Ranunculus rotundus*, and at the Apothecaries *Flammula*, and of some (for to distinguish it from the other sorts) *Flammula minor*, and *Flammula rotunda*: and this kind of Crowfote is only to be vsed in Phisicke.

Cuckoe, in Greeke *Coccyx*, in Latine *Cuculus*, a bird to common and well knowen.

Cuckoe bread, in Greek and Latin *Oxys, Oxytriphyllon, Trifolium acetosum, panis Cuculi*; and at the Apothecaries *Alleluia*.

Cuckoepit, Priests pintle, or Wake Robin, in Latine *Pes Vituli, virile Sacerdotis, Serpentaria minor*, and at the Apothecaries *Aron*.

Cubebes, in Greeke *Carpesium*, of *Actuarius*, of the Arabians, and at all Apothecaries *Cubeba*.

Cucumber *Cucumis, Cucumer*, and *Cucumis sativus*, in Greeke and of *Aristophanes Sicys*, and *Sicuos*.

Cumfrey, of *Dioscorides Symphytum alterum, Symphytum maius*, & *Pecton*, of *Apuleius Pectis, Anazetesis, Hæmostasis, Consolida maior*, and *Alus Gallicus*, of *Scribonius Inula rustica, Consolida, Confirma maior, Conserua maior*, and *Solidago*: it is a common herbe, whereof there be two sorts, the one with purple flowers, and the other with white. There is yet a third kinde called *Symphytum petræum*, of *Apuleius Xylophyton*, and *Anachylis*, of the Herbarists *Consolida petræa*: this groweth on hils and stonie places.

Comin, in Greeke and Latine *Cuminum, Cyminum, Cuminum satiuum, Cuminum hortulanum*, and *Cuminum Romanum*.

## D.

Daffodill, it is called in Greek & in Latin *Hemerocallis, Lilium syluestre, Lilium Saracenicum*, and at the Apothecaries *Affodillus*, for *Asphodelus*, but vniustly: and although it be not the true *Hemerocallis* that *Dioscorides* describeth; yet it is a kinde of it, and verie like it in vertues and operation. The right Daffodill is called in Greeke and Latine *Asphodelus, Hastula regia, Albucum*, the flowers with the stalke *Anthericos*. It is now by the diligent and expert Phisitions brought into vse againe.

Damaske Prunes, *Pruna Damascena*.

Dandelion, Priests Crowne, wilde or yellow Cichorie, in Greeke *Hedypnois*, of *Theophrastus Aphaca*, and of the Herbarists *Seris vrinaria, Herba vrinaria, Seris somnifera, Caput monachi*, and *dens Leonis*. The Apothecaries and vnskilfull Phisitions do call it *Taraxacon*, and *Altaraxacon*, which names are due to Plantaine, as may be seene by *Serapius* and the Arabians. For that which *Dioscorides* calleth *Intybus syluestris*, that doe they call *Taraxacon*, or *Altaraxacon*. This herbe is cold by nature, it prouoketh sleepe, it openeth all inwarde obstructions, it moueth vrine abundantly.

Danewéede, in Greeke and Latine *Chamaacte, Ebulus, Sambucus pumila, Sambucus humilis, Sambucus aruensis*.

Dates, in Greeke and Latine *Dactyli, Caryota, Caryotides*, and *Palmula*, lower Dates are called *Tamarindi*.

Date tree, in Greeke *Phœnix*, and in Latine *Palma*.

Daysies, in Greeke *Ballis*, in Latine *Bellis, Bellium*, and *Bellius Flos*, by the Herbarists *Pascanthemum*, and *Herba Arthritica, Herba margarita*, and at the Apothecaries *Consolida minor*. The other kind is called *Bellis maior*,

*maior, Belliũ maius,* & of the Herbarists *Chenanthemum, Consolida media vulnerariorũ.*

Diamond, *Adamas,* a well knowen gem or precious stone.

Dill, *Anethum,* it is hot in the third, & drie in the second degrée.

Diptamer, *Diptamus,* in grèke & latine *Polemonia,* or *Polemoniũ, Phyletæria, Chiliodynamis Fraxinus pumila, Fraxinula, Frassinula, Fraxinella, Frassinella,* and *Dictamus albus.* The Apothecaries call it *Diptamus,* and *Dictamus albus.* This plant hath bèene taken a great while for *Pæonia mascula,* but it is the true *Polemonium* of the auncients.

Dishwasher, a little birde called *Motacilla, Cauda tremula,* and of *Hesichius, Cyrillus,* it is a common and well knowen bird.

Diuels bit, *Morsus Diaboli, Succisa, Iacea nigra,* and *Præmorsa.* It is a kind of Scabious, and is not vnlike the same, onely that the leaues of it be not iagged, as the Scabious leaues are.

Docke, in grèke *Lapathum,* in latine *Rumex,* and at the Apothecaries *Lapatium.* There are fiue kindes of Dockes: The first hath long piked leaues like Sorrell, but something sharper, and it is called in grèke to distinguish it from the rest, *Oxylapathum,* in latine *Lapathum acutum, Lapathum acutifolium,* and at the Apothecaries *Lapatium acutum.* The second kind hath great broad leaues, not much vnlike the former, but somewhat bigger, the Herbarists do call it *Lapathum latifolium, Lapathum platiphyllon,* and *Lapathum non acuminatum,* which is almost altogither in vse vnder the name *Lapathum acutum* vniustly, but amongst the vnskilfull Phisitions and Apothecaries a foote or twaine breakes no square. This groweth in meadowes, and other moist places. The third kind hath yet bigger, but softer or gentler leaues: it is sowen in gardẽs, especially in France, where they vse it amongst other pot herbes in their porrage, the roots of it are bigger thã the other, somwhat yellow, not much vnlike to Rubarb: it is called in grèke *Lapathon Cepæon,* in latine *Lapathum domesticum, Rumex satiuus,* & by the Herbarists *Rhabarbarum monachorũ,* and *Patientia:* some do call it *Lapathum latifoliũ satiuũ,* to distinguish it from the former. The fourth kind hath very great leaues, & piked before, it groweth in pondes & other waters, & is called in grèke *Hydrolapathon,* and *Hippolapathon,* in latin *Lapathum equinũ, Rumex equinus, Lapathum aquaticum, Rumex aquaticus,* & *palustris,* the Grecians doe also call it *Bulapathon.* The fift kind hath leaues like the first & the cõmon Dock, with many red spots & vains, and it is found in gardẽs, it is called of the Herbarists *Lapathũ sanguineum, Rumex sanguineus,* & *Sanguis Draconis.* The first kind is Sorrel, wherof shalbe spoken elswhere.

*Doronicum,* the Arabians do call it *Doronigi:* it is mingled with other things that serue for comforting of the hart. Some will affirme that it is venemous, because the secõd kind of it is such, that it killeth both man & beast: Wherefore if our *Doronicũ* be poison, then must of necessity follow, that the herbe *Antora,* or *Antitora,* be also venemous, because the one is as like the other in leafe, flower & rote, that the one can hardly be knowẽ frõ the other. But ỹ our *Doronicũ* is no poyson, hath experiẽce taught vs many yeres ago.

Dragons, in grèk *Draconiũ, Dracontea, Dracontia, Isarũ, Biarũ, Iarũ, Harmiagrion,* & *Sigiginaliũ. Apuleius* calleth them *Pythoniũ, Anchomanos, Sauchromaton, Typhoniũ, Crocodiliũ, Theriũ,* and *Theriophonũ,* in latine *Serpentaria, Columbina, Colubrina, Mauriaria, Dracontea,* and *Collũ Draconis:* of the Arabian Phisitions *Luf, Luph,* or *Allúff:* the Simplicists do cal it *Dracunculũ.* There are three kinds of Dragons, to wit, the first, which we doe call the greater Dragons, *Draconiũ maius, Dracunculus maior,* & *Colubrina magna,* therbyto know it from the other two sorts. The second kind is somwhat lesse, and like to the Cuckopit, it is called *Draconiũ minus, Dracunculus minor,* or *Colubrina minor,* and of *Athenæus, Aronia: Cordus* doth call it *Dracũculũ, Hemicophyllon,* and *Luph planum:* the greater they cal *Luph crispũ.* Others do call it the lesser Dragons, that is *Serpentaria minor.* The third kind groweth nère the water, vpon a stubbed rot, with many stalkes vnto it, and on euery stalke one only leafe, much like to Iuy, & euery stalke bringeth a bunch of berries like Cuckoepit: it is called *Dracunculus palustris, Dracunculus aquatilis, Colubrina palustris,* and *Arũ palustre.* We cal thẽ water Dragons. Some simple Phisitions, & sillie Apothecaries do vse the *Bistorta* roots for ỹ roots of Dragõs: but what great distance is betwèn thẽ, what difference in their virtues and operations, is sufficiently knowen to the learned.

Dragon blod, *Cinnabaris indica, Sãgnis Draconis,*

nis, and *Lacryma Draconis*, it is the sap of a tree in the Indies called *Draco*.

Ducke, he or she, *Anas*.

## E.

Earth sealed, in greeke *Sphragis*, in latine *Terra lemnia, Sigillum lemnium, Lutum lemnium, Rubrica lemnia, Minium lemnium, Lutũ sigillatum*, & at the Apothecaries *Terra sigillata*: This earth is maruellously falsified and counterfeited, wherfore great heede must be had in the vse of it. Our hedge Phisitions will rather vse clay, thã want earth in their receipts.

Earthwormes, *Lumbrici, Vermes terreni, Intestina terræ*.

Eele, *Anguilla*, the wel knowen fish, that will not be held by the taile.

Elecampane, in latine *Helenium, Enula, Enula campana*, and *Terminalium*.

Elderne, in greeke *Acte*, & in latine *Sambucus*.

Elme, in greeke *Ptelea*, in latin *Vlmus*: there are 2. kinds of it, the cõmon is called *Vlmus cãpestris*. The other kind groweth on hils, & is called in greeke *Oriptelea*, in latine of *Gaza, Montiulmus*, & of others *Vlmus Mõtana*.

Endiue, in greeke & in latine *Intybus, Intybum, Intybus satiuus*, & *Seris*, at the Apothecaries *Endiuia*: it is a kind of tame Succory, and is knowen at this present in euery place.

Endiue the white, or ỹ lesser Endiue, in greeke and latine *Intybum satiuum angustifolium, Seris satiua angustifolia, Seris satiua minor*, & *Seriola*: the Apothecaries do cal it with a Barbarous name *Scariolam*.

*Eryngus*, in greeke & latin *Eryngium*, of the Herbarists *Herba pleuritica, Acus veneris, Capisulum martis, Centumcapita*, and at the Apothecaries *Iringus*. There are two kindes of it, the one, which is common with vs, and by the name of *Eryngus* sufficiẽtly knowen. The other kind hath broade leaues, and is not so pricking as the former, it hath also a faire and bigger top, and a faire skie coloured flower, it is planted in gardẽs, it groweth otherwise at the sea side: the Simplicists call it *Eryngium marinum*. Some vnexpert Phisitions and Apothecaries doe vse the star Thistle for *Eryngus*, but erroniously, for it is a little Thistle, much lesse than the *Eryngius*, it hath many little heads, with purple flowers, and prickles about them standing out like a starre, it hath a small roote, that perisheth in winter, it groweth euery where in dry places. The Herbarists doe call it *Carduus Stellatus, Carduus Calcifragus, Tribulus stellatus, Acanthasterion, Spinastella, Calcitrapa*, and *Calcitripola*: *Valerius Cordus* doth call it *Polyacantha*, but it is not the *Polyacantha* of *Theophastus*. Others doe call it *Eryngium minus*, that is, the lesser *Eryngus*. And although this Thistle do also moue vrine, or prouoke the termes in women as *Eryngus* doth, yet neuertheless it is not the same, but it is much stronger than the *Eryngus*; for if one vse too much of it, then doth it expell blod with the vrin: wherefore the same is dulie to bee vsed, and in stede of *Eryngus* vse the common Thistle, or Squilles for it: *Rondoletius* doth call *Eryngus* by the name of *Coronopus*.

Escharbot, in greeke *Cantharus*, in latine *Cantherius, Scarabæus*, and *Pilularius*.

## F.

Fearne, in greeke and latine *Pteris, Blechron, Dasyclonon*, and *Filix*, a well knowen hearbe, and common in all woods and heathes: it is called of *Nicander, Betrus*.

Fenegreeke, in greeke *Telis, Ægoceros, Ceraitis*, of *Pliny, Carphos*, of *Theophrastus, Buceras*, of *Hippocrates, Epiceras*; in latine *Fœnumgræcum*, of *Pliny, Silia*, of *Varro, Siliqua*, and of the Herbarists *Trifolium græcum*: it is an herbe, whose seede is onely in vse.

Fennel, *Fœniculum, Maratrum*, it is a common and well knowen herbe.

Feasant, *Phasianus, Fasianus*, and *Facidis auis*, it is a common birde, which ought to bee vsed for meate in many diseases, as hath bene shewed in diuers places of our booke.

Feuerfew: it is called of the Herbarists *Pseudoparthenium, Amarella, Solis oculus, Matronaria*, and *Matronella*, the practitioners and Apothecaries doe call it *Matricaria*. This Feuerfew hath vntill this present day bẽn taken for the true *Parthenium* of the auncients, albeit that the most famous & learned Phisitions *Antonius Musa Brassauolus, Leonardus Fuchsius, Guilielmus Rondoletius*, and diuers others haue long since sufficiently shewed, that the bitter and stincking Cammomils (of some called dogs Cammomils) are the true *Parthenium*, for it is not onely in all poynts correspondent to the description of it, but agreeth also in the virtues and operations with it, and hee that readeth *Dioscorides*,

is constrayned to affirme the same: wherefore it is a great wonder, that many men will be so obstinate, that although one do shew them the truth it selfe, yet will they like swine tumble in their durt, and stick to their vngrounded opinions, whereby they seeme to seeke the ouerthrow of all truths. The true *Parthenium* are the stinking cammomils, which are called of the Herbarists *Herba virginea, Cynanthemis, Bufonaria, Anethum caninum, chamæmelum fœtidum*, and *Cotula fœtida*.

Field berries, loke Huckle berries.

Field Cypres, in Greeke and Latine *Chamæpitys, Abiuga*, or *Abiga*, at the Apothecaries *Iua*, & *Iua arthetica*, or *Arthetica*: of *Plinie Thus terræ*, of the Herbarists *Herba apoplectica, cucurbitularis*, and *Pinus pumila*.

Fig tree, *Ficus*.

Figs, dryed figs, *Ficus, ficus passæ, Carica*, there are three kinds of them brought vnto vs, the first are they that come in frayles, and they are the meanest: the second kinde are the leafe Figs, that are brought frō Candy and Cypers, these are fatter and better then the former. They are called leafe figs, because they are packed and made vp with Bay leaues betweene them. The third kind are lesser and pleasanter then the rest, they are brought from Prouence, they are called figs of *Marselles*, and these are the best of all for Physick.

Figwort, the great Scrofulary, this herb hath been vnknowne to the auncients, and now adayes it is called of our Physitions *Scrophularia* or *Scrofularia*, and also *Millemorbia*, or *Castrangula*.

Firre tree, in Greeke *Elate*, in Latine *Abies*, there are two kindes of it, the first is the common firre tree, which of the Simplicists is called the white firre tree, or *abies candida*, the second kinde of Firre tree is called in Greeke *Peuce*, in Latine *Picea*, and of the Herbarists *Abies nigra*, which is the red firre tree. But where thou findest Firre tree in any receipt without addition, there is the common Firre tree meant.

Fitches, in Greeke *Bicion*, or *Aracus*, in Latine *Vicia*, there are two kinds of them, the first is that which is knowne to all men by the name of Fitches, the other kinde groweth of it selfe heere and there, they are called wild fitches, *Dioscorides* doth call them *Aphace*, in Latine *Vicia sylvestris*. But if the name of Fitches be found without additiō, then shalt thou vnderstand the first kind of them. Our vnskilfull southsayers and Apothecaries do take the fitches for the true *Eruum* of the auncient writers, but it is an open deceipt, which ought to be punished by the Magistrates, and to call such careles fellows in question for their false *quid p quo*.

Flax, in Greeke and Latine *Linum*, *Plinie* calleth all that *Linum* that may be spun.

Fleawort, in Greeke and Latine *Psyllium, herba pulicaris, pulicaria*, of *Plinie Cynoides*, & *Cynocephalon*. The seede only of this herb is vsed in physick, it is cold in the second, and dry in the first degree.

Flint or pible stone, in Greeke *Chalix*, in Latine *Silex*.

Flour deluce, *Lilium cæleste*, and *Iris Germanica*. Although this our Flour deluce do not agree in euery respect with the *Ireas* of *Italy*, yet it is a kinde of it, and much stronger in purging, for which cause it is aboue all other kinds vsed in the Dropsie.

Fole foote, in Greeke *Bechium*, and *Chameleuce*, in Latine *Populago, Tussilago*, of the Herbarists *Vngula caballina*, & *herba Diui Quirini*, at the Apothecaries *Farfara*, of *Theophrastus Aphyllantes*, because that it bloweth without any leaues, wherfore it is also called of some *filius ante patrem*, others do likewise terme it *populus humilis*, or *pumila, farfarella, farfarago*.

Framboys, in Greeke & Latine *Batus Idæus, Rubus Idæus, Rubus Cerunnus, Ceruirubus*, the whole shrub is called the Framboys hedge, the fruite Framboys, *mora rubi Idæi*.

Frankincense, in Greeke and Latine *Libanus*, or *Libanum, Libanotis, Thus, Tus, Opolibanum, Incensum*, and at the Apothecaries *Olibanū*. There are foure kinds of it, the first is very white, round, and little cornes or graines, it is called in Greeke *Stragonias*, of *Plinie Thus masculum*, of the Simplicists *Thus testiculatum*, at the Apothecaries *Olibanum testiculatum*, in english white Frankincense, and this is the best of all the kinds. The second kinde is gray, yellowish, and is that which is left after the former is picked out, & it is only called Frankincense. The third is also vsed, and it is full of barks, to which the Frankincense sticketh, and it is taken frō the tree: and although it be thought vncleane, yet hath it his place in Physick as well as the best. This is called *Thuris cortex, Thus corticosum*, and at the Apothecaries *Olibanum corticosum*, in english rindes or barks of Frankincence. The fourth kinde

are

are the reliques that are left after the former three kindes are taken out, all these kinds do come of one and the same tree: but there is yet another contemned kinde of Frankincense at the Apothecaries, and also at the Druggists, that is not worthie to be numbred amongst the former kindes, because it is only a deceipt and knauery vsed in stead of good ware, wherefore it ought by good right to be throwne out of doores. This is made of the gum of ỹ Pine tree, & so prepared deceitfully, it is called *Thus Adulterinum*, in English counterfeited Frankincense.

Frankincense the black, *Timiama*, in Greeke *Nascaphthum*, *Narcaphthum*, of others *Thymiama*, & at the Apothecaries *Thymiana*. It is a sweete smelling barke which is vsed in sweete vnguents, or fuming candles: some do call it *Incensum nigrum*.

French Beanes, *Phaseolus*, *Phasiolus*, *Dolicus*, *Phaselus*.

Frogge, *Rana*.

Fumitory, in Greeke and Latine *Capnos fumaria*, & *Fumus terræ*, the Herbarists call it *Cerifolium felinum*, & *Columbinum*. It is a well knowne herbe, and is hot and dry in the third degree.

## G.

Gadrise tree, a tree called in Greeke and Latine *Crania*, *Cornus*.

Galingall, *Cyprus Babylonius*, and *Galanga*, a well knowne spice, whereof there be two kinds, to wit, the great & the lesser, but the lesser is the true Galingall, and is to be vsed in stead thereof, but the great is called *Galanga maior*. This is vsed of some for the true *Acorus*, that is *Calmus*: but they erre greatly, for *Acorus* is our common *Calmus*, as hath been shewed elsewhere.

Galles, *Galla*, they that growe on our Oakes are altogether vnmete for Physick, they are called of *Galen Onicicidæ*, that is, *acininæ gallæ*.

Garlick, in Greeke *Scorodon*, and in Latine *Allium*.

Gillowfloures, are called of the Herbarists *Cariophyllus flos*, *Cariophyllus hortulanus*, *Cariophyllus domesticus*, *Betonica altilis*, & of *Plinie Cantabrica*, the Apothecaries call it *flos chariophyllorũ*, but there are diuers other herbs that are called *Herba tunicæ*, but some suppose *Carduus Benedictus* to be the right *herba tunica*, where they should reade *herba turca* or *turcha* and not *tunica*. *Gordonius* doth call our *Ocymastrum* that is Behen, *herbam tunicam*, so that almost each author hath his owne *herbam tunicam*. Some do call our Gillowfloures *flos tunicus*, to distinguish it from *herba tunica*, which is Behen, and they do very well, for a thing well distinguished preuenteth many errours.

Gentian, in Greeke and Latine *Narce*, *Aloë Gallica*, and *Gentiana*.

Gentian the lesser, in Greeke *Phyteuma*, in Latine *Cruciata*, *Gentiana Cruciata*, and at the Apothecaries about the Riuer of Rhene, *Herba diui Petri*. This herb is vsed euen at this present for them that haue taken somewhat to fall in loue with another body, or that are bewitched. It is also a true remedie experimented, if it be vsed as it ought.

Germander, in greeke and Latine *Chamedrys*, *Chameroys*, *Lynodris*, *Trixago*, *Curcula*, & *Serratula*. Whensoeuer thou wilt vse Germander, take that with the browne red floures, which is a kind of *Teucrium*, for that is the true Germander, and is called of some *Calamandrina*, and *Morsus mulierum*.

Ginger, *Zingiber*, a well knowne spice, called also *Gingiber*, & at the Apothecar. *Zinziber*.

Gips, in greeke and latine *Gipsus*, or *Gipsum*: there are diuers kinds of it, but the best is that which is most like to chalke.

Gitte, in latine and greeke *Melanthium*, *Gith*, and at the Apothecaries *Nigella Romana*. There is yet another kind of it, whereof the plant is bigger, and more pleasant to behold, but the seede is not so strong in smell, and is called Damaske *Nardus*, of the Herbarists *Nigella Damascena*: but the first kind is only vsed in Phisick. They are both of them hot and dry in the third degree.

Glew, in greeke *Colla*, and *Xylocolla*, in latine of *Virgil*, *Gluten*, of *Varro* and *Salustius Glutinum*, otherwise also *Glutinum taurinum*, and at the Apothecaries *Gluten ligni*. It is vsed in plaisters for the rupture.

Gnat, in greeke *Conops*, and of *Hesichius Nopis*, in latine *Culex*.

Goat, *Capra*.

Goldfinch is called in greeke *Acanthis*, in latine *Carduelis*, and is good in meates for them that haue a cold stomack.

Gose, *Auser*.

Gosegras, in greeke *Aparine*, *Omphalocarpos*, *Philanthropos*, in latine *Aspergula*, *Asperula*, and *Speronella*, it is a well knowne weede, hot and dry by nature.

Gourdes, *Cucurbita esculenta, Cucurbita ventricosa, Cucurbita cameraria, Cucurbita perticalis,* and at the Apothecaries *Cucurbita.*

Graye, loke a Badger. *B.*

Gromell, in Greeke and Latine *Lithospermon, Gorgonium,* of *Theophrastus Diosporus,* and at the Apothecaries *Milium solis. Dioscor.* calleth it *Lithospermum,* and *Semen Leoninum.* There be two kinds of it: the first groweth in the fields and vntilled places: the second is like the former which is vsed at the Apothecaries, but it groweth not aboue a span in height, and the seede is also much lesse, it is called *Lithospermon arvense:* the other hath small leaues like to Flaxe, and betweene euery leafe a little seede, not vnlike to the true Gromell: the Herbarists do call it *Lingua passerina, Lithospermon sylvestre,* & *Lithospermon nigrum:* in English black Gromil, to distinguish it from the white which is dayly vsed. Some also doe adde to the former kindes *Lachrima Iouis,* calling it *Lithospermon maius,* although it haue no communion with them: the first is most vsed.

Graines, *Cardamomum maius,* at the Apothecaries *Granum Paradisi:* it is vsed commonly both at the Apothecaries, and in the kitchin.

Grasse, in Greeke and Latine *Agrostis,* and *Gramen.*

Grashopper, *Cicada.*

Greenefinch, *Acanthus,* in Greek and in Latine *Spinus,* and of *Theodorus Gaza Ligurinus:* it is a well knowen bird, and vsed commodiously in meates for all cold rheumes.

Gum, in Latine *Gummi,* at the Apothecaries *Gummi Arabicum.*

## H.

HAre, *Lepus,* it is a common and well knowen beast, especially in rich mens houses.

Hares foote, in Greeke and in Latine *Lagopus, Lagopodium, Pes leporinus:* the Herbarists do cal it *Trifolium Leporinum, Trifolium felinum,* and *Trifolium Trinitatis.* This herb is much vsed for the laske.

Harts ease, in Greeke and Latine *Diosanthos, Phlox, Phlogium, Herba flammea, Herba clauellata, Herba Trinitatis,* and at the Apothecaries *Iacea. Gaza* calleth it *Flammula:* it is otherwise called of the Herbarists *Flos Ionis.* It is an herbe common in all gardens and fields, it is much vsed, and especially the water of it.

Harts tong, in Greeke and Latine *Phyllitis,* & *Lingua Ceruina.* It is of diuers vnlearned Phisitions taken and also vsed for the *Asplenium* of the auncients, or for the true *Scolopendrion;* where notwithstanding the true *Scolopendrium* is common enough.

Hartwort or Aristology, *Capnos Chelidonia, Capnos phragmites, Pes Gallinaceus:* of the Herbarists *Pseudoaristolochia,* & *Radix Concaua.* The rootes of this herbe haue the vnskilfull Phisitions brought in vse for the true Aristology the round, and is vnto this day vsed for the same at many Apothecaries, which neuertheless is nothing like it. So befalleth it commonly that we will see and decerne what is done in the heauens amongst the stars, and do not knowe those things that are beneath on earth, and belonging to our Art. This herbe is a kinde of Fumitorie, which *Aetius* and *Plinie* haue so described it as may appeare by their writings. Here is to be noted that as often as you finde either round Hartwort, or round Aristologie, that the right round Aristology is to be taken for it. The true *Aristolochia rotunda* is called in Greeke and Latine *Aristolochia,* and *Melocarpon:* otherwise it is called for a difference *Aristolochia rotunda,* and *Malum Terræ.*

Hasell, or Hasell nut, in Greeke *Carya,* in Latin *Corylus,* and *Nux auellana.* There are two kinds of it, the one that groweth euery where in the woods, and the other that is planted in gardens called a Filberde tree. The Nuts are called in Greeke *Leptocaryon, Nux auellana, Nux pontica, Nux prænestina, Nux Heracleotica,* & *Auellana.* The tame Hasell Nuts are called Filberds, Lombardy Nuts, that is, *Nux Longobardica.* The wood of the Hasel is cut in chips as the wood of the Ash, and also vsed in the making of aromaticall wines.

Hawthorne, is called of *Theophrast. Cynosbatus,* of *Plinie Cynospaston,* & *Neurospaston,* of *Dioscorides Oxyacantha,* of *Gaza Canirubus,* the fruits are called Hawes.

Hawke, *Accipiter* of *Virgil Sacer ales.*

Heath, *Erica,* of *Theophrastus Tetralix.*

Hedghog, *Echinus,* a well knowen beast, it is full of prickles ouer the whole body, so that his skin will not serue to fur a pare of mittens.

Hemlock, is a very venemous herbe: it is called in greek *Conion, Cathechomenion, Abiaton,*

*Ægynos,*

*Ægynos, Apseudes, Ethusa, Ageomera, Apoleguſa, Timoron, Dolia, Palyanodinos, Amauroſis, Dardanis, Aphros, Creidion, Catapſyxis, Cœte,* in latine *Cicuta*: it groweth here and there by hedges, in medowes, and in other grassy places, it hath a very stinking and hurtfull sauour.

Hempe, in greeke and latine *Schœnoſtrophon, Aſterion, Canabis*, or *Cannabis*: it is but seldome vsed in Phisicke: it is oft called Halterwæde.

Henbane, in greeke and latine *Hyoſcyamus, Dyoſcyamus, Emmanes, Dithyrabion, Typhonium, Pythonium, Altercum, Apollinaris, Fabulum, Faba Iouis, Faba ſuilla, Herba calicularis, Faba lupina, Mania*, and at the Apothecaries *Iuſquiamus*. It is cold in the third degree, especially the white, which only is vsed in Phisicke. The gray and black Henbane seedes by reason of their great colde, are taken for poyson, wherefore neither of both ought to be vsed inwardly.

Herbe bennet, loke Auence. A.

Herbe twopence, is called of *Theophraſtus, Ereſtedanum*, in latin *Centimorbia, Centimorbum*, or *Centimorbium*: at the Apothecaries *Nummularia, Serpentina minor*, and *Serpentinaria minor*. Some do also call it *Hirundinaria*: it is a common vulnerall herbe.

Hermodactyles, in greeke *Colchicon*, in latine *Ephemerum deleterium, Ephemerum lethale, Bulbus agreſtis*, of the Herbarists *Canineca, Panis Ciconie*, and *Bulbus Caninus*. Our Phisitions & Apothecaries do call them *Hermodactyli*. But because that diuers other plãts are called Hermodactiles, it is nedefull to distinguish them here, that no man put either himselfe or any body else in danger: for our common *Hermodactylus*, is the Hermodactyle rote, and the true *Colchicum*, which *Galen* calleth *Ephemerũ deleterium*: *Auicenna, Serapio*, and other Arabian Phisitions do affirme the same: and it auayleth nought, that some will distinguish the *Colchicum* of the Grecians, from the *Hermodactylus* of the Arabians: their false and erronious opinions are easily withstode, for you nede but only compare the chapter of Hermodactyles of *Serapio*, with the chapter of *Colchicum of Dioſcorides*, then shall you euidently perceiue that it is one and the same rote: For *Serapio* being a diligent follower of *Dioſcorides* hath taken his chapt. *de Hermodactylo* out of the chapt. *de Colchico Dioſcoridis verbatim*, worde for worde; as he hath also done in all other plants that are described of *Dioſcorides*, as all they may perceiue that haue conferred both these authors togither. Wherefore it is most sure that the *Colchicum* of the Grecians, and the *Hermodactylus* of the Arabians, which now also are vsed for Hermodactyles, are one and the same. But *Dioſcorides* and *Serapio* affirme their *Colchicum* and *Hermodactylus* to bee a poyson as well as the venemous Toade-stooles, wherefore also they commaund, that they be in no wise vsed or eaten: And although *Serapio* doe saie that the Hermodactyles be good for the Goute, and other ioint diseases, yet he addeth, that if one vse too much of them, that thereby the muscles & the stomacke are marueilously weakened: but then he speaketh of the rote of the white Hermodactyles, and supposeth that they that are red and blacke should altogither kill one. Seeing then they are so dangerous these rotes ought not to be tolerated at the Apothecaries, and much lesse to bee vsed inwardly. Whereas then we know sufficiently that our *Colchicum*, or *Hermodactylus* is so venemous, therefore must they nedes lie extreamely, that braggе that they can cure all ioynt-diseases with it. For it is most true, that they that vse these Hermodactyles for the Gowte, whether it be in Pilles, Potions, or any other way, doe ware worse and worse euery day, and at last are constrained to die an vntimely death, as hath been seene in diuers men, and at diuers times: notwithstanding that diuers learned men haue warned them that vse such dogged medicines, but no man will be taught of another, which is the onely cause that we will not leaue our owne opinions and errours, which thing doth not onely bereaue many a man of this life, but also of the life to come. Wherefore I would admonish and warne euery man to take hede of them, and where he findeth Hermodactyles in any receipt, that hee omit them. And because that there bee Pilles made with Hermodactyles, which would be verie commodious for the Goute, if they were left out, therefore I would with the Hermodactyles to be omitted, & to put *Turbith*, or Agaricke instede thereof, or to take *Medulla Carthami* for it: for they that haue obserued this order, haue found great good by it. But if you take the rotes of the true

*Me-*

*Mechoacan* for it, that would be much better, for I my selfe haue approued the same: this done, you need not feare any mishap or daunger, from which I coulde not omit to warne euery good body. It is very true that diuers Grecian writers, as *Actuarius*, and *Nicolaus Myrepsius*, haue left vnto vs certain compositions, wherein are both the white and the red Hermodactyles, as in *Aurea Alexandrina Nicolai*, and *Diamoscu Actuarij*, but these authors haue not meant the Hermodactyles of the Arabians, or the *Colchicum Dioscoridis*, but they haue meant the *Behen album*, and *rubrum*; which very well ought to be noted, that this pretious confection be not defiled with the Hermodactyles, Turbith, or with *Mechoacan*. *Dioscorides* hath also his proper Hermodactyles which he calleth otherwise *Pentaphyllum*, and it is called in English Cinquefoile, whereof hath beene spoken before.

Heron, in Latine *Erodius, Rhodius, Auis Diomedæa*, and *Ardea*: it is a birde euery where well knowen.

Hollyhockes, in Greeke and in Latine *Althæa, Aristalthæa*, and *Dendron Malache*, of *Ætius* and *Galen Ebiscus, Ibiscus, Hibiscus*, and at the Apothecaries *Maluauiscus*, and *Bismalua*: the leaues and flowers are hot and dry in the first degree.

Hony, *Mel*.

Honysuckle, in Greeke *Periclymenum, Periclymenus, Ægine, Carpathon, Splenion, Calycanthemum*, in Latine *Volucrum maius, Inuolucrum maius, Pileolus Veneris*, & of the Herbarists *Matrisylua, Matersylua*, or *Vinciboscum*, of *Scribonius Sylua mater*: the Apothecaries do call it *Caprifolium*, or *Lilium inter spinas*. There are two kinds of it, first the common sort which is knowen euery where by the name of Honysuckle: the other kind is only set in gardens, and is very like the former, but that the leaues are somwhat broader, and grow close to the stalkes much like the Thorowaxe: the floures are a litle shorter than those of the former, and white of colour intermixed with purple, and smel very pleasantly. In Prouence and Italy is this sort as common as the other is with vs; for it groweth in euery hedge, &c. The Herbarists doe call it for a difference from the former, *Caprifolium Italicum, Caprifolium perfoliatum*, or *Periclymenum Italicum*, and *Periclymenum perfoliatum*, both these plants are hot and dry by nature; the leaues and the flowers are vsed for stinking vlcers, fistulaes, canker, and Pockes.

Hops, in Greeke *Bryon*, in Latine *Lupulus, Salictarius, Lupulus, Humulus*, and of *Mesues Volubilis*, or *Volubilis magna, Lupus reptitius, Habiola*, and *Bruscandula*. It is hot and dry in the second degree.

Horehound, in Greeke and Latine *Linostrophon, Phyllopharis, Camelopodium, Prassium*, and *Marrubium*.

Horse, *Equus*.

Horse Leache, *Hirudo, Sanguisuga*: it is a well knowen water worme, it is often vsed to drawe out blood of the body of man

Horse Radish, *Sinapi Persicum*, at the Apothecaries *Raphanus maior*, of the Herbarists *Raphanus condimentarius*, & *Raphanus obsoniorum*. The Arabians do call it *Nasturtium album*. This rote is euery where well knowen, and is taken of diuers vnskilfull Phisitions and Apothecaries for *Armoracia*, and *Raphanus minor*, or *Sylueſtris*, the which are the names of wild Radish.

Horse tayle, in Greek *Hippuris*, in Latine *Equisetum, Cauda equina*, and *Asprella, Dioscorides* doth also call it *Ephedron*, and *Anabasis*. There are two kindes of it the greater and the lesser: the greater is that whereof we haue now spoken: the lesser is called *Hippuris minor, Equitium*.

Horse tong, in Greeke and Latine *Hippoglossum, Hypoglossum, Epiglossum, Epiphyllocarpon, Lingua pagana, Benifacia, Vuularia*, and *Bislingua*.

Hounds tong, *Cynoglossum*, or *Cynogloſſa, Lingua Canina*: it is colde and dry in the second degree.

Houseleeke, in Greeke *Isoon, Hypogressum, Stergethron, Zophthalmon*, and *Aithales*, in latine *Sedum semperuiuum*, and of *Apuleius Vitalis, Caulis Iouis*, of the Herbarists *Herba tonitru*: the Apothecaries doe call it *Barba Iouis*. The second kind is the lesser Houseleeke called of the Grecians *Trithales, Erisithales, Geostitis*, and *Petrophyes*, in latine *Aizoum minus, Sedum minus, Vermicularis, Cauda muris*, of *Plinie Digitellus*, of the Herbarists *Herba vermiculata*, at the Apothecaries *Crassula minor*: both these herbes haue like operations, for they do dry, cole, and are astringent, but cold in the third degree.

Huckle berries, field Berries, Bilberries, *Pseudomyrtus, Vitis Idæa Theophrasti*, it is a plant growing on hils and in woods very common. These blacke Berries are falsly taken

taken for Mirtle seedes of the southsayers and vnlearned crue, as they also do with the leaues in stead of Mirtle leaues, for they could neuer gesse by the signe and course of the Mone, nor by any other starrs influence, what the right *Myrtus* is, for which cause they vse this plant for it; but one must take heede not to vse them for Mirtles, for they neither haue the virtues nor operation of them.

Hyssope or Isope, *Hyssopus*, or *Hyssopum*.

## I.

Iacinth, in Greeke and Latine *Hyacinthus*. It is a pretious stone of a light violet colour. It is called an orientall, or Bohemish Amethist. It is dealt withall of the vnskilfull as it is with diuers other simples, for the Chrysolite hath beene vsed many yeares for the Iacinth, but how erroneously that hath beene done, may appeare by the writings of *Plinie*, who sayth, that the Iacinth is like the Amethist. Wherefore it is apparāt that the *Hyacinthus* hath his name of the volet coloured floure *Hyacinthus*, which is most like to ỳ naturall Amethist, so that the *Chrysolithus* hath falsely ben vsed for the *Hyacinthus*. Also the yellow stone *Prasius*, or *Chrysoprasium* hath falsly bin called *Chrysolithus*, by which meanes these stones haue bin confused & confusedly vsed the one for the other: wherefore *Hyacinthus* is the Bohemish or oriental Amethist, & the Chrysolite is a false Iacinth, & *Chrysoprasius* is the false Chrysolite: this haue I thought good to shew, by reason of the great errors dayly committed, to the end that more warily might be dealt hereafter in the like cases.

Iasper stone, it is a pretious stone, whereof there be diuers kinds, to wit, greene red, light red, darke blew, liuer coloured, and spotted, yellow like Turpentine, and gray with smokie colours: all these kinds are in the fields about *Niuernoy*, and also heere and there in Fraunce, also in *Germany* in sundry places, except the greene and darke greene Iaspers, which only are brought out of *India*, these two last kinds are the best. The darke greene Iasper is called *Heliotropius*: the light greene like a Smaragde is called *Iaspis viridis*, this is vsed for the Smaragde but vniustly. The liuercoloured is called at the Apothecaries *Lapis Hepaticus*. The yellow Iasper is called of *Dioscorides Terebinthizusa*, and the blew Iasper *Aerizusa*.

Iewes lime, in greeke *Asphaltos*, in latine *Bitumen*, and at the Apothecaries *Bitumen Iudaicum*, it hath his name by reason that it was wont to be brought vnto vs from *Iudea* out of the salt sea, wherein the Iordan doth eyonerate it selfe, which also hath bin taken for the very best of *Galen*, *Dioscorides*, and of diuers other auncient writers: but that which is now adayes found at the Apothecaries is only a deceipt and a counterfeited Iewes lime, to wit, made of Pitch, and *Oleum petræ*, which is both bought and sould of Iewes, and other couetous Merchants, wherefore it is much better to vse of our Dutch Pitch (which is the right *Bitumen*) then to take one that is counterfeited. Pitch or Iewes lime is very seldome vsed alone, but it is alwayes mixed with other things.

Iewes stone, in Greeke and Latine *Tecolithus*, *Phœnicites*, *Pyrene*, and *Eureos*. All these names doth *Plinie* attribute to the Iewes stone, yet he doth also call the spunge stone *Spongites Tecolithus*, but this name is only due to the Iewes stone. It is called of *Dioscorides*, *Lapis Iudaicus*, by which name it is also knowne at the Apothecaries.

Incke, *Atramentum scriptorium*, *Atramentum librarium*, the Apothecaries do call it *Encaustum*.

Indian nut, in Greeke *Caryon Indicon*, in Latine *Nux Indica*, & of *Serapio Neregil*. It is a fruit like to the great Pompeons whilst it is greene, but it is brought vnto vs dried: the shale of it is as hard as a horne, black without, and as big as a common bowle. It is also well knowne in this countrie: within it hath a white pith or kernell, it is vsed at all Apothecaries. The kernell is hot in the second, and moyst in the first degree.

Ireas, of *Dioscorides*, *Iris*, *Vrania*, *Thaumastos*, *Thelpide*, or *Thalpide*, and *Catharon*: of *Athenæus*, and *Theophrastus*, *Hieris*, in Latine *Iris*, *Opertritus*, *Radix marica*, and *Radix consecratrix*, of the Herbarists *Strapula odorata*, *Radix violacea*, and at the Apothecaryes *indeclinabiliter in casu genituo*, *Ireos*, or *Irios*. There are fiue kindes of it, the first is strange, and is only planted in Gardens, it hath a faire white and odoriferous floure: the rote is also white and swæte smelling: it is called

of

of the Herbaristes *Iris alba*, *Iris domestica alba*. The second kind is also planted in gardens, it is very like the former, but the flower is blewe and within of diuers colours, not vnlike to the raynebow: the rote is somewhat grayer than the first, and not so odoriferous: it is called the blew Flower delice, of the Herbaristes *Iris cærulea*, *Iris domestica cærulea*, and *Lilium cæruleum*. The third kinde groweth of it selfe in the woods, it is much like to the last mentioned, but that the flower is bigger and somewhat declining to the Violet or purple colour, within distinguished with many colours like a raynebow. This is called wilde Ireas, of the Herbaristes *Iris syluestris*, *Lilium cœleste syluestre*. The fourth kind hath small, yet long & narrow leaues, and a faire blew flower without any smell: the rote is somewhat lesse than of the others, but not odoriferous, yea almost without smell, but very sharpe and biting in taste. It groweth commonly nére the Rhene in marshes: it is called of the Simplicistes *Iris palustris angustifolia*, *Lilium cæruleum palustre maius*. The fift kind groweth also in moyst places nére the Rhene, it hath broader & shorter leaues then the former with a blewe flower: the rote is very sharpe on the tong but without any sent. It is called of the Herbaristes *Chamæiris*, *Iris pumila*, *Iris palustris minor*, *Iris palustris latifolia*, *Gladiolus palustris latifolius*, *Gladiolus palustris minor*, and *Lilium cæruleum palustre minus*. *Dioscorides* commendeth the *Iris Illyrica* or *Sclauonia* aboue all other kindes. This is somewhat lesse then the common kind of Ireas: it is also somewhat reddish and of a pleasant colour, and swéete in smell. But the Italian Ireas and that which groweth in Apulia, doth not only excéede the former in odoriferousnes, but also in operation; wherefore it is also commended of all learned phisitions aboue that of *Illyria*. The Herbaristes do call it *Iris Italica*, *Iris Florentina*, *Iris Apula*: in English the white Ireas rote. If thou therefore find Ireas in any composition with any addition, then shalt thou take the *Iris Florentina*, which is common at all Apothecaries.

Isope, loke Hyssop. *H.*

Iuiubes, in Gréek and Latine *Sericum*, *Zyzyphum*, and at the Apothecaries *Iuiuba*: it is a kind of Prunes that are well knowen.

Iron, *Ferrum*, it is very much vsed in Phisick: for it is made red hot and extinguished in water, wine, milk, and many other liquors moe.

Juniper trée, in Gréeke *Arceuthos*, in Latine *Iuniperus*. There are two kinds of it, the great and the lesser Juniper trée: the lesser is common on euerie hill and knowen to euery man: in Gréeke and of *Dioscorides* it is called *Arceuthis*, and *Acatbalis*, of *Theophrastus Oxycedrus*, in latin *Iuniperus minor*, *Iuniperulus* and *Iupicellus*, in English the Juniper shrub. The great Juniper trée hath bigger, stronger, and more pricking leaues, then the lesser, and it is a méetely great trée: the berries and fruits are thrice bigger then those of the former: it groweth on high hils and in woods. It is called in Gréeke of *Dioscorides Arceuthos*, and *Acatera*, of others *Oxyarceuthis*, and of *Theophrastus Cedria*, in Latine *Iuniperus maior*, *Iuniperus acuta*, and *Cupressus syluestris*. They are both of sundry virtues and operations in Phisick, & therefore they may be vsed without indifferently

Iuorie, *Ebur*, *Ebor*, *Dens Elephantis*, but *Iuba* doth call the Iuorie or Elephants toth *Cerata*.

Iuie, in Latine and Gréeke *Cissus*, *Hedera*, *Edera*, and *Hadera*.

## K.

Kite, *Ictinus*, in latine *Miluus*, and *Miluius*.

Knotgras, in Gréeke *Polygonum*, in latine *Proserpinaca*, *Herba sanguinalis*, or *Sãguinaria*. There are three kinds of it, to wit, the male, the female, & the lesser knotgras: the male is sufficently knowen by the name of Knotgras, it groweth euery where on the high waies and vntilled grounds: it is called in gréek *Polycarpon*, *Carcinethron*, *Tentalis*, *Myrtopetalon*, *Cnopodium*, *Pedalion*, in latine *Polygonum mas*, *Sanguinaria*, *Herba sanguinalis mas*, *Seminalis*, *Vrguis muris*, *Proserpinaca*, of *Apuleius Clinopodiontes*, *Scorpinaca*, *Statumaria*, and *Misereuiuium*. The Herbaristes do call it *Polygonum Heracleum*, or *Herculeum*, *Corrigiola*, *Multinodia*, *Centumnodia*, *Gramen Porcinum*, of *Aetius Heliobotane*, that is, *Herba solis*, *Dioscor.* doth also call it in gréeke *Cynochala*. The second kind is a kind of Horsetaile, and is called of the common people the lesser Horsetaile, & of *Dioscor.* to distinguish it from the other *Polyganum fœmina*, or *Sanguinalis fœmina*. The third kind and the lesser knotgras groweth willingly in the fieldes amongst Turneps, and it hath small star like

like leaues, & great store of sede: the Herbarists do call it *Polygonum minus*, *Centinodia minor*, *Multinodia minor*, *Corrigiola minor*, *Sanguinalis minor*, *Seminalis minor*, and *Ruella*: but whensoeuer any mention is made, then must the first kind be vnderstode.

## L.

Ladymantle, the greater Sanicle of *Valerius Cordus*, it is called in greke *Drosiũ*, *Drosera*, and *Psiadiũ*: the Herbarists doe call it *Alchimilla*, *Stellaria*, *Sanicula maior*, *Pes leonis*, and *Planta leonis*: it is a wel knowẽ vulneral herb, yet altogither vnknowẽ to the auncięt Phisitions. It is hot and dry in the second degrée, it is vsed in all maner of vulnerall potions, salues, and oiles.

Ladythistle, in greke and latine *Sylibũ* of the Herbarists *Carduus diua Mariæ*, *Carduus marianus*, at the Apothecaries *Chameleonta*, as they are taught by the vnskilfull Phisitiõs.

Larke, in greke *Corydes*, & *Corydalis*, of *Pliny* in latin *Galetita*, & *Alauda*. The Larke is much cõmended for the paine of the belly & many other infirmities.

Larks spur, of *Dioscor. Cuminũ syluestre alterũ*, of ỹ Herbarists *Plectranthemũ*, *Calcaria*, *Herba diuæ Otiliæ*, *Flos regius*, *Cyminũ cornutũ*, *Cyminũ siliquosum*, *Cyminũ corniculatũ*, & *Calcatrippa*, although the Starthistles in Italy be also called *Calcatrippa*, at the Apothec. *Consolida regia*, and *Cõsolida regalis*, *Ruellius* calleth it *Cornuta*.

Lauander, *Lauẽdula*, *Lauãdula*, & *Lauendãdula*. There are 2. kinds of it, sufficiently knowẽ to euery man, to wit, the great & the lesser: the lesser kind is cõmonly called Lauander, & is euery where knowen by that name: the greater is called Spikenarde, & of the Herbarists *Spica hortulana*, and *Pseudonardus*. In olde time, as well as in this our age, haue these herbs bin planted nére Bée hiues, because the Bées do loue both the smell & the tast of the Lauander flowers. The ancient Phisitions haue called this herbe *Casia herba*, *Casia coronuria*, & *Cneoron*: whereby they haue meant both the Lauãder & the Spikenard: for there are 2. kinds of the herbe *Casia*. The vse of both these herbs is very common with vs in Phisicke: not only vsed of it self, but mixed also with other things.

Laurel, or Lorel, in greek *Daphnoides*, *Enpetalõ*, *Pelasgũ Plinij*, *Peplon Dioscoridis*, in latine *Laureola*, and *Piper montanum* of the Herbarists: it is a wel knowẽ plant, that groweth in the woods, & dangerous to be vsed: some vnskilfull Phisitions & Apothecaries do vse it for the true *Mezereon* of the Arabians.

Lead, *Plumbum*.

Leauen, in greke *Zyme*, of *Theophrastus*, *Phyrama*, in latine *Fermentum*.

Lemon, *Lemoniũ malũ*, *Limonium malũ*, *Pomum Lemonium*, and *Limonium*, it is sufficiently knowen euery where.

Lentils, in greke *Phacos*, in latine *Lens*, and *Lenticula*. They are meane betwéen hot and cold, but dry in the third degrée.

Lettice, in greke *Thridax*, in latine *Lactuca*, a very common & well knowen herbe. There are many kinds of it: first the cõmon Lettice which is called broade Lettice: secondly the crumpled Lettice, called *Lactuca crispa*, and *Lactuca cappadox*: the third kind is the headed Lettice, *Lactuca sessilis*; of *Pliny*, *Lactuca Laconica*; of *Columella*, *Lactuca Ceciliana*, & *Lactuca medica*; of *Atheneus*, *Astylis*; and of *Pithagoras*, *Eunuchiõ*, because that it hindereth the generation of humane sæd: the fourth kind is wild, & is called wild Lettice, in greke *Thridax agria*, in latin *Lactuca syluestris*, of the Herbarists *Chenoglossũ*, *Lingua anserina*, and *Carduus Hepaticus*. Some blunt Phisitions do vse this for Endiue, although ỹ Endiue be very cõmon & knowen of most men, which is no small error.

Licebane, or Staueſacre, in greke *Astaphys agria*, *Staphys agria*, and *Phthiroctonum*, in latine *Vua syluestris*, *Pedicularia*, and *Herba pedicularis*, of the Herbarists *Piper murinum*, and at the Apothecaries *Staphisagria*: of the whole plante is only the sede vsed.

Licorice, *Glycyrrhiza*, *Glyceraton*, *Glycephyton*, *Adipsos*, *Sylitra*, *Lybyestason*; and *Theophrast.* calleth it *Eutyglycea*, in latine *Radix dulcis*, *Radix Scythica*, & at the Apothecaries *Liquiritia*, & of some barbarous people *Regulitia*: it is a wel knowen rote, & especially about Bamberge, where it groweth in that abundance, that it doth not only serue Germany but many other countries more.

Lighe, *Lixiuum*, and *Lixiuia*, of *Columell*, *Spuma caustica*, of *Martialis*, *Spuma Batana*.

*Lignum Aloës*, in greke *Agallochum*, of *Ætius*, *Simeon Sethus*, *Nicolaus*, and *Actuarius*, *Xyloaloes*, in latine of *Pliny*, *Tarum*, of the later writers *Lignum aloes*, *Xylum aloes*, and *Xyloaloes*. The Druggists do call it *Calambucum*, *Lignum Taprobanum*, *Lignum paradisi*, and *Lignum sanctæ crucis*. In the Bible hath it onely bene called Aloes: it is an

odoriferous kind of wood which is brought out of the Iles of *Sumatra*, or *Taprobana*: There are many kindes of it, the heauyest is the best, and that which is hard and spotted black, and very sappy, is also taken for the best.

Lilly, in greeke and latine *Crinon*, *Lirium*, *Lilium*, *Rosa Iunonis*, or *Iunonia Rosa*, *Nicander* calleth it *Crinanthemum*. The Apothecaries call it for a difference of the others *Lilium album*, that is the white Lilly: and by the name of Lillies in this booke are alwaies the white ones ment.

Liriconfancie or May Lillies, or Lillies of the vallies, of *Theophrastus*, *Lilium vernum*, of the Herbarists and common Phisitions *Lilium conuallium*. Some would haue it to bee the *Cacalia* of *Dioscorides*, but they are deceiued. The flowers of this herbe are only vsed.

Litharge of golde or siluer, *Lithargyrium*, there are two kinds of it: the first is the Litharge or drosse of siluer, *Argyritis*, at the Apothecaries *Lithargyrium argenti*. The second kinde is the Litharge of gold, and it is somwhat redder than the former. There is yet another kinde called of *Pliny*, *Molybditis*, & of other *Spuma plumbi*, that is, the scum of Lead. Otherwise it is also called *Lithargyrium argenti*, also *Lithargyros*, and of *Pliny*, *Spuma argenti*, as the Litharge of golde is called of some *Spuma auri*. These 3. kinds haue the same qualities and operations, yet is the litharge of gold taken for the best: thē the scum of lead: lastly the litharge of siluer.

Loadstone, in greeke of *Galen*, *Magnetis*, and *Heraclia*, of *Callimachus*, *Heracleotis*, and of *Porphyrius*, *Magnes*, as it is also called in latine. It is called of *Pliny Sideritis*, because it draweth Iron vnto it.

Lobster, *Cancer marinus*.

Louage, in greeke *Hipposelinum*, in latine *Apiū equinum*, of *Theodorus Gaza*, *Equapium*, of the Herbarists, *Pseudoligusticum*, of the Apothecaries and common Phisitions *Leuisticum*. Because they haue vsed it many yeres for the true *Libysticum*, or *Ligusticum*, therfore will they (according to their old custome) remaine in their error, & will by no means be better instructed, let the poore patient spede as he list: Notwithstanding that the true *Libysticum* of the auncients be in great abundance brought out of Italy, for it groweth verie common in *Liguria*, and other Prouinces: but diligent and careful Phisitions do plant the same in their gardens. Others that haue not the true *Ligusticum*, vse the *Angelica* for it, or the *Ostrutium*: for both these herbes haue the same virtues with the *Ligusticum*: the which all Phisitions and Apothecaries ought to imitate, vntill such time as they attaine to the true *Ligusticum*. If we did so much trouble our selues about the knowledge of herbs and simples, as we do about the making of Calenders & Prognostications, we might haue this and many simples moe which now we want. The *Ligusticum* is also called *Panacea* of *Dioscorides*.

Lupines, in greeke and latin *Lupinus*, *Thermus*, and *Faba Lupina*.

## M.

Mace in greeke and latine *Macer*, *Xylomacer*, *Macis*, and *Nucis myristicæ inuolucrum*: It is a well knowen spice, hot and drie by nature.

Madder, in greeke and latin *Erythrodanum*, of *Nicander*, *Scyron*, *Rubia*, *Rubia tinctorum*, *Rubia infectoria*, *Vena tinctoria*: at the Apothecaries *Rubia tinctorum*, and *Vena tinctorum*. There are two kindes of it, the wild & the tame: the wild groweth euery where in the woods, & it is much better & fitter for Phisicke than the other, which my self haue approued to be true at sundry times: the rote is only in vse, for the herb hath smal virtue.

Magpie, *Pica*, and *Citta*.

Malmsey, in greeke and latin *Momembrasites*, *Vinum aruisium*, *Vinum Creticum*, *Vinum chiū*, and *Nicolaus Myrepsus* calleth it *Vinum Momembrasiaticum*, the common Phisitiōs and Apothecaries call it *Vinum maluaticū*, and *Vinum maruisianum*, or *Maluisianum*.

Mallowes, in greeke *Malache*, in latin *Malua*. There are 4. principall kinds of it, wherof the first is the tame Mallowe, which groweth in gardens & elswhere: it is called *Malua satiua*, *Malua hortensis*, of the Herbarists *Malua maior*, *Hippomalache*, and *Malua caballina*: this is the right Mallow, or *Malua satiua* of the auncients, notwithstanding that it groweth in all places of it self. The secōd kind groweth euery where by hedges & ditches, & it is much lesse than the former, it is called in greeke *Malache agria*, and in latine *Malua syluestris*, or *Malua agrestis*, of ỹ Herbarists *Chenomalache*, *Malua anserina*, *Malua leporina*, and *Malua pumila*, in English

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the lesser Mallowes. The third kind is now adaies planted in gardens, and it is called crumpled Mallowes, it is more moyst than either of the former, although that first it came from them; for by the arte of Gardening it is so changed, as many other plantes also are. It is called of the Herbarists *Malua romana*, or *Malua crispa*. The fourth kind is called a winter Rose, in greek *Moloche*, and in latine of *Apuleius*, *Hastula regia*, of the Herbarists *Rosa transmarina*, *Rosa hyemalis*, *Rosa autumnalis*: the Apothecaries call it *Malua arborea*. The first two kindes are meane warme and moyst by nature, but the lesser disagreeth somewhat from the other. The crumpled Mallowes are much moyster by nature than the other, and is but seldome used in Physicke, and that because the two first are much stronger. The winter Roses are middle meane warme, but astringent withall, that as the former kindes doe lose the belly, so this doth bynde the same: wherefore it is also used for the Laske: They therefore doe lie falsely, that commende this kinde aboue all the Mallowes of *Dioscorides* and *Galen*.

Mandrake, *Mandragora*, *Antimelon*: this is called of *Pythagoras*, *Anthropomorphos*.

Maniple is a handfull, or as much as one can hold in his hand, of hearbs, flowers, roots, and such like thinges, in greeke *Dracos*, *Dragma*, and of the later Grecians *Dismidion*, in latine of *Cornelius Celsus*, *Manipulus*, of *Scribonius* and *Marcellus*, *Fasciculus*, of *Pliny*, *Fasciculus manualis*.

Manna, *Melligo*, *Saliua siderum*, *Ros syriacus*, *Mel aërium*: of *Galen*, *Æromeli*, *Drosomeli*, at the Apothecaries *Manna*, or *Manna cœlestis*, to distinguish it frō the Frankincense, which is called *Manna Libani*, and *Manna Thuris*. There are two kinds of *Manna*, the one is soft & thin, which is gathered in stone pots, & that is called of *Galen lib. tertio de alimentorū facultatibus*, the principal *Æromeli*, that is, *Mel aëriū*, and *Mel libani*. The Arabians do cal it for a differēce from the other *Tereniabin*, & *Auerroes Tergebiū*. The Simplicists do cal it *Manna liquida*. But nowe adaies it is neither found nor used any longer, as it was wont to be in the time of *Galen*, & of other writers. This *Manna liquida* doth *Hippocrates* cal *Mel cedrinū*. The other kind is drie and hard like Sugar, & is differing according to the place where it is collected, so that ỹ one is called *Manna Calabrina*, & *Manna Bombycina*, this is brought out of *Calabria*, & it is accōpted the worst kind, and it is not so swéete as the other. The other kind is called *Manna Briansona*, it is in compacted, hard, and fatty graines, it is also swéeter than the former, and more forcible in operation. The third kind is whiter, and the graines of it are not much vnlike to thē of Mastick, it is also called *Māna granata*, or *granulata*, or *Mastichina*, & it is the very best.

Marchasite, in greek and latine *Pyrites*, at the Apothecaries *Marchasita*, it is a minerall stone, it is used in Guns & Tinder boxes. There are many kinds of it, whose names do all differ according to the minerall that they containe.

Marierom bastard, loke Organy *O*.

Marierom gentle, in greek *Sampsychus*, in latin *Amaracus* or *Amaracū*, of *Ægineta* and at the Apothecaries *Maiorana*.

Marigold, of *Virgil*, *Columella*, and *Pliny*, *Caltha*, and of the Herbarists *Solsequiū aureum*, *Verrucaria*, *Caltha poëtica*, to distinguish it frō the *Caltha* of *Dioscorides*, which is the *Chrysanthemū*: it is otherwise called *Calendula*, & there are 3. kinds of it, to wit, the common Marigold, that groweth in euery garden, & is called *Calendula*. The second kinde hath fair great & double flowers, it is called *Calēdula multiplex*. The third kind is much lesse than both the former, but very like to ỹ first kind with flowers, leaues, & roots: this kind groweth euery where about Worms, & also about *Reingau* in ploughed fields, & it is much better & fitter for Physick than the former, it is called the wild Marigold, *Calendula syluestris*, and *Aruensis*: some call it *Calthula*, because it is the least of the three.

Mastick, in greeke and latine *Mastiche*, *Resina lentiscina*, and at the Apothecaries *Mastix*.

Maudlinwort, in greeke *Chrysocome*, & *Chrysitis*, in latine *Coma aurea*, *Aureola*, and *Amarāthus*, of *Galen* & the Herbarists *Amaranthus luteus*, *Amaranthus aureus*, *Tinearia*, *Sulphanthemū*, *Stachas citrina*, *Stichas citrina*, and at the Apothecaries *Stichados citrinum*. This herbe is knowen to most men, and is hot & drie by nature.

Mault is prepared Barly, wherof the bére is made, it is called in greeke of *Ætius*, *Byne*, and in latine *Maltum*.

May Lillies, or flowers, loke Liryconkancie. *L*.

Marsh garlick, in greeke & latin of *Dioscorides*,

*Scordium, Scorbium, Dysosmon*, and *Mithridanion*, of *Apuleius Scordilum*, *Mithridation*, and *Hæma Ictinos*, of the Herbarists *Trixago palustris*, *Trissago palustris*, *Trixago aquatica*, *Chamædrys aquatica*, and of *Apuleius Sanguis Milui*. There are three kinds of it: the first is very like the true Germander both in the flower and in the leafe; but that the leaues are somewhat softer and of a light græne colour, and smell like Garlicke: the second kind is much like to the former, but that it is in euery respect somwhat greater: it hath soft leaues somewhat rough & gray, but in smell it is like to the former. The first kind is called of the Herbarists *Scordium minus*, & the second kinde *Scordion maius*: the third kinde hath a square stalke and white flowers like to the Horehound: the leaues are bigge and much iagged, the smell is like Garlicke, but not so strong as the other two. *Plinius* calleth it *Scardotis*, the Herbarists *Scordium alterum Plinij*, or *Scordium Plinianum*, *Scordiastrum*, *Marrubium palustre*, or *Marrubium aquaticum*: in English water Horehound. The Apothecaries and such like Southsayers haue taken the wilde garlick for the true *Scordium*, but how falsely that is apparant enough to all the learned. The first and second kind are vsed *promiscue* the one for the other: but it auayleth not, seeing they are both of one operation. The water or marsh Horehound is as yet vnknowen at the Apothecaries & not vsed at all. The *Scordium* is vsed in many compositions.

Maiden haire, in græk and latine *Adianthum*, *Polytrichon*, *Gallitrichon*, *Ebenotrichon*, *Capillus Veneris*, *Superciliũ terræ*, & *Herba Capillaris*. There are two kindes of it: the first is called *Adianthum nigrum*, or *Adianthum gallicum*, bicause that it is brought out of Fraunce vnto vs: all the English names (as Venus haire, Mayden haire, &c.) are proper vnto this kind, and whensoeuer you find either of them in any compositions, then shall this kind alwaies be vnderstood: the second kind is called *Adianthum album*: it is a common and wel knowen herbe here and elsewhere: some men call it *Onopterium*, *Filicula Asellorum*, *Ruta muraria*, and *Saluia vitæ*. Lobe in *V.* for Venus haire.

Meade or Hony water, in græke *Hydromeli*, *Melicratum*, and in Latine *Aqua mulsa*.

Medler trée, *Mespilus*.

Melilot, it is called of the Herbarists *Melilotus Nobilis*, *Herba flauea*, *Herba leporina*, *Melilotus coronata*, *Sertula regia*, and *Corona regia*. It is a well knowen herbe, it groweth in high medowes and hils about a span and a halfe in height (to wit in the Low-countries) with small Clauers; it hath a fine yellow flower which doth both smell and taste like hony; it is not much vnlike the flower of Pease. It is vsed euery where instead of the true *Melilotus* of the auncients, bicause it hath the same vertues and operations that are ascribed to their *Melilotus*. But in all Germany is the *Saxifragium luteum* most vsed, and the *Melilotus Saxifragus*, and *Trifolium vrsinum*, which *Dioscorides* doth call *Lotus Libyca*, *Lotus syluestris*: this is much more forcible than the common Melilot as hath bene approued. And although this kind be *Melilotus syluestris* with *Dioscorides*; yet there is another kind of it, to wit, *Melilotus Auicennæ*, whereof he maketh two kinds, the one with white, & the other with yellow flowers; both which do smell very swet and are altogither bitter in taste; yet do they digest and bind, which qualities *Dioscorides* and *Galen* do also ascribe to their Melilot: wherefore it is aduised to take the great Melilot *Auicennæ*, and it is vsed at the Apothecaries. The white Melilot is not common in all countries, wherefore it is sowen in gardens in many places. The white is called at the Apothecaries *Melilotus alba*, and the yellowe *Melilotus lutea*, the Herbarists doe thus distinguish it from *Lotus satiua*, they call it *Lotus alba*, *Lotus lutea*, as they also call the *Lotus satiua* and *Lotus cærulea*. *Serapio* hath also his proper Melilot, to wit the lesser Vitches, which after the flower is fallen away it getteth little huskes like bird clawes. Some doe vse the lesser small Melilot that grow in medowes, which is something lesse then the common Melilot, calling it *Melilotus minor*, we cal it the lesser Melilot. *Dioscorides* calleth his Melilot that groweth in *Campania*, *Sertula Campana*, and *Cato Serta Campana*.

Melons, *Melon*, *Melopepon*, and *Melo*.

Mithridate, *Antidotus Methridatica*, *Methridatium*, & at the Apothec. *Methridatũ*. It is a pretious confection against al poyson which first was made by king *Mithricate*, & hath called it by his owne name.

Mewe, *Anethum syluestre*, *Anethũ vrsinum*, *Anethum tortuosum*, & *Meum*: some doe call it *Seseli Creticum*, but care not for them, for it

is

is the true *Meum* of the auncients, as euery one may see and finde to be without deceipt, that shal confer it with ỹ description of *Dios.*

Milke Thistle, in Greeke and Latine *Chamaleon niger*, and at the Apothecaries *Cardopatium*, some do also call it *Carlina nigra*.

Mill dust, in Greeke *Pollen, Farina volatica*, at the Apotheries *Farina volatilis*.

Mill stone, *Lapis molaris*, of *Virgil Lapis incusus*.

Millet, in Greek *Cenchros*, of *Strabo Cenchris*, of *Hippoc. Paspale*: it is euery where in Germanie well knowen, & is daily vsed in meats.

Millet of Indie, it is called in Latine *Melica*, of *Plinie Milium Indicum*, of the Herbarists *Panicum Indicum, Meliga, Sorghum*, and *Saggina*. The Portingales call it *Milium saburtum*. It is a plant not much vnlike to the Sugar canes, and beareth a browne seede like a Lettice, but somewhat sharpe. It is now adayes sowen in gardens.

Miscledene, in Greek of *Plinie Ixos*, and of *Virgil Astilis*, of *Hesichius Stear, Stelis*, in Latin and of *Virgil Viscum*. It is an excrescence of trees, and groweth commonly on Peare and Apple trees: also on the Hawthorne tree and Birch trees: but that which groweth on Okes, Tillet trees, Chestnut trees, or Hasels, is commended aboue the rest in Phisicke. It is vsed for the falling euill and swimming of the head.

Mosse, in Greeke *Bryon, Sphagnon, Mnion*, and *Amnion*, in Latine *Muscus, Muscus arborum*, and *Lanugo arborum*: at the Apothecaries and of the Arabians *Vsnea*.

Mouse, *Mus*, a domesticall animall.

Mouse eare, *Auricula muris*. The herbs that are called Mouse eare are sower in number, although there be but one of them that is called so of the auncient writers: the first and greatest kind is called of some Mouse eare, others Lungwort: it groweth commonly in darke Beechen woods & olde wals, it hath broad rough & hayrie leaues that lie downe flat on the grounde, and a stalke that is diuided into three or sower sprigs, on the top whereof are yellow flowers: this stalke being squised it yeeldeth a white milkie iuice like to the wild Lettice: the Chirurgians do call it *Lactaria consolida*: the Herbarists *Pilosella maior, Auricula Muris maior*, and *Pulmonaria Gallica*, bicause it also serueth for the disease of the lights. The second kinde is called *Pilosella media*, and *Pilosella*, or Mouse eare, by which name it is euery where knowen as also in this Booke it is called no otherwise. The thirde kinde is called the lesser Mouse eare, of the Herbarists *Flos Angelicus*, and *Pilosella minor*. It groweth in barren groundes, it hath faire white and purple flowers. The fourth kinde is called the blewe Mouseare or blew Eyebright, of *Dioscorides Myosotis, Auricula muris*, and of the Herbarists *Euphrasia caerulea*, and *Auricula Muris caerulea*. This herbe is nothing like to the former three kinds in operation and virtue; for the water distilled of it is vsed for the dimnes and bleerdnes of the eies. The auncient Phisitions haue onely vsed it for the bad eies. But our common Mouseare is onely vsed in potions for woundes and ruptures, and such like compositions; notwithstanding that it hath his proper vse of it selfe.

Mouse of the Alpes, *Mus Alpinus*, whereof the grease is vsed against the lamenes and extinuation of the ioynts.

Mugwort, *Artemisia*, it is an herbe sufficiently knowen, hot and dry in the second degree.

Mulberrie tree, *Morea, Sycaminus*, in Greeke, in latine *Morus*, and *Arbor sapiens*: the fruit is called *Morum*, or Mulberrie.

Mummye, *Mumia*: there are two kinds of it, the one is digged out of the Graues in Arabia and Syria of those that are Balsamed, and is brought vnto vs: it is called *Pissasphaltum factitium*, of the Arabians *Mumia*, at the Apothecaries *Mumia*. *Serapio* calleth it *Mumia sepulchorum*, to distinguish it from this kinde following. The Phisitions call it *Mumia Arabum* for a difference from *Mumia Graecorum*. The second kind is onely an equall mixture of the Iewes lyme, and *Bitumen*: in Greeke *Pissasphaltum*, in Latine *Picibitumen*, and of the Simplicistes *Cera montana, Cera terrestris, Pissasphaltum natiuum*, and *Mumia natiua*. But as often as Mummie is named in this present worke, is not the iewes lime meant, but the Mummie of the Arabians, to wit *Mumia sepulchrorum*, which is found at all Apothecaries vnder the name of *Mumia*.

Muscadine, *Vinum Apianum, Vinum Muscatulum, Vinum Muscatellinum*, and *Muscatellum*.

Muske, *Muscus, Moschus, Muschus*, it is the dryed matter of the impostume of a certaine beast which is called of the Barbarians *Gazella*.

Muske,

Must, in Greeke *Gleucos*, and *Deucos*, in Latine *Mustum*, and *vinum Musteum*, the wine first prest out of the grape is called of *Columella*, *Mustum Lixiuium*, of *Plinie Protropion*. This wine was wont to be inclosed in Tunnes, and they well hoped, to the end it should not clarifie, and that it might continue sweete. It is called of some *Vinum coactum*: it is called of the Grecians *Aigleuces*, that is, *semper mustum*. It is often used for physick, but very seldome alone.

Mustard, in Greeke and Latine *Sinapi*, *Napi*, and *Sinapis*. There are two kinds thereof, the wilde and the tame Mustard. They are both of them hot and dry in the fourth degree: the tame kinde is more commended for physick then the wilde.

Mustard seede the white, or Rocket, in Greeke *Eusomus*, or *Eusomum*, in Latine *Eruca*: there are foure kinds of it, the first kind is sowen in gardens, and is knowne euery where by the name of Rocket, or white Mustard seede: this is the true *Eruca* and *Eusomum* of the auncients. The second kind groweth of it selfe in the fields, not vnlike the former, but somewhat lesse; it is called of the Herbarists *Eruca syluestris*, with vs, wild rocket. The other two kinds, to wit, the third, and fourth, do grow about the water side, and haue much bigger leaues then the former, whereof many leaues lye downe flat on the ground about the stalke: the one beareth white, the other yellow floures, they are called of the Herbarists *Erucæ aquaticæ*, *Erucula marina*, in English water rocket.

Mynts crumpled, *Menta crispa*, *Mentha satiua* or *Mintha*, it is hot in the third, and dry in the second degree: the Greekes do call it *Hedyosmum*.

## N.

Narcissus, in Greeke and Latine *Narcissus*. There are three kinds of it, the first is sufficiently knowne by the name of *Narcissus*, the Herbarists do call it *Rhodionarcissus*, and *Narcissus Roseus*, this is the true *Narcissus*. The second kind is very like the former, but it is somewhat bigger in euery respect, it is called of *Theophrastus Leucoium*, that is *viola alba*, and this kind is most of all vsed at the Apothecaries. The third kind is like the first in leafe and rote, but alittle bigger, and the floure is yellow, the Herbarists call it *Narcissus Autumnalis*, but this is only to be vnderstoode of the floure that groweth in harueft without any leues. The rotes of it is called *Colchicum*, and *Ephemerum*, as hath been sayd of the Hermodactyles.

Nep, at the Apothecaries *Menta felina*, *Cattaria*, it is vsed of diuers men for *Calamintha montana*, because it hath the same virtues, so that it may be done without any harme.

Nettles, that do burne, or burning nettles, *Vrtica pungens*, *vrtica vrens*.

Nettles, in Greeke *Acalyphe*, *Acalephe*, *Cnide*, in Latine *Vrtica*, there are three kindes of them, first, the great and common burning nettle which is knowne to all men, this is called *Vrtica mas*, or *Vrtica maior*. The second kinde groweth not with vs, but must be sowen in gardens, this bringeth her seed in heads like to Flax, and indeede it is not vnlike to Lineseede, but that it is somewhat lesse and whiter. This nettle is called of *Dioscorides* and *Plinie*, *Vrtica syluestris*, and of the Herbarists *vrtica romana*, *vrtica Italica*, *vrtica fœmina*. The seede of this nettle is more fit for physick then the former, and it is also more forcible. It is called the Italian, Romish, or Garden nettle *vrtica hortulana*: notwithstanding that beforetimes it hath been taken for the wild nettle. The third kinde is the lesser and hoter of all, *Plinie* calleth it *Cania*, and the Herbarists *vrtica minor*. The seedes of all kindes of nettles are hot in the end of the first, and dry in the second degree: the rotes & leaues do warme, resolue, and discusse.

Nettles, stinking or dead nettles, *Vrtica iners*, *vrtica mortua*, *vrtica labeo*, *Anonium*, there be commonly foure kinds of it, they are called in Greeke of *Dioscorides Galiopsis*, and of *Plinie*, *Galeopsis*, *Galeobdolon*, or *Galephos*, in Latine *Vrtica labeo*, *vrtica fœtida*, in English stinking nettles. The second kind is bigger and hath yellowish floures, it is called of the Herbarists *Archangelica*, and *archangelica lutea*, or *Anonium luteum*, it is also a kind of *Lamium*, (although *Plinie* do describe but one kind of *Lamium*) and is called the yellow archangell. The third kind hath white floures, the leaues are altogether like to the nettle leaues, wherefore they are also called dead nettles: it is called of *Plinie* and of the Herbarists *Lamium album*, to distinguish it from the former, *Archangelica alba*, *vrtica mortua*, *vrtica iners*, *vrtica lactea*, and *Anonium*

*nium album.* The later Chirurgions do call it *Herba panaritij:* this is the right *Lamium Plinij*, and *vrtica mortua*, dead Nettles, or white archangell. The fourth kind is a prætie herb; not vnlike to the nettle, with faire purple floures, with a strong smell like to baulme; it groweth in thickets and woods, it is called of *Plinie vrtica Herculanea*, or *vrtica Herculea*, *vrtica odorata*, also *vrtica scarlata*, and that by reason of her strong and pleasant smell, they are also called wood nettles, *vrtica syluatica.* Heere is to be noted, that when dead nettles are any where prescribed, that you must take the white archangell *vrtica lactea.*

## O.

Oake, *Quercus, Arbor Iouis.*
Oates, in Greeke and Latine *Bromus*, and *Auena.*

Oleander, in Greeke *Rhododendron, Nerium, Rhododaphne*, the Herbarists do call it in Latine *Laurus rosea, rosea arbor, Rosago, Oleander*, and *Oleandrum.* It is a tree with greene leaues like to the Bay tree, but the leaues are somewhat longer and lesser, not much vnlike to the leaues of the Oliue. It beareth a pleasant horsefleth coloured rose, and is planted in gardens. It is hot in the beginning of the third, and dry in the second degree.

Oliue tree, *Olea*, and *Oliua.* There are two kinds of it, the tame, and the wild Oliue, the tame is named as before: the wild is called in Greeke and Latine *Agrielaa, Cotinus*, and *olea syluestris:* the tame Oliue is called of *Virgill Palladia arbor.*

Onion, in Greeke and Latine *Crommyum, Cepa, Cepe*, and *Cape indeclinabiliter.* There are many kindes of it, to wit, long, round, great, and small Onions, red, browne, and yellow: the long ones are much stronger then the round, and the yellow stronger then the white. *Plinie* deuideth them into two kinds, the one doth he call *Cepa condimentaria*, and hath no head at all, but the tops are only vsed, and it is called *Cepa pallacana.* The other kinde is called *Cepa Capitata.* Amongst all onions, are greatest accounted the best for meate, they that are flat like Turneps: they are called *Cepæ Africanæ.* Next after them are the spanish onions, but they are lesse, longer, and sharper, yet bigger then any onions in this countrie. There are also two kinds of them, the one is red, and the other white, but whensoeuer thou wilt vse onyon seedes in any composition, then shalt thou take the seedes of our onions, for that is much more fit for Phisick, but the Spanish onions are better for meate.

Orage, in Greeke *Atraphaxis*, and *Chrysolachanum*, in Latine *Atriplex, Atriplexum*, and *olus Aureum*, it is a common potherb, cold in the first, and moyst in the second degree.

Orange tree, *Narantia malus.*

Orange of *Athenæus*, in Greeke *Chryseon*, of *Nicander Nerantzion*, of *Virgil Aureum malum*, and of the common people *Malum Nerantium, pomum Arangiæ, Arantium*, and *Aurantium.*

Organe, grosse or course Marierom, in greeke and latine *Origanus*, or *Origanum, Conila*, and *Cunila gallica* of *Apuleius.* There are 3. kinds of it, the first is called in Spanish *Dosten*, in latine and greeke *Origanus Heracleotica*, or *Origanum Heracleoticum*, of *Mesues Origanum Persicum*, and of the Simplicists *Origanum Hispanicum*, because it is brought vnto vs out of Spayne: but we needed not to fetch it in Spayne, if we did but loke about vs heere in Germany, we should find this noble herb *Dosten* in a sufficient quantitie heere: but our nature and disposition is such, that we must alwayes haue some new-fangle, and to forsake that which is present with vs. This course Marierom, or *Dosten* hath small and smooth leaues like to the common course Marierom, the floures are also very like it, but it groweth somewhat higher, it hath a pleasant aromaticall smell, nothing like to the common course Marierom, it groweth in great abundance neere the Rhene on the hils. The second kind of course Marierom is brought vnto vs out of *Candia*, and it hath white leaues like the spanish *Dosten*, it is like to the wilde Marierom, both by the stalke, floure, and also by the hairines, so that there is no other difference betweene the spanish *Dosten* and our wilde Marierom, but that the *Dosten* of Candy is somewhat subtiler in sight, and something more pleasant in smell then the other, which must be ascribed to the nature of the countrie, because that the *Dosten* groweth there in the fields, and ours must be planted and sowen in Gardens: for we do find the same by o-

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ther plants that do also grow in fields with vs, that they which grow abroad are much stroger then they which are set in gardens, although they be greater & more pleasant to sight. This kind of course Marierom or Organe is called of *Dioscorides* and others in Greeke and Latine *Onitis*, *Origanus onitis*, and of the Herbarists *Maiorana syluestris*, *Sampsychus syluestris*, *Origanum asininum*, *Ouriganum*, and at the Apothecaries *Origanum creticum*. They that vse our wild Marierom when that of Candy cannot be had, erre not at all, for it is one & the same herb. The third kinde groweth also in Candy, and is set in gardens with vs: it hath commonly fiue or sixe stalks growing out of one rote, the leaues are very like to the wilde Thyme, and the floures like Pennyroyall, it smelleth also very well, it is called in Greeke *Tragoriganus*, in Latine *Tragoriganum*, and *Origanum hircinum*. The fourth kind is our common Marierom, sufficiētly knowne by that name, it is called in greeke *Agrioriganus*, in latine *Origanum syluestre*, and of the Herbarists *Organum panaceum*. Note, that if you finde course Marierom in any composition, then is ỹ Spanish *Dosten* to be taken for it, which is called *Origanum Heracleoticum*.

Otter, in Greeke *Enydris*, in Latine *Lutra*.

Oxe, *Bos*.

Oxymel, is a syrupe made with Vineger and Hony.

Oyle of Spikenard, *Oleum Spicanardi*, and *Oleum Nardinum*.

Oyster, in Greeke & Latine *Ostreum*, of *Plinie Ostrea*, it is a kind of shell fish.

## P.

Palma Christi, in Greeke *Cici*, *craton*, *seseli cyprion*, *pentadactylon*, and of *Erodotus*, *cilli-cyprion*, in Latine of *Plinie*, *Ricinus*, *Trixis*, & *Sesamum agreste*, of the Herbarists *Palma Christi*, and *Manus Christi*, of the Apothecaries *Cataputia maior*. The Arabians do call it *Cherua*, *Kerua*: it is a plant common almost in euery garden. The seede whereof is called *granum regium*, it is hot and dry in the second or third degree.

Panick, in Greeke *Elymus*, and *Melymus*, in Latine *Panicum*, and *Panigo*.

Parchment, *Membrana*, & *charta pergamena*.

Parsnep, in Greeke *Staphylinus*, in Latine *Pastinaca*, of the Simplicists *Carotis*, & *Carota*. There are foure especiall kindes of it, the first hath yellow rootes, and they are called yellow carrots, of ỹ Herbarists *Staphylinus luteus*, *Carotis lutea*, and *pastinaca lutea*, this is the most common sort of all the tame kinds, and it is the true *pastinaca satiua*, but I trouble not my selfe with them that seeke to place another kind in stead of it, thereby to couer their grosse errours, if they did looke on the true signes that *Dioscorides* ascribeth vnto it, they would sone be led from that their blindnes, although they were but children in iudgement. The second kind of these rootes is very like to the former, but that it is altogether white, and is called of the Herbarists *Carotis alba*, *Staphylinus albus*, *pastinaca alba*, in English a Parsnep. The third kind are the garden Parsneps, these are most like to the two former in leafe, rote, and floure. But the rote is of a darke red colour, which yeeldeth also a iuice of a darke red colour, but in taste it is altogether like the former. This is the true *Pastinaca nigra* of *Theophrastus*, of the Herbarists, *Staphylinus ruber*, *Pastinaca rubra*, *Carotis rubra*, we call them red carots. These three kinds are comprehended vnder the name of *Pastinaca satiua* of *Dioscorides*: yet they that would haue the tame Parsnep with the broad leafe to be a kinde of stone Parsly, because it is sweete in taste, I could wish they would bethinke themselues otherwise, for they two are as like, as the Firre tree is to the Bore tree. This is the true *Elaphoboscum Dioscoridis*, as euery one must confesse that readeth the description of it: *Dioscorides* doth also call it *Ophioctonum*, *Cerui ocellus*, & *Pabulum cerui*. The Herbarists do call it *Pastinaca ceruina*, but especially the wild kind that groweth of it selfe in hilly medowes, and is most like to the tame kind, differing only in the place where they grow: also the wild kind is fitter for Phisick, although they be both vsed for meate. The fourth kind is the wild Parsnep, and it groweth euery where in the Vineyards and corne fields, it is much like to ỹ tame, or garden Parsnep, the rote is whiter, and sharper in taste then of the other, the floures are white, and of the tame kinde yellow: they that knowe the wilde Parsnep may also know the tame kinde very well, and may sone perceiue the errors of others: it is called wild yellow carrots, or Parsnep. This is that Parsnep

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that all authors will haue vsed in Phisicke: the Herbarists do call it *Pastinaca erratica*, *Staphilinus erraticus*, *Carotus syluestris*: the Apothecaries doe call it *Baucia*, others (but vniustly) *Daucus*, and would make *Baucia* and *Daucus* to bee one and the same.

Partridge, *Perdix*.

Pauls Betony, *Betonica Pauli*, *Veronica*, it is a common herbe and daylie vsed.

Peach trée, *Persicus*.

Peare trée, *Pyrus*.

Pearles, in Greéke *Margarites*, *Cinadus*, of *Theophrastus*, of *Lucianus*, *Erythræus lapis*, of *Arrianus*, *Lapis Indicus*, of *Stratius*, *Erythræus lapillus*, of *Virgil*, *Bacca*, and *Bacca conchea*, of *Pliny*, *Vnio*, of *Cicero*, *Margarita*, and of Saint *Hierome*, *Granum maris rubri*, of others *Perla*: it is a Gemme or precious stone wel knowen vnto al men.

Peason, *Pisum*: there are diuers kinds of thē, but the very best are the Yastings.

Peacocke, *Pauo* and *Paunus*, in latine of *Ouidius*, *Iunonia auis*.

Pellitory of Spaine, in greéke and latine *Pyrethrum*, *Pyritis*, *Pyroton*, and *Pes Alexandrinus*: it is hot & drie in the third degrée.

Pellitory of the wall, in greéke *Helxine*, *Eusine*, *Elitis*, *Chanocersæa*, *Amelxine*, *Amorgine*, *Sucotachos*, *Psychnacos*, *Melampelos*, *Anatetamenon*, *Polyonymon*, *Clibodion*, *Clybetis*, and *Clybatis*, in latine *Perdicium*, *Vrceolaris*, *Vitriola*, of *Celsus*, *Herba muraria*, *Muralium*, *vineago*, *Herba vrceolaris*, *Herba vitriaria*, and of *Auicenna*, *Herba vitri*, of *Apuleius*. *Herba Pellicularis*, of the Herbarists *Helxine muraria*, and *Parietaria*. There are two kindes of it, to wit, the common Parietarie, which is the biggest, and groweth euery where in old wals, and it is called of the Herbarists for a distinction, *Pariotaria maior*. The second kind is somewhat lesse and groweth not outright like the former, but crépeth only along the wals, & hath red and thicke stalkes, like to Purslaine: the leaues are like vnto Purslaine, but thinne, soft and limber. This kind groweth plentifully at *Pontemons*, on the Citie wals, and in many other places of France, also at Coblence, nére the Rhene: It is most like vnto the great Pellitorie in virtues and operation, they haue also an abstersiue and astringent quality: they are colde and moyst.

Pennyroyall in greéke and latine *Glechon*, *Blechon*, *Apoleium*, *Abuolum*, and *Pulegium*, it is hot and drie in the third degrée.

Pepper, in greéke *Peperi*, and in latine *Piper*, There are thrée kindes of it, white, blacke and long Pepper, sufficiently knowen to euery bodie: the white Pepper is gathered before it bee thorough ripe, it is much stronger and forcibler than the blacke, it is called *Piper album*. The blacke is called *Piper nigrum*. The long Pepper is a thing of it selfe, and is called *Piper longum*.

Pirwincle, in greéke *Clematis*, *Clematis Daphnoides*, *Myrsinoides*, *Poligonoides*, *Daphnoides*, and of *Pliny*, *Chamædaphne*, in latine *Vinca peruinca*, *Vnicordia*, *Palma Virginea*, *Corona Virginea*, *Peruinca*, and *Viola mortuorum*. It is a common hearbe, and groweth in shadowie places. There is yet another kinde of it, which is set in Gardens, it hath a darke blewe flower, and it is a little bigger in euery respecte than the common sorte is: It groweth in diuers places of France of it selfe: they are both of them hot and drie in the third degrée.

*Petroleum*, in greéke *Naphta*, and of *Plutarchus*, *Naphtus*, of *Nicolaus Myrepsus*, *Petræleon*, of *Suidas*, *Pharmacon*: in Latine *Bitumen liquidum*, *Bituminis Colamentum*; at the Apothecaries *Petroleum*, and *Oleum Petræ*. There are two kindes of it, the first is the white, which is brought vnto vs from Naples, and out of Italy: of the blacke kinde we haue sufficient store in Germany in the lande of Bitsche, halfe a mile from Werde, in the mountaines, betwéen Yaganow and Weyssenburch, nére the towne Lamperts loch: there is a spring in a valley, that in April and May yéeldeth as much of this oyle, that the men in that place may gather as much of it, as will serue them all the Winter to burne in their Lampes, and to grease their Cart whéeles with it, of which oyle the Quacksaluers and other such like impostors, doe gather and fill great bottels, and then sell it againe in strange countries, as if they had fetched it farre, and had hazarded their liues greatly for to get it: which is little obserued of diuers Phisitions, that wil rather imploy & apply thēselues to the making of Prognostications, in the speculations of Astronomy, & in presaging diuers

strange matters to come.

Phlegme, Slime, a waterish moysture, in greeke and latine *Phlegma*, some doe call it *Pituita*.

Pible stone or Flint, in greeke *Chalix*, and in latine *Silex*.

Pigeon, in greeke *Peristera*, and *Peristeros*, in latine *Columba*, and of *Catulus*, *Columbus*.

Pilewort, loke Fygwort in *F*.

Pils, in greeke *Catapotium*, of *Hippocrates*, *Gongylium*, and *Gongylidium*, of the comon Phisitions *Pilula*, and *Pilula*.

Pimpernel the great, *Petroselinum*, and *Apium sexatile*: It is not our common Parsley, which the auncients do call *Apium*, as shall be shewed in the description of Smallage, but our great Pimpernell is nought else but the true *Petroselinum*, which groweth commonly on stonie rockes or hilles, and also on walles. The first kinde groweth in stonie fields; but in the Vineyards, there groweth the bigger of the two, and it yeldeth a yellowish iuice, it hath leaues like to the great Parsley; it is called of the Herbarists *Pimpinella maior*, *Tragoselinum maius*, and *Pimpinella Hircina maior*, and in English great Pimpernell. The second kinde is somewhat lesse, and groweth on grassie hilles; it is called *Pimpinella*, *Pimpinella alba*, *Tragoselinum*, and *Pimpinella hircina*, without any other addition, that is the common Pimpernell. The third kinde hath smal iagged leaues, almost like to the crumpled Parsley; it groweth willingly on stony hils, walles, and olde trees: it hath a very sharpe rote, and is the least of all the other, it is called *Tragoselinum minus*, *Tragoselinum petræum*, *Pimpinella minor*, and *Pimpinella petræa*: Some authors wil accompt these herbes amongst the *Daucos*, but they do abuse them greatly, for they are the right stone Parsnies, and haue the same operation with Parsly. The last kinde is called the lesser Pimpinell. As often as either Parsley seede, rote, or iuice is mentioned in anie composition, then is the greater Pimpernell to be vnderstoode.

Pingles, in greeke *Strobili*, *Pityides*, *Nuclei pinei*, in latine *Nuces pineæ*, and of *Hippocrates*, *Coccali*.

Pistacies, in greeke and latine *Pistacium*, and *Pistaceum*, of *Possidonius*, *Lastacium*, of *Nicander*, *Pistacium*, at the Apothecaries *Pistachium*, and *Fisticum*. It is a strange fruit like Hasell nuts, that growe in *Syria*. The tree that beareth these Nuts is called *Pistaceus* and *Pistacius*, and it is planted in Gardens in Italy, France and Germany.

Pitche, *Pix*: there are two kindes of it, to wit, harde or stone Pitche, and liquid Pitch or Tarre. The stone Pitch is called *Pix arida*, *Concreta*, *seu excocta*. The other kinde is called Tarre, in Latine and Greeke *Pissa Hygra*, *Pix liquida*, *Pix fluida*.

Plaister, in Greeke *Emplastros*, in latine *Emplastrum*.

Plantaine, in Greeke and Latine *Arnoglossus*, *Arnoglossa*, *Arnium*, *Stelephuros*, *Probation*, *Thesarica*, *Tarbelodatium*, of *Theophrastus*, *Ortyx*, of *Apuleius*, *Tarbidolopium*, *Plantago* and *Olus agninum*. There are fiue kindes of Plantaine, whereof the first is the common great Plantaine, that groweth in all highwaies and fields, it is knowen sufficiently, and is called for a difference *Heptapleuron*, and *Polyneuron*, in Latine *Plantago maior*, of *Apuleius*, *Plantago lata*, and *Septineruia*, of the Herbarists *Plantago rubea*, *Plantago latifolia*, and *Multineruia*. The seconde kinde is called Sheepes tong, *Pentapleuron*, *Quinqueneruia*, *Plantago minor*, *Lingua Agni*, and *Lingua Ouina*, *Lingua Arietis*, and *Plantago media*. The third kind is called picked Plantaine, or Houndes ribbe, in Greeke *Hippopleuron*, and *Cynopleuron*; in latine *Plantago acuta*, *Plantago lanceolata*, *Costa Equina*, *Costa Canina*, and *Laureola*: this kinde groweth in Meadowes, it is well knowen to euerie bodie. The fourth kind hath round leaues like the great Plantaine, but they are somewhat lesse and more limber, and each leafe hath but three ribbes; it groweth in woods, and is called of the Herbarists *Plantago syluatica*, *Plantago trineruia*, and *Plantago latifolia minor*. The fift kind is planted in Gardens for pleasure, the leaues are like vnto the great Plantaine, on the vpper ende of the stalke doth it gette manie little greene leaues, they growe double like vnto a Rose, wherefore it is also called, Rose plantayne, or *Plantago rosea*. Otherwise they haue the same operations and virtues with the

other

other Plantain. The first kind groweth in Welles and waterish places, it hath long, broade, and sharpe leaues at the ende; it is called water Plantaine, of the Herbarists *Plantago aquatica*, *Plantago palustris*, and *Cochlearia palustris*. But when thou findest Plantaine in any composition, then shalt thou take the first kinde, or the great Plantaine.

Plane tree: it is not the tree, which wee call *Opalus*, but *Platanus* is a tree that groweth in Italy.

Plume allum, in greeke and latine *Amiantus*, *Bostrychites*, *linum viuum*, *linum saxatile*, and at the Apothecaries *Alumen plumeum*, or *Alumen plumosum*: which the common Phisitions and Apothecaries doe falsly vse for *Alumen scissum*, which hath no likelihood with any kinde of Allum: I will omit the virtues and operations, which it should haue equall with Allum: for they are as like one to another, as an Apple is like an Oyster.

Polypodie, in greeke and latine *Polypodium*, *Filicula*, of *Cato*, *Felicula*. The rote of it is onely vsed, and when you find Polypodie with addition, then is the rote onely to be taken.

Pomegranate tree, in greeke *Rhoa*, *Rhœa*, and *Sida*, in latine *Malus punica*, and of the common Phisitions *Malus granata*.

Pomegranates, *Rhœa*, *Sida* in greeke, and in latine *Malum punicum*, at the Apothecaries *Malum granatum*, and *granatum*.

Pompeon, in greeke *Pepon*, in latine *Pepo*: There are many kindes of it, first the common Pompeons, knowen to euery bodie; secondly the sugar Melons, *Pepo saccharinus*, *Pepo muscatellinus*, and *Pepo Turcicus*.

Poplar tree, in greeke *Leuce*, and in latine *Populus*.

Poppie, *Papauer satiuum*: There are two kindes of it, to wit, the white and the blacke Poppy, the white is called of *Dioscorides*, *Thylacites*, and *Papauer satiuum*. or *Hortense*: and at the Apothecaries *Papauer album*: The blacke which is also placed amongst the tame kindes, is called of *Dioscorides*, *Pithitilis*, and *Papauer syluestre*, and at the Apothecaries *Papauer nigrum*, of *Hesychius* is the white Poppie called *Cynolephalæon*: The toppe or head is called in greeke *Codia*, in latine *Caput Papaueris*: the leafe of it is called of *Theocriti Scoliastes*, *Platagonion*. Note that whereseoeuer Poppie is named alone, to take the white.

Priuet, or Primprinte, in greeke and latine *Cyprus*, *Ligustrum*, *Auicenna* and *Serapio* doe call it *Alchnana*, *Alchenna*, *Henne*, *Alkanna*, and *Aleanna*: But the Druggistes and Apothecaries doe call the rotes of the red Dre tong *Alcanna*: *Virgil* doth call the flowers of Priuet *alba Ligustra*: and *Columella* doth call the fruit of it *Nigra Ligustura*. This plant is verie common in all *Europe*. The leaues, flowers, and berries are in vse, and they haue an astringent and drying qualitie.

Purslaine, in greeke *Andrachne*, in latine *Portulaca*, and *Porcellana*: it is colde in the thirde and moyst in the second degree.

Pyneapple, in greeke and latine *Stiobilus* and *Conus*.

Pyonie, in greeke and Latine *Pæonia*, *Pentorobum*, *Glycyside*, of *Apuleius*, *Glycysis*, and *Pæonium*, *Orobelium*, *Orobax*, *Hamagonum*, *Pæsade*, *Menogenium*, *Mænium*, *Panthiceratos*, *Aglaophotis*, and of *Ælianus*, *Aglaophotis terrestris*, *Cynospastus*, *Dactylus Idæus*, *Theodonium*, *Selenium*, *Selenogonum*, of *Theophrastus*, *Dichomenium*, of *Apuleius*, *Gludis*, *Rosa Fatuina*, of *Dioscorides*, *Herba Casta*, and of *Iosephus Historicus*, *Baaras*. *Dioscorides* doth also call it *Phthisis*, and *Auerroes*, *Rosa Asinorum*. The Herbarists do call it *Rosa benedicta*, *Rosa sancta*, *Rosa lunaris*, or *Lunaria*, *Rosa regia*, and *Rosa basilica*. There are three kindes of it, which are all planted in Gardens: of the first kinde, to wit, of the female, there bee two sortes, the one with faire darke red flowers, and manie knottie rotes, about the thickneste of ones thumbe, and some lesse, much like to Acornes: this is knowen euery where. This kinde is called of *Dioscorides*, *Pæonia fœmina*, and *Dactylus Idæus*. The other kinde is like to the former, but the leaues are something lesse, and iagged not so deepe, and of a light greene colour, and paler than the other: the rotes are also longer, and paler than of the other, almost like to the male Pyonie, so that it seemeth to bee a mixture betweene both male and female. *Dioscorides* maketh no mention of it,

but *Pliny* calleth it *Pionia mascula*, and the Herbarists *Pæonia fœmina altera*, and *Pæonia promiscua*. The third kind is like to the first with leaues and rotes, the flowers are red as blod, faire, great and double, it is called *Pæonia multiplex*. The fourth kind hath leaues like to a Walnut tree, the flowers are like to the former in colour, but something lesse; the rote is white, thicke, long, and deuided into two, it smelleth very strong and pleasant. This is the true male Pyony, *Pæonia mascula*, of the auncient writers. *Ætius* and others doe call it *Ephialtia* and *Ephialtium*, of the Herbarists *Pæonia alba*, and *Herba Dini Valentini*, we call it the white Piony: This kinde is alwayes to be vsed, or else the compounded kinde beforenamed in the stede thereof.

## Q.

Quicke lime, in greke *Conia*, and *Asbestos*, in latine *Calx viua*; *Pliny* calleth it *Ferrũ cæmentorum*.

Quicksiluer, it is called in greke and latine *Hydrargyron*, *Argentum aqueum*, and *Argentum viuum*, of the Alchymists *Mercurius*: it is a minerall knowen to euery bodie. There are two kindes of it; the one is found in the Mynes, which is called *Hydrargyron natiuum*: the second kind is made of Sinople, and it is called *Argentum viuum*, or *Hydrargyron factitium*. The Alchymists do ad yet three other kindes vnto the former, the one made of Lead, which they doe call *Mercurius Saturni*: the other made of Tinne, which they doe call *Mercurius Iouis*, or *Fel Draconis*: the third kinde is made of gold, which they call *Mercurius solis*, or *Viscum solis*: But the two first are onely vsed in Phisicke; and the three last kindes, to wit, of Tinne, Lead and Gold, wee doe commit and commend to the Alchymists.

Quinces, in greke and latine *Cydoneum*, and of *Hesychius*, *Lasiomalum*, of *Nicander*, *Chnoaum*, of *Pliny*, *Malum lanatum*, of *Virgil*, *Malum canum*, of others *Cotoneum*, *Malum Cotoneum*, *malum Cydonium*, and at the Apothecaries *Cydonium*, and *Cittonium*. There are three kindes of them, the lesser yellowe Quinces, that are so odoriferous, are most common and most fit for Phisicke. The other kinde is bigger and longer like a Peare, and in colour pale yellowe, much slighter both in taste and smell than the former: this kinde is called in greke and latine *Struthium* and *Struthiomelum*: the Simplicists doe call it *Cydonium maius*, *Cotoneum maius*, and *Pyrum Cydonium*. The third kinde is the middle sorte: both the former are graffed from a tree on a stalke of another; this kind is called of *Pliny*, *Malũ mitianum*, and of the Simplicists *Cydonium*, or *Cotoneum nothum*, with vs the bastarde Quince. The first and least are the very best, then the bastard Quinces, & the worst are the greatest.

## R.

Radish, in greke and latine *Raphanus*, or *Raphanis*, *Radix*, and *Radicula*.

Ragwort, Dogs stones, Gandergrasse, in greke *Satyrion*, of *Apuleius*, *Panion*, in latine *Satyrium*, of *Mesues*, *Testiculus Vulpis*, & of *Apuleius*, *Testiculus leporinus*. There are two kindes of it knowen to *Dioscorides*, but wee haue many kindes with vs, which wee doe knowe, amongst which *Orchis* and *Orchis Serapias* are placed. *Theophrastus*, *Plinius* and *Apuleius* haue comprehended them vnder the name of *Satyrium*, and confounded them togither. The first and true *Satyrium* is called of *Dioscorides*, in greke *Satyrion triphyllon*, or *Satyrium trifolium*. The second kinde is called red Ragwort, of *Dioscorides* in greke *Satyrion Erythronicon*, *Satyrium Erythraicum*, and *Satyrion Erythron*, of *Apuleius*, *Entaticum*, *Priapicum*, and *Satyriscus*: in latine *Molorticulum Veneris*, *Melium aquaticum*, *Testiculus Satyri*, and *Arrectorium*. The third kind is called *Satyrium regium*, or *Satyrium basilicum*, of the Herbarists *Manus Christi*, *Palma Christi*, and *Palma Veneris*, the Arabians doe call it *Bucheiden*, and *Buzeiden*, of *Auicenna*, *Digitus citrinus*, *Satyrium basilicũ maius mas*. The fourth kinde is like to the former, but the leaues are full of spots, it is called of the Herbarists *Satyrium basilicum maius fœmina*, and *Lacryma Mariæ*. The fift kinde hath small leaues, like to Saffron, it beareth a faire purple flower, with a pleasant smell: the rotes are also like the two other small handes. The Herbarists do call it *Satyrium basilicum*, or *regium minus*, *Satyrium odoratũ*, *Amarãthus veneris*,

*Pal-*

*Palma Christi minor, Palmula Christi,* or *Palmula Veneris*. The first kinde hath leaues like to the white Lilly, but narrower and lesser, it hath two kinds of floures, the one is of a darke red colour, like to that of Hartwort, the other as white as snow. This kind hath two rootes of the bignes of an Oliue, and very swéete in taste: *Dioscorides* calleth it in Gréeke *Orchis*, and *Cynosorchis*, in Latine *Testiculus*, and *Testiculus canis*. The Herbarists do call it *Orchis maior mas*. The seuenth kind is somwhat like the first, but that the leaues be lesse, it beareth a floure of a Chestnut colour, it is called of the Herbarists *Orchis mas minor*. The 8. kinde hath soft leaues, not vnlike the Lilly leues, but somewhat lesse: the floures are partly of a darke red colour, and partly incarnation, with many white strakes, the rootes are like Cocks stones, it is called of the Herbarists *Orchis fœmina maior*. The ninth kind is much lesse then the former, but very like the same in floures, leaues, and rootes, it is called of the Herbarists *Orchis fœmina minor*. Some do call it *Orchis odorata*, or *Testiculus odoratus*. it groweth on dry hils. The tenth kind hath lesser leaues then the white Lillies, the floures are purple, it hath three rootes, much lesse then Oliues, whereof two are of one bignes, and the third lesse, and longer, so that these three are like the member of a man. It is called in Gréeke of *Dioscorides*, *Orchis Serapias*, of *Ægineta*, *Triorchis*, of *Apuleius*, *Serapion*. Yet are there three kinds moe, whereof we haue spoken elsewhere. Otherwise there is another kind of this herb, which is placed with the *Cynosorchis*, or *Testiculus canis*, which héere for brauities sake we do omit. The Apothecaries do vse all the former kindes of Ragwort for *Satyrium*, without any difference, and although there be but a small difference betwéene all these kinds in operation, yet it were better only to vse that which hath three leaues like Lillies for the true *Satyrium*, for it is the *Satyrium* of the auncient Phisitions, to the end no errour be committed. All these beforenamed herbs and rootes are hot and moyst, and haue an attractiue virtue.

Raisons, in Gréeke *Astaphides*, and *Staphides*, in Latine *Vuæ passæ*, at the Apothecaries *Passulæ*: There are three kindes of them in vse, the first kind is the best, and are called *Vuæ damascenæ*, and *Vuæ zibebæ*, at the Apothecaries *Zibebæ*, & *Passulæ damascenæ*. The second kinde is somewhat lesse, they are brought from Cypers, Spayne, and Prouence, these are the best in virtue and operation, and also in taste, and are called of the Phisitions *Vuæ passæ maiores*, *Vuæ massiliaticæ*, at the Apothecaries *Passulæ maiores*. The third kinde are the Currans, and are called in Gréeke *Apyrine*, in Latine *Vuæ passæ Corinthiacæ*, *Passulæ Ciliciæ*, *Passulæ Ehemesinæ*, that is, *Passulæ sine nucleis*, and at the Apothecaries *Passulæ minores*: but when we finde in any composition *Passulæ*, then are these to be taken. The Arabian Phisitions call them *Kesmes*, & *Chesmes*, that is, Raisons without stones.

Ramme, in Gréeke *Crios*, and in Latine *Aries*.

Rapes, in Gréeke *Gongyla*, *Gongylis*, in Latine *Rapa*, *Rapum*, and *Golsonium* is called in Gréeke *Raphys*, and *Rapys*. These Rapes or Turneps are of foure kindes, for some are round, some long, some white, some small, some great, but we néede not make any long rehearsall of them, séeing they haue all one kind of operation. There are certaine Turneps sowen in Lottering, and in the vpper Burgundy, to the end to make oyle of their séedes, but this kind of Turneps is wild, and altogether vnfit for meate, but the séede is more fit for Phisick then that of the tame Rapes. This kinde is called in Gréeke *Gongylis agria*, and in Latine *Rapum syluestre*.

Raponticq, in Gréeke and Latine *Centaurium magnum*, *Maro*, *Maronia*, and of *Apuleius Maronium*, *Plectronia*, *Pelethronia*, *Chironia*, and of the Magicians *Sanguis Herculis*, *Limnestis*, *Nessium*, *Vnefera*: the Herbarists do call it *Pseudoraponticum*, at the Apothecaries is it vnto this day falsely called *Rhaponticum*, and *Rhapontica*, because their vnskilfull phisitions do take to be the same, where neuertheless the true *Rhaponticum* may be had sufficiently. But these blinde bayards haue so dazeled their eyes with gazing at the starres, that they are blinde though they séeme to sée, and they do draw and hold other men into their errours. The true Raponticq, is a roote outwardly dark, gray, and lesse then the common Raponticq, and spongious: also being broken, it hath many white vaines much like to Rubarb, with an astringent taste, it is brought vnto vs from *Pontus*. This is in vse amongst curious and carefull Phisitions.

It

It is called with vs Pontish Rubarb, to distinguish it from the rote of the great Centory, which we do commonly call *Rapontica*. It is called in Greeke *Rha*, *Rheon*, *Rheum*, in Latine *Raponticum*, *Rapontica*, *Rheum ponticum*, *Rheon ponticum*, of *Plinie* *Rhacoma* or *Rhecoma*, of *Celsus*, *Radix pontica*.

*Rhapontium*, it is called of the Herbarists *Raputium*, *Rapontium*, *Rapunculum*, *Raponcellus*, *Raponculus*, and *Pes locustæ*, it is a kind of wild Rapes, of which there is yet another kinde: it groweth commonly in shadowy woods, it hath round leaues belowe, and beareth a browne purple and hairie flower, and a thick rote, it is very sweete in taste as the former also is: they are both vsed in Sallets and in meates. The second kind is called the wild *Raputium*: the Herbarists do call it *Rapontium*, *Rapunculus sylvaticus*, and *Rapontium Alopecorum*.

Raspes, at the Apothecaries *Ribes*, it is a kind of *Ceanothus Theophrasti*, which we do call Gooseberies, and they are like in euery respect, but that the Raspes hath no thornes, and they may be vsed in stead of the Gooseberies. The Raspes are cold and dry in the second degree.

Rauen, in Greeke *Corax*, in Latine *Coruus*.

Red Arsenick or Orpment, *Sandaraca Græcorum*, and at the Apothecaries *Auripigmentum rubrum*.

Red Lead, in Greeke *Sandyx*, and *Syricum*, in Latine *Minium secundarium*, of *Vitruuius* *Sandaracha*, at the Apothecaries *Minium*, of *Dioscorides*, & *Plinie*, also *Minium*. It is our Sinople *Cinnabaris Metallica*: but red Lead is made of Lead, which is burned or calcined vntill it be red. This is vsed most commonly in Salues and Plaisters, and especially in the *vnguentum Syricinum Mesuis*, which the vnskilfull sort doth call *vnguentum Sericinum*, and they do suppose that *Syricum* should be *Sericum*, and so in stead of red Lead, they put Silke into the salue.

Red Poppy, corne Roses, in Greeke *Mecon Rhœas*, and *Oxygonum*, in Latine *Papauer erraticum*, of *Geza*, *papauer fluidum*, and of others *papaueralis*, and *papauerina*, of the Herbarists *papauer caducum*, *papauer puniceum*, *papauer caninum*, *papauer Rhœas*, *rosella*, and at the Apothecaries *papauer rubrum*. There is another kind of it very like the former, but much lesse, whereof each flower hath but foure leaues, it groweth in the Rye and Wheate, and it is called the lesser red Poppy. The Herbarists do call it *papauer erraticum minus*, *papaueralis*, and *papauerina minor*, it hath also the same vertues with the former.

Reede, in Greeke and Latine *Calamus*, *Arundo* and *Harundo*, the Apothecaries call it *Canna*. *Plinie* in his sixteenth booke, and 36. chapter, and in the 24. booke & 11. chapter, accounteth 29. kinds of them, but we do acknowledge but sixe kinds of them, whereof the first is called *Nastos*, that is, hard and compact, and smoth betweene the ioynts, whereof the arrowes were wont to be made, it is called *Sagittaria Arundo*, and *Calamus Sagittarius*. The second kind is the female, whereof the Cornets tongues are made, and it is called of *Dioscorides*, *Calamus fœmina*, and of *Plinie*, *Calamus Auliticus*. The third kind is called in Greeke *Syringias*, in Latine *Calamus*, and *Arundo fistularis*, and it is hollow from one end to the other: there are writing pens made of it, & it is without knots, wherefore it is called *Harundo enodis*. The fourth kind is also hollow and thick, it groweth in ponds and great lakes, in Greeke *Donax*, in Latine *Harundo Cypria*, *Calamus Cyprius*, *Harundo aquatica*. The fift kind is thick and strong, it is vsed for hedges, it is called in Greeke *Phragmites*, and of *Theophrastus Characias*, in Latine *Calamus vallaris*, and *vallatorius*, *Harundo vallatoria*, *Harundo sepiaria*, and *Sepicularis*. The sixt kind is planted in gardens in diuers places of Fraunce and of Germany, it is faire, great, and pleasant to sight, it is brought vnto vs from *India*, and therefore it is also called *Arundo Indica*. Some call it Spanish Canes or Reede, because it was first brought vnto vs from Spayne.

Rice, in Latine and Greeke *Oriza*, *Risum*, *Rizum*, of *Theophrastus*, *Orizum*, at the Apothecaries *Oriza*, it is knowne to euery bodie.

Rocket, loke Mustard séede the white in M.

Roebuck, in Greeke *Dorx*, in Latine *Capreus*, of *Virgill Capreolus*.

Rose, in Greeke *Rhodon*, of *Theocriti Scoliastes*, and of *Homer Thronon*, in Latine *Rosa*. There are many kindes of it, to wit, the tame Roses which are planted in gardens, are in number seuen seuerall kinds: of the wild ones are foure kinds, which is in all eleuen kinds. The first kind is of a darke bloud red colour, and are common in all gardens,

gardens, some are single, some double, and are called of *Plinie Rosa Milesia*, of the Herbarists *Rosa purpurea*, and *punicea*. The second kind is of a light red colour, it is called of *Plinie Rosa trachinea*, of the Herbarists *Rosa rubra*: at the Apothecaries and of the common people are they called *Rosa rubra*, and red Roses without any distinction, neither skils it greatly, by reason they are all one in virtues and operations. The third kind is the incarnation Rose with a pleasant smell, and are called Prouence Roses, of *Plinie Rosa Alabandica*, of the Herbarists *Rosa prouincialis*, *Rosa persica*, *Rosa incarnata*, and at the Apothecaries *Rosa purpurea*. This kind of Roses are laxatiue, and are used for the laxatiue syrupe of Roses. The fourth kinde are the double white garden Roses, the commonest amongst all tame kinds, and are called *Rosa alba*. The fift kinde is also white, and hath been knowne with vs but of late yeares, but they are somewhat lesse, & pleasanter to sight then the former white Roses are, many of them being double growe together vppon one braunch, but fiue of them are scant as big as one of the tame ones, yet very pleasant in smell: some do call them white Muske Roses, any other name as yet is not knowne. The sixt kinde of tame Roses is the yellow Rose, euery where common and knowne, without any smell, and altogether vnfit for Phisick. The Herbar. do call it *Rosa lutea*, *rosa Ægyptia*, *rosa Africana*, and *rosa vulpina*. The seuenth kind are the pleasant Damaske Roses, they are called of *Plinie Rosa coroneola*, of ỹ Herbarists *rosa moscata*, or *rosa muscata*, *rosa syriaca*, *rosa Damascena*, and *rosa Alexandrina*. The first kinde of wilde Roses are called hedge Roses or wild Roses, they are called in Greeke *Cynorhodon*, of *Hesichius Cynocentron*, of *Galen Cynomoron*, in Latine *Canirubus*, and *rosa canina*. Some do call it *Eglenteria*, and *Englenteria*. The second kinde of wilde Roses are much lesse then the first, & are of an incarnation colour like the former, but they are very fragrant, as well the Rose, as the leafe of it. It groweth in hedges, and on hils, and is called of the Herbarists *Rosa diuæ Mariæ*, *Spina diuæ Mariæ*, *Oenorhodon*, *viniosa*, and *rosa cinamomina*. The third kind of wild Roses groweth here and there in tild fields, and especially in fields of Dates neere the Rhene, it is the very least kinde of all wild Roses, but it hath bigger leaues, inwardly purple coloured, it is called of the Herbarists *chamærhodon*, *rosa pumila*, *rosa Aruensis*, and *rosa auenaria*. This kind of Roses is so odoriferous, that it seemeth to excell all tame kinds. The fourth kind of wild Roses is very like the former, they are also white Roses without any smell: they blow very late, to wit, in June, they growe in dry hils, and fields, and are called white field Roses. The Herbarists do call them *rosa campestris*, it is most contemptible of all other kinds. Amongst all these kinds are the double & single red Roses the very best that may be used for Phisick, and in like manner also the Oaten Roses: wherefore if one finde Roses without any addition in any mixture, then are the red or oaten Roses to be taken for it.

Rosemary, in Greeke and Latine *Libanotis coronaria*, of *Apuleius Iceritis*, *herba salutaris*, & *libanotis coronalis*, of the Herbarists *Dendrolibanum*, *rosmarinus coronarius*, and *libanotis coronaria*, to distinguish it from the other kind of *libanotis*, which is called by them *libanotis vmbellifera*. The Apothecaries call it *Rosmarinus*. It is a well knowne plant, and so common in the Prouences, that they make bauens of it to heate their ouens withall, and here with vs it groweth only in gardens.

Rosin, *Resina pinus*, and *resina*: but *resina* is a common name for all gums, but because that Rosin is dayly in vse, it is called *resina*. The other gums are named with additions, wherefore whensoeuer you finde Rosin in any composition, then shall you vnderstand the *resina pinus*.

Rubarbe, in Greeke *Rhaon barbaricon*, and *Rhaonbarbarum*, *Rhaumbarbarum*, *Rhascenitticum*, *Rhemuscenitticum*, & *radix barbarica*.

Rubye, there are fiue kinds of it, the first and most pretious is the Carbuncle, which is cleare, fierie and perspicuous aboue all other gemmes, it is called in Greeke *Apyrotus*, and *Anthracites*, in Latine *Carbunculus*. The other kind of Carbuncle is the Ruby, a well knowne pretious stone, and it is called *Carbunculus*, *Amethystizon*, in Greeke *Anthrax amethystizon*, and *Pyropus*, and at the Apothecaries *Rubinus*. This is next to the Carbuncle, and very much used. The third kind is the Granate. The fourth kind is somewhat paler then the other former kinds, it is of a light red colour, it is called in high Dutch *Ballas*, in Greeke *Astrios*, or

*Aste-*

*Asterios*, of *Augustine* in the 21. booke *de ciuitate Dei*, *Aster*: of the Druggists *Balagius*, *Ballasius*, *Pallasius*, *Pallenæa gemma*, *Ballenæa gemma*, *Carbunculus candidus*, and *Spinalus*. The fift kind is of a yellowish red, & light in colour, it is called in Greeke & Latine *Lychnis*, *Lychnites*, *Carbunculus giluus*, and *Carbunculus pallidus*. The sixt kinde is called *Carbunculus alabandicus*, and *lapis alabandicus*. Amongst all these kinds are only the Ruby & the Granate in vse for Phisick.

Rue, in Greeke and Latine *Peganum*, *Rhyte*, and *Ruta*. There are foure kinds of it, to wit, two tame, and two wilde: the two tame kinds are so like that they can hardly be distinguished, if one loke not well vpon them, and they are vsed without any difference one for the other. The first kinde of wild Rue is called Rue of the mountaines, of *Dioscorides*, *Ruta montana*, or *Rhyte montana*. This is most like to the garden Rue, but that it is much lesse, it groweth here and there on the hils in Italy, but with vs it is set in gardens. The second kind of Rue groweth in diuers places of Germany of it selfe, and it is also otherwhiles set in gardens: it hath longish leaues, a strong and vnpleasant smell, and white floures, out of which three square heads do grow that containe the seede, somewhat bigger then those of the common Rue, and by the name of wilde Rue is this commonly vnderstoode. The other wild or mountaine Rue, is only called Rue: this last kind is called in greeke *Peganon agrion*, of *Galen*, *Moly*, *Armala*, *Harmala*, and *Besasa*: but *Moly* is another plant with *Dioscorides* and *Hippocrates*. The Herbarists do call this wild Rue with *Dioscorides Ruta syluestris*. *Auicenna* and the Arabians do call it *Alharmel*, *Armel*, and *Harmel*. Some vnskilfull Physitions do take Hemlock for *Harmel*, or *Ruta syluestris*, and so do they follow their blinde leaders *Matheus Syluaticus*, and *Iacobus Manlius*, that haue composed the *Lumen maius*, and haue translated *Harmel* for *Cicuta*, and haue expounded *Armel* to be the wild Rue, all which is most false: for it is most sure that *Armala*, and *Harmala* of the Greekes, and *alharmel*, *alarmel*, *armel* and *harmel* of the Arabians, is one & the same plant, to wit, wild Rue, which *Galen* doth call *Moly*, wherefore these fellowes do lye falsely, and shall not be able to make answere for it hereafter, that they do mixe the seedes of Hemlock in the *pillula fœtida* and *aggregatiua* in steede of the seedes of wild Rue, thereby not only deceiuing the people, but hurting and spoyling them: so that great heede ought to be taken in all places where these pils are prepared with the seede of Hemlock in stead of the seede of wild Rue, which I could not omit at this present to shew and make knowne to the reader; for to vse venim in stead of Rueseed is no small errour.

## S.

Saffron, in Greeke and in Latine *Crocus*, *Crocum*, and *Cynomorphus*, of the Magicians *Sanguis Herculis*, of *Serapius* and *Auicenna Sahafaram*. It is called barbarously *Saffranum*. The very best Saffron that is to be had in Europe is the Dutch Saffron, which is set about *Vienna*, and *Spier* in Germany.

Sage, in Greeke *Elelisphacos* and *Crosmis*, in Latine *Saluia*, of *Apuleius Corsaluium*. There are foure kinds of it, two tame, and two wilde: the first, is called great Sage, or broad Sage, in Latine *Saluia Maior*. The second kinde is the lesser or eared Sage, in Latine *Saluia Cruciata*, *Saluia Auriculata*, *Saluia Minor*, *Saluia Acuta*, and *Saluia Nobilis*. The third kind is the first of the wilde Sages, which *Theophrastus* calleth *Sphacelus*: it groweth commonly among Chesnut trees, and vpon woody hils, it hath greater, rougher, and more wrinkled leaues then the great garden Sage hath, and it loketh as if it were withered with drieth, it hath a pretie blew floure. The fourth kinde is the second wild Sage, which is knowne to diuers by that name, and is called *Saluia Syluestris*, *Saluia Bosci*, *Bosciſaluia*, *Scorodiana*, *Scordiana*, of *Cordus Scorodiana*. By Sage without any addition, shalt thou vnderstand the garden Sage.

S. Johns wort, *Hypericon*, *Perforata* and *Iuga dæmonum*, of the Herbarists *Ruta Solis*, *Herba Solis*, it is a common & well knowne herb, hot and dry by nature.

S. Johns bread, in Greeke *Xylocerata*, or *Xylocaracta*, at the Apothecaries and of *Actuarius Carrubia*: Others do call it *Panis diui Iohannis*, it is the fruite of a tree, longish and sweete, and hath certayne kernels within it.

*Sal armoniac*, is called *Sal armoniacus*, or *Sal hammoniacus*, and at the Apothecaries *Sal Armo-*

*Armoniacum*. This Salt was wont to be digged out of the Sands in *Africa*, and was thence brought vnto vs, which now adayes we want: But there is another chimicall Salt, made of pisse and other things, vsed in stead of the former, the which of many vnskilfull men is taken and vsed as well inwardly as outwardly for the right *Sal Armoniac*, but woe to them that take it inwardly: but because that we cannot get of the right *Sal Armoniac* any more, we may vse in his place the stone salt, or salt of the mines, which is a kinde of the true *Sal Armoniac*, and hath also the same vertue and operation. I would wish no man to vse the common *Sal Armoniac* inwardly.

Sallamander, in Greeke *Molge*, in Latine *Salamandra*: it is a very venemous worme like to a great Euet, with black and yellow spots, it liueth commonly in the water, and poysoneth the same.

Salt, *Sal*. There are foure kinds of it. The common Salt is called of *Cato Sal Popularis*. The second, called *Sal Marinus*, is made of the Sea water, in English bay Salt. The third kinde is *Sal Palustris*. The fourth is stone salt, *Sal Fossitius*, *Sal Crystallinus*, or *Sal Montanus*.

Salt peter, *Nitrum*, *Niter*, and *Sal Petræ*: the Arabians do call it *Baurach*, it is a kinde of naturall Salt. Some do falsely vse the common Salt peter for it, which is a great deceipt.

Sanicle, in Latine *Sanicula*, and *Sennicula*. There are three kindes of it, which now adayes are called by the names of Sanicle. The first kinde and their true Sanicle, hath leaues like to the Vyne, but somewhat lesse, and deuided into fiue seuerall parts: it continueth greene all the winter tyme, and is knowne by many men by the name Sanicle, and is properly called *Sanicula*, otherwhiles to distinguish it from the other kindes, *Dispensia*, *Sanicula Quinquefolia*, *Sanicula Vitiginea*, and *Feraria Minor*. The seconde kinde groweth on high Snowy hils, and hath fat leaues, not much vnlike to Plantaine: The floures are somewhat like to Cowslips, some blew, some purple coloured: The Herbarists doe call it *Arctocium*, *Auricula Vrsi*, *Paralytica Alpina*, *Sanicula Alpina*, and *Arthritica Alpina*. The third kinde of Sanicle groweth on high, woddie, and cold hilles: it hath leaues almost like *Angelica*, and a blacke hairie rote. It is called of the Simpliciists *Sanicula Fœmina*, or *Astrantia Nigra*, in English, the or female Sanicle. But this hath another operation then the Sanicle, for the rote of it purgeth like Elleborе, for which cause, it is of some called *Sanicula Cathartica*. The Herbarists call it wilde *Angelica*. But where and whensoeuer Sanicle is found in any composition without any addition, then shalt thou vnderstand the first kinde of it.

Saphire stone, in Greeke and Latine *Sapphirus*, by *Marbodeus*, *Syrtites*, and at the Apothecaries *Saphirus*. There are foure kindes of it, of the blew which is knowne by that name, we haue spoken before. And to distinguish it from the others, it is called *Saphirus Cæruleus*, and *Dionysius Afer* calleth it *Cyaneus Saphirus*. The seconde kinde declineth somewhat from the blew to the greene, and is called in Greeke *Prasitis*, and *Saphirus Prasitis*. The Druggists do call it *Saphirus Viridis*, in English, a greene Saphire. The third kinde declineth from the blew to the yellow, and is called in Greeke *Chrysitis*, and *Saphirus Chrysitis*: of the Simpliciists *Saphirus Aureus*, in English, the yellowe Saphire. The fourth kinde is betweene blew and white, in colour like Buttermilke, altogether perspicuous and cleare, called *Saphirus Candidus*, in English, the white Saphire.

Sarcocolla, in Latine *Sarcocolla*, or *Carniglutinum*, at the Apothecaries *Gummi Sarcocolla*, of *Serapio*, and other Arabian writers *Anzarot*, or *Anzarut*, it is a gum of a thorne in Persia much like to Frankincense.

Sauery, in Greeke and Latine *Thymbra*, *Cunila*, and *Satureia*: there are two kinds of it, and there is no difference betweene them both, but that the wilde kinde groweth of it selfe, and is called *Thymbra*, and *Cunila Rustica*: The other kinde is planted in gardens, and is more sauory and acceptable to meate then the former: but for Phisick, the wilde hath more vertue then the other. It is hot and dry in the third degree.

Sauin or Sauintrée, in Greeke *Brathy, Brathus, Barathrum*, and *Barithon*. In Latine *Sabina*, and *Sauina*. It is a well knowne shrub. There are two kinds of it, the one hath rough leaues like to the Cipres tree, the other like the leaues of the Tamariske, they are both of them planted in the gardens with vs, they are both attenuating and drying in the third degree.

Saunders, in Greeke and Latine *Santalum, Santalus*, and of *Actuarius, Xylon Santalon*, that is, *Lignum Santalum*. There are three kindes of it, that are all brought vnto vs from the Indies, to wit, yellow, white, and red Saunders, all of them very common and well knowne at all Apothecaries. The yellow kinde, is called *Sandalum Flauum*, and at the Apothecaries *Sandalum citrinum*. The Arabians call it *Santalum Machoziri, Mazahari*, and *Machazari*, that is, *Santalum Aromaticum*, or *Santalum odoriferum*, because it is the very best and most fragrant of all the kindes. The red Saunders are called *Santalum Rubrum*, of others *Rhodosantalum*, that is, *Santalum Rosaceum*, and at the Apothecaries *Santalum Rubeum*. The white Saunders are called *Sandalum Album*. The best Saunders amongst all of them is the yellow kinde, next to that the white, and last of all the red. Whensoeuer one findeth Saunders in any receipt without addition, then is there the yellow Saunders alwayes vnderstode. There is also a false kinde of red Saunders founde at some Apothecaries, not vnlike to the true red Saunders, yet without any smell at all: this is a kinde of Brasill, but it hath a darker red colour. The Druggists call it *Sandalum Spurium*, it may be called in English, bastard Saunders, neyther ought it by any meanes to be vsed in Phisick.

Scabious, of the Herbarists in Latine *Sabiosa*, and *Herba Apostematica*. There are fiue kindes of it, all of one vertue and operation. *Psora Ætij* is that common Scabious vsed at all Apothecaries.

Scammony, in Greeke and Latine *Scamonium*, or *Schamonia, Apopleumenon, Dactylion*, and *Sanilum*, of the Simplicists *Volubilis Syriaca, Volubilis Antiochena*, and *Volubilis Colophonia: Dioscorides* calleth it *Colophonium*, and *Sanilum*: at the Apothecaries *Schamonea*, and of the Arabians *Sachmunia*. It is a plant that groweth in *Syria* neere *Antiochia*. It hath long sappie stalks, three square leaues, and white floures like bels. It hath also a long sappie rote as thick as ones arme, and white in colour. *Dioscorides* calleth this rote *Radix Colophonia*, and *Radix Schambonia*. The iuice which is prest out of this rote is also called as the plant *Schamonia*, or *Scamonium*. Some do call this iuice in Greeke onely *Diacrydion*, that is, *Lacrymula*, and at the Apothecaries *Schamonea*. But our Physitions now adayes do vnderstand by *Dacrydion* onely the prepared Schammony, which the common Apothecaries and Physitions do call *Dagridium* or *Diagridium*, and *Schamonia Preparata*.

Scorpion, *Scorpius, Scorpio*, a maruellous venemous little beast, in Italy and other countreys very common. If it bite or sting a man, and that he vseth no present remedie for it, he is constrayned to dye.

Sea bals, in Greeke *Sphæra thalassia*, of *Galen* in Latine *Sphæra Marina, Pila marina*, at the Apothecaries *Balla marina*, and *Nicolaus Myrepsius* calleth it *Palla marina: Dioscorides* doth name it *Primum Genus Alcionij*. It is a kinde of Sea spunge dryed, and round like a ball, whence it hath the name *Pila marina*.

Sea Mussels, *Concha marina, Conchilium marinum*.

Sea Wormewood, in Greeke and Latine *Absinthium thalassium, Absinthium marinum, Absinthium Seriphium, Helmintobatane, Helmintopea, Seriphon*, and *Serifluum*, at the Apothecaries *Sementina*, or *Zina*. The seede of it is only vsed at the Apothecaries, to kill and expell the Wormes of the belly, they call it *Semen Zina, Semen Lumbricorum, Semen Alexandrinum*, and *Semen Zedoaria*. In Prouence that is in France, is another kind of sea wormewood, or wormeseede found, which is very like the garden Cypres, but it hath lesse store of seede then the former & in the expulsion of wormes altogether as forcible. This plant is called *Santonicũ, Absinthium Santonicum*, at the Apothecaries *Sandonicũ, Sanctonicum, Absinthium Sanctonicum, Centonica*, &

Herba

*Herba centonica*. By all these names doe they also vnderstand the Wormeseede, or sea Wormewood, for they doe confound these, and many others more. They do call the seede *Semen Sandonicum*, and *Semen Sanctum*, by which they do vnderstand both the former seedes.

Selfeheale, *Prunella*, and *Herba Diui Anthonij*.

Sene leaues, are called in Greeke, Latine, and in the Arabian tongue, *Sena*, and *Senna*. *Mesues* called them with a Persian name *Abalzemer*. There are two kinds of them, the lesser groweth in *Syria* and *Egypt*, and are called, to distinguish them from the others *Sena Syriaca*, *Sena Ægyptiaca*, and at the Apothecaries *Sena Alexandrina*, and *Sena Orientalis*. The greater Sene leaues do growe in Italy and elsewhere, these are called of the Simplicists *Sena Italica*, or *Sena Prouincialis*, and at the Apothecaries *Sena Florentina*. They are much weaker in operation and vertues then the lesser kinde, and therefore more vnfit for Physicall vses. Some there are that affirme *Sena* to be a kinde of *Colutea*. Others would haue the *Colutea Theophrasti* to be *Sena*, or at the least a kinde of the same, but both of them do erre. Looke also in the introduction of this booke for Sene leaues.

Seruice tree, in Greeke *Oa*, or *Oe*, in Latine *Sorbus*, it is a well knowne tree, whereof the fruit is called in Latine *Sorbum*, and it is like to a little Peare.

Sebestes, are little black berries, called in Greeke *Myxa*, or *Myxaria*, of *Actuarius*, in Latine *Sebestena*, and at the Apothecaries *Sebesten*. They are black berries, as big as hasell nuts, or little small dryed Prunes, they are well knowne at all Apothecaries.

Sheepe, *Ouis*.

Shepherds purse, *Bursa Pastoris*, and *Pera Pastoris*.

Silkewormes nests, *Folliculus Bombycis*, they are called in Latine *Sericum crudum*, or *Sera cruda*, at the Apothecaries, *Seta cruda*.

Siluer, in Greeke *Argyros*, and *Argyrion*, and in Latine *Argentum*.

Siluermountayne, in Greeke and Latine *Seseli*, and of *Plinie Seselis*, and *Sili*, of the Herbarists *Seselium*, at the Apothecaries *Siseleos*, and *Seselios*, *Indeclinabiliter*. There are fiue kinds of it, the first hath leaues like Fennell, but somewhat bigger, with a smoth stalke, the floures are not vnlike to them of Dill, and after them followeth a little sharp seede: the roote is long and odoriferous, and it groweth on stony hils. It is called in Greeke *Seseli Massilioticum*, and *Platycyminum*, in Latine *Seseli Massiliense*. The Herbarists do call it *Seselium Massiliense*, at the Apothecaries *Siseleos*, *Siler montanum*, in English Siluer mountaine, or Siler mountaine. The second kind is called Siluer mountaine of *Æthiopia*, the stalke is of the thicknes of a finger, woody, and of a darke red colour. The leaues of it are very like to them of Honysuckles: they are smoth, and pale greene in colour. It hath vpon it foure or fiue goodly yellow tops like Fennell, but the seede is somewhat bigger then that of Fennell. It is called in Greeke and Latine *Cynophrycon*, *Seseli Æthiopicum*, and of the Simplicists *Seseli Æthiopicum Fruticans*. The thirde kinde is our common black Siluermountaine, which of many is taken for *Seseli Æthiopicum*, because it hath the same vertues and operations. But the Herbarists do call it *Seseli*, or *Seselium Æthiopicum Herbaceum*, thereby to distinguish it from the aforenamed. The fourth kinde is our white Siluermountaine, called in Greeke and Latine *Seseli Peloponnesiacum*, *Seseli Peloponnense*, and of the Herbarists *Seselium Ceruinum Album*. The fift kinde is the *Tordylium* of *Dioscorides*. This herbe as yet is not throughly knowne, because the description of it is so briefely set downe by the auncient writers, which do only make mention of the seede of it. This is called in Greeke *Tordylion*, *Tordylon*, of *Plinie Syreon*, of *Paulus Ægineta Gorgylon*, and in Latine *Seseli Creticum*. But when and where soeuer thou findest Siluermountaine or *Siselios* in any composition, then and there shalt thou alwayes vnderstand and vse the first kind of Siluermountaine.

Sinober or Sinople, Vermillion, in Greeke *Cinnabaris*, in Latine *Cinnabrium*. There are two kinds of it, the first is naturall, and digged out of the Myne. It is called in Greeke *Miltos Ammion*, in Latine of *Dioscorides* and *Plinie*, *Cinnabaris Fossilis*, *Minium Natiuum*, in English Sinober, of the Myne. The other kinde is made by the Alchimists of Quicksiluer and

Brimstone, and it is called of the Simplicists *Cinnabaris Factitia, Cinnabrium Artificiale*, and *Minium Artificiale*, with vs Vermillion.

Siuet, in Greeke of *Actuarius Zapetion*, in Latine of the Simplicists *Zibethum, Zibettum, Algalia*, and at the Apothecaries *Zibeta*. It is the fat or suet which is taken from the cods of the Siuet or muske Cat: At the first it smelleth very badly, but afterwards turneth to so fragrant an odour that it farre surpasseth the Muske and Amber greece: It is hot and moyst by nature. It is vsed for the increase of humaine seede, and for the infirmities of the Matrix.

Slow tree, or black thorne, in Greeke *Agriococcymelea*, and *Coccymelaa agria*. In Latine *Prunus sylvestris*, and of *Virgill, Spinus*.

Smallage, in Greeke and Latine *Eleoselinum Hydroselinum, Apium Palustre*, and *Paludapium*. Here is to be noted, that as often as any mention is made in this booke of Smallage seedes, leaues, iuice, or rootes, that the greater Pimpernell rootes are alwayes to be vnderstoode for it, for that is the right *Apium* of the auncient Physitions.

Smaragde, in Latine and Greeke *Smaragdus*, of *Horatius, lapis viridis*, it is a greene pretious stone.

Snake, *Serpens, Anguis*.

Snayle, *Cochlea terrestris*, a Snayle house and all: The house of the Snayle is called in Greeke by *Dioscorides Celyphos*, of *Galen Ostracon*, of *Sammonicus, Cochlea Domus*, and of *Plinie, Calyx*. The vine Snayles and garden Snayles are called *Cochlea operculatis*. The dew Snayles are called *Limax* and *Cochlea Nuda*.

*Solidago Media*, Sengreene, in Latine *Symphytum Medium, Solidago Media, consolida media, consolidago media*.

Soote of the chimney, *Fuligo caminorum*.

Sophia, in Greeke and Latine *Thalictrum*, and *Thalictrum*, of the Chirurgions and Herbarists *Sophia*, and *Herba Sophiæ*. Some Authours would haue this herbe to be *Absinthium Seriphium*, but they shall neuer approue it to be true, for although they were the greatest Alchimists in the world, yet should they neuer transmute the one into the other. This Sophia I will not denye to be very good for the Wormes of the belly, yet doth it not thereby follow that it is *Absinthium Seriphium*, for if all the herbs should be of *Sinchia Seriphia*, that should expell Wormes, then should we haue an infinite companie of them. Of this *Absinthium Seriphium*, looke vnder the title of Sea Wormewood.

Sope, in Greeke and Latine *Smegma*, or *Sapo*, of *Martialis Mattiaca Pila*. Sope is prepared diuerslie, but amongst all others is the blacke Sope best for Physicke.

Sorrell, in Greeke of *Dioscorides Oxalis, Anaxyris*, and *Lapathon*, of *Galen Oxylapathum*. *Dioscorides* doth otherwhiles call the Docke *Oxylapathum*, because it hath picked leaues: But *Galen* doth not call Sorrell by this name, because it hath picked leaues, but that it is amper and sowre: for *Oxylapathum* is *Lapathum Acidum*, sower Docke: the Apothecaries do call it *Acetosa*. There are foure kindes of it: The first, is that which groweth euery where in Gardens. The seconde kinde is as big againe as the common Sorrell, and groweth very plentifully in the Vineyards nere Rhene: it is also planted in Gardens for Sallets, and is called *Oxalis satiua*, or *Acetosa satiua*. The third kinde is set in the Gardens in *France* and high Burgundy, it hath round leaues, and is much sowrer then the common Sorrell, it might be called round Sorrell, of the Herbarists *Oxalis Rotundifolia, Acetosa Rotunda, Oxalis Francica*, and *Oxalis Gallica*. The fourth kinde of Sorrell groweth in the common fieldes, and dry places, it hath small narrowe leaues, and may bee called Sheepes or wilde Sorrell: of the Herbarists *Oxalis Tenuifolia, Oxalis minor, Oxalis Veruecina*, and *Oxalis Arueneis*: at the Apothecaryes *Acetosa minor*, and *Acetosa ouina*: But as often as you reade Sorrell in any composition, thou shalt alwayes vnderstand the common Sorrell, although the round be the best.

Sowre milke, in Greeke of *Plinie Oxygala*, in Latine, *Lac Acidum*, or *Lac Acetosum*.

Sowes bread, or Swines bread, in Greeke *Cyclaminus, Iehthiotheron*, and *Chelonium*, that is, *Iecstudinaria*, and *Chyline*: in Latine *Cyclamen, Vmbilicus terræ, Rapum terræ, Rapum Porci, Orbicularis*, and *Herba orbicularis Tryumphalites, Panis Terræ, Arthanita*,

thanita, and *Harthanita*. Of the barbarous writers *Panis Alcurst, Panis Fauni, Cassamum, Cassanum*, and *Quassamus*. Of the Arabian Phisitions *Bothor Mariæ*. It is a rote whose leafe is like to Hartwort, but somewhat litherer, & fuller of spots. There is yet another kind of Sowes bread which is very like to the former, but somewhat lesse, no bigger than a gall; this groweth in *Apulia*, on the hill *Garganum*, it is called *Cyclaminus minor*.

Southernewood, *Auroesne*, or Wardrobe, in latine *Abrotonum, Thelyphtorum*: The female kinde of Southernwood is called garden Cipers, *Abrotonum fœmina*, it is called *Chamæcyparissus*, but untruly; for *Chamæcyparissus Plinij*, is not great and woody, as the garden Cipers is, but it is a little hearbe, about one span in height otherwise it is very like to the garden Cipers: it is called with vs the female Southernewood: the Herbarists do call it *Abrotonum fœmina, Cyparissus*, and *Cypressus hortulanus*, & *Sandolina*.

Sparrow, in græke *Psar, Struthos, Colmis*, and in latine *Passer*: a well knowen bird.

Sparrowhauke, in græke *Spizias* and *Spizites*, in latine *Accipiter, Fringellarius*, and *Nisus*: it is a birde common and well knowen.

Sperage, in græke and latine *Asparagus*, or *Aspharagus*: at the Apothecaries *Sparagus*. There be two kindes of it, to wit, the wilde and the tame Sperage: the tame kinde groweth euery where neere the Rheine: the wild Sperage hath lesser leaues, and sæds: this groweth on the hils, for which cause it is called *Asparagus petræus*.

*Sperma Ceti*, in græke *Halos anthos*, in latine *Maris flos*: of the Herbarists *Sperma balenarum*, and at the Apothecaries *Sperma Ceti*: It is vsed for clotted blod, being mixed with other things.

Spider, in græke *Arachne*, in latine *Aranea, Araneus*. There is yet another kind, called of *Pliny, Phalangium*: this is big, and poysoneth in biting or stinging; it is onely found in hot countries, and especially in Italy, where it is called *Tarantula*.

Spike of Rome, *Salinuca, Nardus Celtica, Nardus Romana, Spica Celtica, Spica Romana, Nardus Gallica*, and *Spica Gallica*: the Herbarists do call it *Flos diuæ Magdalenæ*: it is a well knowen herbe, warme in the first, and drie in the second degree.

Spikenard oile, loke oyle of Spikenard.

Spinage, in græke *Seutlomalache*, and *Teutlomalache*, in latine *Beta Maluatica, Spinaceũ*, or *Spinacea, Spanachia*, and *Spinachia, Olus Spinaceum*, and *Olus Hispanicum*. It is cold and moyst in the first degree.

Sponge, in græke *Spongos*, and in latine *Spongia*.

Spurge, in græke *Tithymalus*, in latine *Lactaria herba*, of *Celsus* and *Columella, Lactuca marina*, of *Pliny, Lactuca caprina*, and at the Apothecaries *Esula*, or *Ezula*. The Arabians doe call it *Xauser*. There are eight kindes of it; the first is called in græke and latine *Characias, Tithymalus characias, Tithymalus vallaris, Amygdaloides, Cometes, Tithymalus cometes, Cobius, Tithymalus cobius*, of *Apuleius, Alypus, Gobius*, and *Meconites, Tithymalus masculus, Lactuca marina*, and *Genitura Martis*: of the Herbarists *Esula*, or *Esula Papaueracea, Esula Vallaris, Esula amygdalina*, and *Esula comosa*. It is a very big kinde of Spurge, it hath great long leaues, not vnlike to the Almond tree, red stalkes and branches, it is called *Lathyris sylueſtris*, and *Cataputia sylueſtris*. The second kinde of Spurge hath thicke and picked leaues, like to the Mirtle; it is called in græke and latine *Myrtites, Tithymalus myrsinites, Tithymalus fœmina, Caryites, Tithymalus Caryites*, of *Apuleius, Caryon*, of *Theophrastus*, and the Simplicists, *Tithymalus myrtifolius, Tithymalus myrtiphyllus, Tithymalus myrtaceus*, of *Apuleius, Multilago Capraria*, of the common Herbarists *Esula*, or *Esula myrtifolia*, and *Esula myrtacea*. This kind of Spurge groweth not with vs of it selfe, but is planted in gardens. The third kind of Spurge groweth about one spanne in height, and hath red branches, rounde leaues, white flowers, and sædes as big as small Peason; it is called sea Spurge, in græke and latine *Paralius, Tithymalus Paralius, Tithymalus maritimus, Tithymalus lactariolus, Tithymalis*, and of *Theophrastus, Coccos*: of the Herbarists *Lactariola, Herba lactariola*, and *Esula*, or *Esula marina*. The fourth kind of Spurge groweth euerie where in gardens, and neer hedges, it is an herbe not altogither a span in height, with red stalkes and branches, it hath round leaues like Purslaine, and it beareth a yellow flower, and turneth with the Sunne, in græke and latine *Helioscopius, Tithymalus helioscopius, Tithymalus Soliſequus*, or *Soliſequium, Dentritis Apuleij, (ob Arbuscula ſimilitudinem) Cicer columbinum*,

Ca-

*Caprago:* of the Herbaristes *Lactaria soliſequia, Eſula*, or *Eſula ſoliſequa*, or *ſoliſequia*. The firſt kinde of Spurge, is the leſſer kinde of Spurge, which is like to the ſmall field Cipers, it groweth here and there in ſundrie gardens, and in tilled ground, and it is called the leſſer Spurge, in greeke and latine *Cyparisſias, Tithymalus Cyparisſias, Tithymalus cupreſſinus:* of the Herbariſts *Eſula*, or *Eſula cupreſſina*, and at the Apothecaries *Eſula minor:* this plant is called of *Meſues, Scebram minus*, and *Alſcebram minus*. The firſt kind of Spurge is the greateſt of all; it groweth on rockes or ſtony places: it is like to a little tree, the leaues are narrower, than they of *Eſula Myrtacea:* it is called in greeke and latine *Dendrodes, Dendroides, Tithymalus Dendrodes, Tithymalus leptophyllos, Tithymalus tenuifolius, Tithymalus Petræus, Tithymalus arboreſcens:* of the Simpliciſts *Eſula*, or *Eſula Arboreſcens* and *Petræa*. The ſeuenth kind hath great broad leaues, and is called great Spurge, and ſweete Spurge, in greeke and latine *Tithymalus platyphyllos, Tithymalus latifolius, Corymbitis*, and of *Apuleius, Perſites*, in latine of the Herbariſts *Tritum*, or *Titum*, at the Apothecaries *Eſula*, or *Eſula latifolia*, and *Eſula dulcis*. The eighth kind is the *Eſula* which is alſo called *Pityuſa*, of *Meſues, Alſcebram*, or *Alſcebram maius*, of *Auicenna, Meheze heregi*, at the Apothecaries *Eſula maior:* there hath been ſpoken of this kind in the title of Turbith *T*. Alſo if *Eſula* or Spurge be named in this booke, then is the *Eſula Cyparisſia* to be vſed.

Squinanth, in latine & greeke *Schœnus, Schœnanthum, iuncus odoratus, Paſtus Camelorum*, at the Apother. *Squinanthũ:* the flowers are called in greek *Schœnanthos*, that is, *iunci flores:* they are now brought vnto vs again, although they be not common euery where.

Stag, *Ceruus*.

Staueſacre, loke for Licebane in *L*.

*Stechados*, or *Stechas*, It is called of *Dioſcorides* in greeke *Stichas*, of *Galen, Stæchas*, of others *Sincliopa, Alcibiades, Styphonia*, and *Stiphonia*, in latine *Stichas, Stechas, Stæchas, Oculus Pythonis*, or *Sciolebina*, and at the Apothecaries *Stichados indeclinabiliter*. There are two kindes of it, the one commeth from *Arabia*, which hath leaues very like to Lauander, but they are somewhat iagged, and to each ſtalke are three or foure compacted pares, and each one hath a little ſtalke, with pretie little purple flowers, of a very pleaſant and fragrant ſmell, & it is now adaies with vs planted in gardens: this kinde is called *Stichas Arabica*, and at the Apothecaries *Stichados Arabicum*. The other kinde groweth in Spaine, Italy, and in other places: it is not much vnlike the former, but that it is somewhat bigger, and the leaues are not iagged: the Herbariſts doe call this kinde *Stichados Europæa*, it hath alſo oftentimes a name of the place where it groweth, as that of France is called *Stichas Gallica:* the Italians do call their *Stichados, Stichadem montanam:* the Portingales doe call that which groweth in *Arabia, Roſmarinum Mauritanorum*. The authors do commend that of *Arabia*, aboue all the other kindes; but becauſe it is brought ſo farre, and that it loſeth his virtues by the way, do the learned Phiſitions vſe only that which groweth in *Europe*.

Steele, in greeke *Calyps*, and of *Pollux, Stomoma*, in latine *Chalybs*, of *Pliny, Nucleus ferri*, and *Acies ferri*.

Stonecrop, *Illecebra, Piper murinum*, and of *Dioſcorides, Sedi tertium genus*.

Stone Parley, or Parſley of Macedone, *Petroſelinum Macedonicũ:* they that haue great ſtore of ſmall ſkill in ſimples, haue hitherto vſed the Parſly of *Alexandria*, for that of *Macedonia:* Others, becauſe they had no Stone parſley, haue vſed the greater Pimpernell in ſtæde of it; of which opinion *Hieronimus Tragus* (my Maſter) was the firſt, becauſe that kinde of Pimpernell is ſtronger, and agreeth better with the Stone parſly than the other. But now hauing gotten the true Stone parſley, and planted it in diuers gardens, it is not needefull to vſe any other thing for it. The Parſly of Alexandrie, hath alſo her proper vſe in Phiſicke, and it is called of *Dioſcorides, Smyrnium:* of the Herbariſts *Petroſelinum Alexandrinum, Petroſelinum Cilicum, Apium Alexandrinum, Apium grande*, and *Oluſatrum:* theſe herbes are ſeldome vſed alone.

Storax, loke *Styrax* in the latine *Index* or Table.

Storke, in greeke *Pelargus*, in latine *Ciconia:* It is a bird cõmon inough beyond the ſeas.

Storkes bill, of *Dioſcorides, Geranium alterum*, of the Herbariſts *Pes columbinus*, and *Periſtopodium:* it is one of the ſmalleſt kinds of Storkes bill, with round leaues, like to the leſſer Mallow.

Straw-

Strawberry, *Fragum*.

Sturgion, *Accipenser*, *Sturio*: it is a common and well knowen fish.

Succorie, loke Cicory in *C*.

Sugar, in greeke *Sacchar*, *Saccharon*, *Meli*, of *Arrianus*, *Calaminon*, in latine of *Pliny*, *Sal Indus*, and *Saccharum*, at the Apothecaries *Zuccarum*. There are fyre kinds of it: the first kinde is refined Sugar, which artificially hath been purified, and is called of the Simplicists *Saccharum valentinum*, *Saccharum finum*, *Saccharum refinatum*, and *Saccharum Tabazeth*. The second kind is Madery Sugar, which is brought from the Iland *Madera*, this is the second in goodnes, and is called in latine *Saccharum Maderiense*, or *Mederiense*. The third kinde is Canary Sugar, which is next in goodnes to the Madery Sugar, in latine *Saccharum Canarium*. The fourth kinde is the Malta or powder Sugar, it is brought from *Maltha*, and it is called of the Simplicists *Saccharũ Maltanũ*. The fift kind is a browne and soft Sugar, it is brought frõ the Iland *S. Thomas*, & it is the very worst of all the kinds: it is called of the Simplicistes, *Saccharum Thomasinum*, *Saccharum Thomæum*, and at the Apothecaries *Saccharum rubrum*. The first kind is the firup that floweth from the Sugar in refining, it is knowẽ euery where by the name of Sirup, *Mel Saccharinum*, and *Remel*. Whensoeuer any mention is made of Sugar, then is either the Madery Sugar, or the Malta sugar to be taken and vsed.

Sugar Parsnep, in greek and latine *Sisarum*, & *Sifer*: this is the true *Sisarum* or *Sifer* of the auncient writers, and not our common Parsnep, as some suppose; for the Persnep with the broad leafe is the true *Elaphoboscum Dioscoridis*. If we did alwaies distinguish our herbes, after the best manner, we should not fall and run into so many confusions and errors.

Sulphure, loke for Bimstone in *B*.

Suppositorie, is vsed to procure stooles, and is called in greeke and latine *Balanus*, *Glans*, and at the Apothecaries *Suppositorium*.

Swallowe, in greeke *Chelidon*, in latine *Hirundo*.

## T.

Tamariske, in greeke *Myrica*, in latine *Tamarix*, of the Herbarists *Bryaria*, and at the Apothecaries *Tamariscus*: it is a well knowen tree and groweth abundantly in many places of Germany.

Tansie, the Herbarists doe call it *Tanacetum*, and *Athanasia*.

Tassell, in greeke and latine *Dipsacus*, *Onocardium*, *Labrum Veneris*, *Carduus Veneris*, *Virga Pastoris*, *Carduus Fullonius*, and *Lauacrum Veneris*.

Three leafed grasse, loke for Clauers in *C*.

Thorough ware, *Perfoliata*.

Thunderbolt, *Phrygius lapis*, of *Dioscorides*, and at the Apothecaries *Lapis lyncis*. The gentle reader is here to be admonished of the great abuse, harme and deceipt, that hath hapned these many yeres, at the Apothecaries, in the vse of this simple. For the vnskilfull Phisitions, which doe not much trouble themselues with the true knowledge of simples, are as yet of opinion, that the Thunderbolt should be engendred in the ayre, and they do vse it in their compositions to expell vrine, grauell and stone, and especially in the *Lithontribon magnum Nicolai*. But the stone which they call *Lapis lyncis*, or *Lyncuriũ*, is called of *Galen* and *Dioscorides*, *Lapis phrygius*: for the Dyers in *Phrygia* do vse it in their dyings. This foresaid stone (as *Dioscorides* witnesseth) groweth in *Cappadocia*; but neither *Galen* nor yet *Dioscorides* doth say, that this stone should be engendred in the ayre, for it is a thing that groweth of it selfe, as the Calamine doth, and (as *Galen* saith) it hath the same virtues with the Flint, but that this may not be vsed inwardly. By this may appeare how greatly they haue erred, that haue called this stone *Lapis lyncis*, or *Lyncurium*. Also how diuersly men haue bene deceiued & their infirmities increased, in ministring vnto them diuers compositions, wherein this stone is put. Wherefore euery carefull Phisition ought diligently to reade the booke of *Dioscorides*, *Galen*, *Pliny*, *Ætius*, and of *Nicolaus Myrepsius*, that he might thereby perceiue his owne defaults, and turne back from his errors. *Dioscorides* in his second booke *De re medica*, and the 74. chapt. writeth after this manner of the Thunderbolt: It hath been thought that the water of the ayre, which is called *Lyncurium*, should congeale into a stone, but it hath beene found false, and all whatsoeuer else hath been said of it; for the *Lyncurium* is that which is called of some *Electrum Pterigophoron*, Amber,

or

or white Amber, and is brought vnto vs in great abundance from *Prussia*: these are the very wordes of *Dioscorides*. The like false opinion doth *Pliny* detect *libro* 37. *cap.* 3. Here may you euidently perceiue, that neither auncient writers haue helde any thing of that false and fained opinion; for they do all affirme that *Electrum*, *Succinum*, and *Lyncurium*, is one and the same thing, which hath bene sufficiently seene by the wordes of *Dioscorides*. It doth also appeare in the writings of *Ætius*, and *Nicolaus Myrepsius*, that they meant nothing els by their Thunderbolt *Lyncurium*, or *Lapis lyncis*, but onely *Succinum*, that is the Amber. Also that the Amber commeth not out of the aire but out of the sea, that is sufficiently knowē to al the world. But whether that vnskilful crue had said that it were engēdred of a certain water in the ayre, or that it is the vrin of a beast congealed into a stone, that were a smal error, if they had vsed the right Amber in their compositions. That Amber hath power to expell the stone, vrine, and grauell (which virtues are ascribed to the *Lyncurium*) that is sufficiently knowen to euery expert Phisition: and that the white Amber is the right *Lyncurius* or *Lyncurium*, that may be shewed by the wordes of *Ætius*, who calleth it *Electrum*, *Lyncurium*, and *Succinū*, and distinguisheth the yellow Amber from it, calling it *Chryselectrum*, that is, *Aureum Electrum*. And *Dioscorides* in the former chapter calleth the white Amber *Electrum Pterigophoron*, and in the first booke *de medica materia*, doth he cal ỹ yellow Amber *Chrysophorū*. Hereby do we cōclude that *Lapis Lyncis*, *Lyncurius* or *Lyncurium* (as the Grecians terme it) is nought else but the white Amber: wherfore hēd must be taken, that thou vse the white Amber in all compositions, that haue the *Lapis lyncis* in them. Of the virtues of the Thunderbolt, looke for Amber.

Thyme, in greeke and latin *Thymum*, *Thymus*, *Serpillum Romanum*, or *Herba Thymiana*, at the Apothecaries *Timus*. There are two kinds of it, and both of them are set in gardens: but in hot countries doe they growe euery where of themselues. The first kinde is white, and hath long eares or heads like to *Stechados*, it hath a very pleasant smell, it is called in greeke and latine *Thymum capitatum*, *Thymum Candidum*, *Thymum creticum*, *Thymum Spicatum*, and *Thymum aromaticum*: we call it white Thyme. The second kind is rougher, & of a darke greene colour, and it is common in al gardens and well knowen by the name of Thyme. The first kind is much better for Phisicke than the other, if it may be gotten: they are both of them hot and dry in the third degree.

Tillet tree, in the *Philyra*, in latine *Tilia*. There are two kindes of it. The common Tillet tree, and the wilde Tillet tree, which groweth in the shadowy wood and hils, it is very like to the tame kinde, but that it is much lesse; it bloweth also flower, and at the last the blossomes fall off without any fruit. It is called the wild Tillet tree, or stone Tillet, because the wood of it is harder and more compacted than the tame: it is called in latine *Tilia syluestris*, and *Tilia mas*. The blossomes and the fruites of it are vsed in Phisicke.

Toade, in greeke *Phrynus*, of *Virgil*, *Bufo*, and of *Pliny*, *Rubeta*. Some vnskilfull Phisitions doe take *Rubeta* to bee the leaf Frog, which is a great error; for they are as like as an Apple is like to an Dyster; because the Toade is hurtfull and venemous, and the leafe Frog without all hurte or harme.

Tormentill, is called of *Dioscorides*, *Chrysogonon*, and of others *Heptaphyllon*, of the Herbarists *Septifolium*, *Betularia*, & at the Apothecaries *Tormentilla*.

Tortoyse, in greeke *Chelone*, or *Emys*, of *Hesichius* and *Aristoteles*, *Mys*, in latine *Testudo*: the shell of it is called in greeke *Chelonium*, and of *Nicander*, *Chelium*, in latine *Testudinis operimentum*.

Treacle, in greeke and latine *Theriaca*, at the Apothecaries *Tertiaca*: We haue mentioned in this booke of two kinds of Treacle to wit, of *Theriaca Andromachi*, or *Theriaca magna*, and the common Treacle, called *Theriaca Diatessaron*: but wheresoeuer Treacle is named without any addition, there must the great *Theriaca Andromachi* be taken and vsed.

Turbith, of *Actuarius*, *Turpetum*, in latine of the Herbarists *Turbetum*, of the Arabians *Turbith*, and *Turbeth*. There are fower kindes of it: the first is the white Turbith very common at al Apothecaries, this kind is called of *Dioscorides* in greeke, *Alpum*, of *Actuarius*, *Alypias*, and *Turpetum album*, at the Apothecaries *Turpetum Orientale*, or *Turpetum Alexandrinum*, and in English white Turbith. The second kinde is called

of

of *Dioscorides* and *Actuarius*, *Pityusa*, *Clema*, *Crabion*, and *Canopicon*, of the Herbarists *Turpetum nigrum*, and *Esula maior*: also of the Arabians *Alscebram maius*, or *Scebram maius*, in english blacke Turbith. The third kind is called in greeke *Thapsia*, *Hypopiū*, and *Pancranum*, in latine *Ferulago*, and *Ferula syluestris*, of the Herbarists *Turpetum cineritium*, and *Turpetum Mesuis*, and *Mesues* hath vnderstood by his Turbith nothing els but *Thapsia*. The fourth kind is the *Turpetum Serapionis*, who also hath his seuerall Turbith. *Dioscorides* calleth it *Tripolium*, *Psyche*, *Meris*, *Stachyites*, of the Herbarists *Turpetum Serapionis*, and *Aster marinus*: but when thou findest Turbith in any composition with any addition, then is the white Turbith to be vnderstood for it.

Turmericke, *Cyperus Indicus*, the Apothecaries call it *Curcuma*, and *Terra merita*, *Rasis* calleth it *Vena citrina*.

Turneps, looke for Rapes in *R*.

Turpentine is called *Resina Terebinthi*, *Terebinthina*, or *Terminthina*, of the Arabians and Apothecaries *Terbentina*, *Terpentina*, & *Termentina*. It is not the cõmon Turpẽtine, that floweth from the Fir tree, as the vnskilfull suppose, but it is the true Turpẽtine of the Turpentine tree.

Turpentine tree, in greeke *Terminthos*, of *Nicander*, *Trimithos*, in latine *Terebinthus*, of *Auicenna*, *Arbor granuirides*.

Turtle Doue, in Greeke *Trygon*, in Latine *Turtur*.

Tuttie, at the Apothecaries *Tutia factitia*, *Cadmia botryitis*, or *Cadmia Acinosa*, and *Cadmia officinarum*.

## V.

Valerian, in greeke and latine *Phu*, *Valeriana*, *Genicularis*, *Herba benedicta* and *Marinella*. There are fower kindes of it, and two of them only in vse; the first is the common Valerian, which onely ought to haue that name. The second kind is planted in gardens, although it be otherwhiles found in woods and on hils: it hath much greater leaues than the common Valerian, and also a bigger rote, of the thickenes of a finger, & this is the true *Phu* of the auncient writers. It is called *Phu Ponticū*, in english great Valerian, the Herbarists do call it *Theriacaria*, *Herba diui Georgij*, *Georgiana*, & *Herba diuæ Mariæ*. This is commended before the former Valerian, if it may be gotten. They are hot in the first, and dry in the second degree.

Venus haire, in greeke *Trichomanes*, *Callitrichon*, *Eupteron*, of *Hippocrates*, *Calliphyllon*, of *Apuleius*, *Tricophys*, *Selinophyllon*, *Dyphyes*, *Scholibrochon*, *Amianthon*, and *Adianton*: although *Dioscorides* do describe another kind of *Adianton*, to wit, Mayden haire, yet notwithstanding is Venus haire the true *Adiantum Apuleij*: in latine *Herba Capillaris*, *Barba Herculis*, and *Pinnula*, of *Apuleius*, *Herba crinita*, *Capillus Veneris*: the Apothecaries call it *Polytrichum*. There are yet two kindes more of it, to wit, the greater and the lesser Maiden haire: the greater kind is called of the Herbarists *Polytrichum aureum*, *Adiantū aureum*, & *Capillaris aurea*. The lesser is called *Adiantum aureū minus*. Some haue takẽ both these kindes for *Polytrichon Apuleij*; but they erre greatly, as doth appeare by the description of it. But when thou readest Venus haire in any composition, then shalt thou take the common Venus haire.

Verdigrease, in greeke *Chalcou anthos*, in latine *Flos æris*, or *Ærugo*, at the Apothecaries *Viride æris*.

*Vinum punicum*, or *Vinum Histricum*, *Vinum punicinum*.

Violets, in greeke *Ion*, & *Ion porphyrion*, of *Theophrastus*, *Ion Melan*, and *Melanion*, of *Dioscorides Daspodium*, *Priapeion*, *Cybelion*, in latine *Viola purpurea*, *Viola muraria*, *Viola nigra*, and *Settalis*: of the Herbarists *Viola Martia*, and *Viola Quadragesimalis*: it is also sometimes called onely *Viola*, in english a Violet: the Apothecaries call it *Flos Viola*. The leaues of the Violets are called *Violaria*, and *Mater Violarū*. There are fiue kinds of them, that are all of one & the same operation. The first kind is common euery where, and knowen to all men. The second kinde are the white Violets, which are very like to the former, but that they be very white; they are set in gardens notwithstanding that they are found in ỹ fields: the Herbarists do call it *Viola alba*, and *Viola Martia alba*. The third and fourth kinds are the white and blewe double Violets, that growe in gardens: The blew double Violets are called *Viola multiplex*, *Ion polyphyllon*, and *Viola purpurea multiplex*. The double white Violets are called *Viola alba multiplex*. The fift kind of Violets are the

wilde Violets, which are like to the tame Violets in euery respect, but that the leaues are somewhat lesse and longer, and the flowers are of a light or purple blewe, like the other, but without any smell, where neuertheless, all the other kindes are very fragrant. The first kinde is called *Ion agrion*, *Viola syluestris*, of the Herbarists *Viola fatua*, or *Viola canina*.

Viper or Adder, in greeke *Echis*, and *Echidna*, in latine *Vipera*, and of *Cicero*, *Excerta*: the Italians doe call it *Marassius*. It is a venemous Snake, vnknowen with vs, but very common in Italy.

*Virga aurea*, *Solidago saracenica*, *Consolida saracenica*, *Herba fortis*, and *Virga Aurea*.

Unicorne, *Vnicornium*, *Cornu Monocerotis*.

Unripe Grapes, in greeke *Omphax*, in latine *Vua immatura*, and *Vua acerba*.

Vulture, *Vultur*, and of *Plautus*, *Vulturius*, it is a well knowen rauening bird.

## W.

WAllflowers, in greeke *Leucoium*, *Viola lutea*, *Hesperis*, at the Apothecaries *Keyri*, *Keiri*, and *Cheyri*.

Walnut tree, in greeke *Caryon*, *Caryon basilicon*, and of *Pollux*, *Caryon Persicon*, *Nux basilica*, *Nux regia*, *Iuglans*, and *Nux Persica*. There are three kindes of it, to wit, great, middle, and lesser nuts: the lesser may bee called stonie nuts, because they haue such hard shels. The second kinde are the common Walnuts, *Nuces mediæ*, or *Iuglandes mediæ*. The third kind are the biggest, and are called *Nuces equinæ*, or *Iuglandes equinæ*.

Water cresse, in greeke and latine *Sisymbrium aquaticum*, *Nasturtium aquaticum*, and *Cardamine*.

Water Lentils, *Lens palustris*, or *Lenticula aquatica*.

Water Lillies, in greeke *Nymphæa*, *Rhopalon*, *Heraclion*, *Androgynus*, of *Apuleius*, *Lotometra*, *Madon*, of *Theophrastus*, *Madonias*: in Latine *Clauus Veneris*, *Digitus Veneris*, *Alga palustris*, *Lilium palustre*, *Papauer palustre*, *Claua Herculis*, *Rosa palustris*, of *Apuleius*, *Protea*, and *Mater herculanea*: The Arabians and Apothecaries doe call it *Nenufar*, or *Nenuphar*. There are fower kinds of it: the first kinde groweth in Pondes, they are very common, and beare a faire white flower, knowen to euery man: it is called *Nymphæa alba*, of *Pliny*, *Nymphæa Heraclia*, with vs white water Lillies. The other kinde is like the former, but not so common, it beareth a yellow flower, and is called of the Herbarists *Nymphæa lutea*, of *Dioscorides*, *Nymphon*, the flowers *Blepharon*, and *Blephara*, with vs yellowe water Lillies. The third kinde hath small leaues, like to Crowfoote flowers, and smal white flowers, it groweth commonly in sweete and running streames, and it is called of the Herbarists *Nymphæa minor*, in English the lesser white water Lillie. The fourth kinde is like to the great water Lillie, but that it is somewhat lesse, it beareth a prette yellow starry flower, it is called of the Herbarists *Nymphæa lutea minor*, we cal it the lesser yellow water Lilly.

Water Torch, in greeke and latine *Typha*: the Herbarists do call it *Typha aquatica*, and *Typha palustris*, to distinguish it from the Turkish Corne, and the Ginny wheate, both which are also called *Typhæ*: whereof shall bee spoken more at large when opportunity shall serue. The Water Torch is but once mentioned in this whole worke.

Water Willow, in greeke and latine *Lysimachium*, or *Lysimachia*, *Litrum*, of the Herbarists *Salicaria*. There are three kinds of it, the first is the common water Willowe, which is called the yellow water Willow, in latine *Lysimachia lutea*, or *Lysimachia melina*. The seconde kinde groweth in moyst places, it hath narrow and picked leaues, with a prety purple flower: it is called of *Pliny*, *Lysimachia*, for the first kind is *Lysimachia Dioscoridis*: of the Herbarists *Lysimachia Pliniana*, *Lysimachia purpurea*, or *Punicea*, *Lysimachia Spicata*, and *Salicaria purpurea*, in English the purple water Willow. The third kinde groweth about the running waters or streames, it hath small leaues, like to the Willow, but a little iagged, it beareth a prety small purple flower, like to the lesser Roses, out of which cõmeth afterwards a little cup, which containeth some small seedes. It is called of the Herbarists *Lysimachia siliquosa*, and *Filius ante patrẽ*, in English horned water Willowes, that is, *Salicaria cornuta*, *Salicaria siliquosa*, and *Lysimachia cornuta*. But if thou finde water Willowes without any addition, then shalt thou vnderstand the yellow water Willowe, or *Lysimachia Dioscoridis*.

Ware,

Wlare, in grēke *Ceros*, in latine *Cera*.

Whay, *Serum*, *Aqua lactis*, and *Aqua Casei*.

Wheasle, in grēke *Gale*, and *Spondyle*, in latin *Mustela*.

Wheate, in grēke *Pyros*, in latine *Triticum*. There are thre kindes of it; the first kinde doe we call Wheat, without any addition, of *Columella*, *Robus*, of the Simpliciſts *Triticum robum*: this is the very best in waight and whitenes. The second is a kinde of ruffeared Wheate, in grēke *Pyros Trimenos*, or *Setanias*, in latine *Triticum Trimestre*, and *Halicastrum*, of *Columella*, *Setanium*, or *Sitanium*, of the Herbariſts *Triticū sitanium*. The third kind is called in grēke *Selignis*, in latine *Siligo*, and *Triticum Siligineum*.

Wheate ruffeared, in grēke *Zea*, in latine *Semen*, of *Columella*, *Far clusinum*, and of others *Spelta*. There are two kindes of it, the first is the common ruffeared wheate, it bringeth two huſkes close togither, with two graines in them: this is called Spelt, and *Zeadtococcos*. The second kind is called S. Peters corne, it bringeth but one sēde or graine, to wit, in a rowe, as the former bringeth the two: it is called in grēke *Zea monococcos*, and in latine *Zea simplex*, and *Semen simplex*: it is a kinde of graine which is a meane betwēne Barley and Wheate.

Wheate ruffeared prepared, *Alica* or *Halica*, in grēke *Chondrus*, *Zea deglubita*, ruffeared wheate pēeled.

White water Mints, in grēke *Minthe agria*, *Hediosmos agrios*, in latine *Mentastrum*, and *Mentha sylueſtris*, of the Herbariſts *Mentha equina*, *Mentha caballina*, and *Balsamita seſina*. There are two kinds of it: the first hath rough, white, & round leaues, and a hayrie and rough ſtalke, this is the true *Mentastrum Dioscoridis*. The second kinde is not rough, but hath long picked leaues, and a browne hayrie flower: they growe nēre to the water side; this second kinde is called *Mentastrum acutum*, and they haue both one and the ſame operation. *Apuleius* and *Pliny* haue also their seuerall *Mentastrum*, which they doe call *Glechon agrion*, and *Pulegium agreste*: It is the seconde *Calamintha Dioscoridis*, which wee haue called *Calamintha aruensis* before.

Wilde Bētes, of the Herbariſts *Apiophyllon*, *Herba pyrifolia*, or *Pyrifolia*, *Consolida pyrifolia*, *Pyrola*, and *Pytula*: It is a vulnerall herbe, haiung leaues like a Peare trē, it groweth in the shadowie woods, and continueth grēne both winter and ſummer. There is yet another kinde of it, which groweth in medowes, nēre hils, which is like to the former, but that it hath longer leaues and ſtalkes, whereon there bee white flowers: the Herbariſts doe call it *Pyrola*, or *Pytula pratensis*: they are both of one nature and operation: they are drie in the third degrē, they doe conſolidate mightily: but by wilde Bētes shalt thou vnderſtand that which groweth in woods.

Wild Cucumbers, *Cucumer Asininus*, *Cucumer sylueſtris*, *Cucumer anguinus*, and *Cucumer erraticus*. It is a well knowen hearbe, but it groweth not with vs vnles it bee ſowen in gardens. There is a iuice prēſt out of the fruit of it, and prepared, which is called *Elaterium*, whereof shall bee ſpoken elſewhere.

Wilde Flare, in grēke and latine *Osyris*, of the Herbariſts *Herba vrinalis*, and *Linum beatæ Mariæ*, at the Apothecaries *Linaria*.

Wilde Grapes, in Grēke *Ampelos agria*, in Latine *Labruſca*: the bloſſomes of the wilde Vine is called in grēke *Oenanthe*, in Latine *Flos labruſcæ*, *Flos vitis ſylueſtris*, and at the Apothecaries *Flos lambruſcæ*.

Wilde Peares, *Pyrum ſylueſtre*: the trē is called in grēke *Achras*, in latine *Pyraſter*, in Engliſh a wild Peare trē: these Pears, their leaues, and the water diſtilled of them is vſed for the Laske.

Wilde Radiſh, *Armoracia*, *Raphanus ſylueſtris*, at the Apothecaries *Rapiſtrum*: There are two kindes of it; both of them do grow in fields that are ſowne. The first kinde is that whereof now hath bēn ſpoken: The second kinde is like the first, but it hath fewer and broader leaues; the flowers are white, and is commonly called white wilde Radiſh, *Rapiſtrum album*, that is, *Lapſana Dioſcoridis & Galeni*. They that call our Horſe radiſh *Armoracia*, doe erre greatly; for *Armoracia* is *Raphanus ſylueſtris*. a wilde Radiſh. Loke for this in the deſcription of *Dioſcorides*, and the trueth will ſone appeare.

Wilde Saffron, in grēke *Cnicus*, *Cnecus*, *Gnicus*, and *Gnecus*, in latine, *Cartamus*, or *Chartamus*. There are two kindes of it, the first is the wild well knowen Saffron, which groweth in many gardens; this is called *Cartamus domeſticus*, of *Serapio*, *Kartan*, of

*Auerroes, Elcratis*, of the Herbarists *Crocus hortulanus, Crocus syluestris, Crocus saracenicus, Crocus fatuus*, it is barbarously called *Zaffranum syluestre*, and *Saffranum fatuum. Auerroes* calleth the sede of it *Semen de Papaga*. The second kind groweth on drye hils and vntilled and drie fields, it is called wilde fielde Saffron, in greke *Atractylis*, and *Cnicus agria*, in latine *Colus rustica, Fusus agrestis*, and of the Herbarists *Cnicus syluestris, Cnicus campestris, Cartamus syluestris, Eracantha*, and *Carduus amoris*: but the tame kinde is onely vsed in Phisicke, to wit, the flowers and sede of it, which is also called *Semen papagalli*, or *Semen Psittaci*. Note that *Cartamus* with *t*. doth signifie wilde Saffron, and *Cardamus* with *d*. Cresses sedes, *Nasturtium*: wherefore great hede is to be giuen of it.

Wilde Thyme, *Serpillum, Cunilago*, and in greke *Herpyllum*,

Willow tree, in greke *Itea*, in latine *Salix*, of *Homerus, Frugiperda*: There are fiue kinds of it; the first is called with vs the red Willow, of *Theophrastus, Salix nigra*, or *Punicea*, of *Pliny, Salix viminalis*, of *Columella, Salix Sabina*, and *Salix Amerina*: this is the very best kinde of all the rest. The second kinde is the white Willow, and of the Herbarists *Salix candida*. The third kinde is called of *Pliny, Salix vitellina*, of *Columella, Salix Graca*, with vs water Willow tree. The fourth kind is called of the Herbarists *Salix platyphyllos, Salix latifolia*, and *Salix cinerea*. The fift kinde is the least of all, called of *Theophrastus, Salix helix*, of *Pliny*, and *Columella, Salix Gallica*: of the Simplicists *Salix pumila*. These fiue kindes of Willowes are sufficiently knowen to all men.

Wine, in greke *Oenos*, of *Cratinus, Tryx*. There are fower kindes, each according to the countrey, to wit, the least, smallest, middle, and strong wine,: but we will speake but of two kinds at this present, to wit, of strong and of small wine: the strong wine is called *Vinum Oenodes, Vinum polyphorum*, and *Vinum multiferum*. The common wine is called *Vinum oligopohrum, Vinum pauciferum, Vinum aquosum*, and *Vinum Cibarium*, this is only spoken and meant of Rhenish wine.

Winter Cherries, in greke *Halicacabus, Physalis*, in latine *Solanum vesicarium*, of *Pliny, Vesicaria*, of the Herbarists *Solanum rubeum*, or *Solatrum rubeum, Cerasum Iudaorum, Cerasum terra*, in the Arabian tong *Alkekengi*, or *Alkakengi*: they are cold and astringent in the seconde degree, but meane moyst.

Weather, *Castron, Veruex*.

Woade, in greke and latine *Isatis*, of *Pliny, Glastum*, of the Herbarists *Guadum*, and *Pastillum*, it is an hearbe well knowen to diuers. There are two kindes of it, one tame, and one wilde; the tame Woade groweth in France, and in During, with vs onely in gardens for phisicall vses: it is called *Isatis satiua, Egne*, and *Glastum satiuum*. The second is the wilde kinde, it is lesser than the former, it groweth here and there in the woods and fieldes; it is called *Isatis syluestris, Isatis minor, Glastum syluestre*, and *Glastum minus*. They are both drying and astringēt, but the wild Woad is much stronger than the tame.

Woodcocke, in greke *Scolopax*, of *Hesychius, Varino, Nemesiano*, in latine of *Gaza, Gallinago*, of *Heradianus, Perdix syluestris*, of other *Perdix rustica*, or *Rusticula*, of *Niphus* and *Volaterranus, Gallinella*, of the simplicists *Rostrulula*, and *Gallinacea*.

Woodpecker, *Picus Martius, Turbo*, in greke *Driocalaptes* of *Arist. Driocolaps* of *Hesych*. it is a well knowen bird; it is mentioned otherwhiles in some dyets in this worke.

Woolblade, or Longwort, in greke *Phlomus* or *Phlonus*, of *Apuleius, Pycnitis*, in latine *Verbascum, fœminalis, Lucumbra, Candela regis, Caudelaria, Lanaria*, at the Apothecaries *Tapsus barbatus*. There are fower kinds of it, wherof the first is the common Woolblade, with the white woolly leaues, and yellow flowers; it is called *Verbascum albifolium*, and in greke *Leucophyllon*. The second kinde is like the former, but that the leaues are blacker and broader; it is called blacke Woolblade, in greke *Phlomos melanophyllos*, in latine *Verbascum nigrum*. The third kinde is the wilde Woolblade, it hath a long stalke with great leaues, much like to the great Sage, it hath yellow flowers, in greke *Phlomos agrios*, in latine *Verbascum syluestre*: of the Herbarists *Verbascum saluifolium*. The fourth kinde is most like to the first, but that the flowers are white, and it is called white Woolblade *Verbascum album*, and *Verbascū fœmina*.

Woolfes bane, in greke and latine *Aconitum*. There are fiue kindes of it, the first hath round

round leaues not much vnlike to the lesser Cucumbers, with prætie yellow floures, not vnlike to thē of *Doronicum*. The rotes are round, with many ioynts, the little rotes about it are very like a Scorpion, it is called in Grēcke and Latine *Pardalianches Thelyphonum*, *Aconitum Thelyphonum*, *Theriophonum*, *Aconitum Theriophonum*, *Myoctonum*, *aconitum Myoctonum*, and *Scorpion*. The second kind of Wolfsbane hath leaues like to the Italian plaine trēe, but somewhat deeper iagged: the rote is blacke, with many haires about it. This plant is sufficiently knowne by the name Wolfsbane, it groweth on high hils, and is called in Grēcke and Latine *Lycoctonum*, *Aconitum Lycoctonum*, *Cynoctonum*, and *aconitum Cynoctonum*. The Herbarists do call it *Aconitum Lycoctonum luteum*: the Apothecaries *Luparia*. The third kinde is called of the Herbarists *Aconitum Lycoctonum Caruleum*, there are also thrēe kindes of it, and it is common in all gardens. The fourth kinde of Wolfsbane is *Aconitum Lycoctonum cæruleum magnum*: *Auicenna* calleth it *Napellus*, it is a very venemous herbe. The fift kinde hath yellow flowers, and is called yellow Wolfsbane, of the Herbarists *Aconitum Lycoctonum luteum minus*. The first kinde groweth in darke and shadowy woods, the stalke is about one span and a halfe in height, and about the middest of the same are foure darke grēene leaues, standing opposite one against the other: it getteth a blacke berry, vnder which, many little leaues are placed each opposite to other. It is called of the Herbarists *Aconitum salutiferum*, *Sigillum Christi*, *Crux Christi*, *Sigillum Veneris*, and *Herba Paris*. It is a very holsome herbe, and may be vsed inwardly very well against many diseases. Many learned men would haue it to be *Aconitum pardalianches*, but it is as like it as an apple is like an oyster. By Wolfsbane shalt thou vnderstande the yellow Wolfsbane.

Wormewood, in Latine and Grēcke *Absinthium*, *Aloina*: there are thrēe kindes of it: The first, is the common Wormewood that groweth euery where, called *Bathypicron*, *Barypicron*, and *Absinthium rusticum*. The second kinde is like to the former in leaues and floures, but it is somewhat lesse, and it groweth not aboue a span and a halfe in height: it is also bitter like the foresayd, yet somewhat more pleasant to be vsed; it groweth on hilly places. This kinde will neuer be greater although it grow in fertill grounds. This is the same Wormewood which *Dioscorides* doth call *Absinthium ponticum*, *Mesues*, *Absinthium Romanum*, of the Simplicists *Absinthium montanum*, and *Plinie*, *Absinthium Italicum*. The third kinde is very like the great Wormewood, but it hath lesser leaues and stalks then the mountaine Wormewood, it groweth also somewhat higher: The leaues are white and soft. This groweth on sandy ditches. It is called Romish Wormewood, to auoyd all errours, and we leaue the name of mountaine Wormewood vnto the second kind. This Wormewood is called of *Galen Absinthium ponticum*. But *Mesues* and other authors do take the second kinde to be the true *Absinthium ponticum*. Whensoeuer thou findest Wormewood by it selfe in any composition, then is the mountaine wormewood to be taken and vsed; and if that cannot be had, then must you take the common wormewood that groweth in the fields, and not that which groweth in gardens; for the garden wormewood is not so strong, neither can it performe that which the wilde wormewood doth that groweth on dry grounds. Wormewood is hot in the first, and dry in the third degrēe.

Yerrow, Nosebleede, or Millfoyle, in Grēcke *Stratiotes*, *Chiliophyllos*, *Supercilium veneris*, *Herba militaris*, and *Millefolium*. It is a common herb, it is drying and astringent.

Yewe, *Taxus*, *Smilax*, *Milos*.

The end of the second Table.

This

# The third Index.

This third and Latine Index, contayneth all the Latine, *Greeke, and other ſtrange names of all Simples, eſpecially of* thoſe which are mentioned in this Booke, as Rootes, Herbs, Floures, Fruits, Plants, Iuices, Gummes, Woods, Stones, Barks, Metals, Minerals, Earths, Deere, *and vvhatſoeuer elſe is vſed in Phyſick: Alſo all mixed and compounded Medicines, as* Electuaries, Confectures, Syrupes, Iuleps, Conſerues, Cakes, Pils, Salues, Oyles, Potions, and diſtilled waters, with their names, not only as they are called by the auncient Greeke and Latine Phyſitions, but alſo as they are now named amongſt the common Phyſitions *and Apothecaries: In like ſort alſo all inward and outward parts and members of the body, with all the diſeaſes* that euery one of them is ſubiect vnto.

## A.

*Abalzener Arabum, Sena,* Sene.
*Abies,* a Firre tree.
*Abies candida,* a white Firre tree.
*Abies nigra,* a black Firre tree.
*Abiga, Chamæpitys,* ſmall Cipres, or wilde Cipres.
*Abioten, Abiotos,* Hemlock.
*Abortus,* an vntimely birth.
*Abrotonum,* Sothernwood.
*Abrotonum fœmina,* Sothernwood female.
*Abſceſſus,* an impoſtume, or botch.
*Abſinthium,* Wormewood.
*Abſinthium bathypicron,* common wormewood.
*Abſinthium Italicum,* Italian wormewood.
*Abſinthium ponticum,* Wormewood gentle, or Wormewood ponticke.
*Abſinthium montanum,* Wormewood of the hill.
*Abſinthium Romanum,* Wormewood Romane.
*Abſinthium ruſticum,* common or rurall Wormewood.
*Abſinthium thalaſſium,* ſea Wormewood.
*Abſinthites,* Wormewood-wine.
*Abuolum Plinij, Pulegium,* Pennyroyall.
*Acacia,* the iuice of a thorne of Egypt, in ſtede whereof we vſe the iuice of Sloes.
*Acalephe, Vrtica,* Nettles.
*Acalypha,* a Nettle.
*Acanthus,* or *Acantha,* Branke vrſine, or Bearebreech.
*Acanthus ſyluestris,* wilde branke vrſine.
*Acantha Germanica,* Branke vrſine.
*Acatalis, Iuniperus minor,* a little Iuniper.
*Acatera, Iuniperus maior,* a great Iuniper.
*Acetoſa,* Sorrell.
*Acetoſa ſatiua,* Garden Sorrell.
*Acetoſa rotunda,* round Sorrell.
*Acetoſa Gallica,* French Sorrell.
*Acetoſa minor,* the leſſer Sorrell.
*Acetoſa ouina,* Sheepes Sorrell.
*Acetum,* Vineger.
*Acetum ſcillinum,* or *Scilliticum,* Vineger of ſea Onyons.
*Acetum Roſaceum,* Roſe vineger.
*Acetum Rutaceum,* vineger of Rue.
*Acinus,* wilde or ſmall Baſill.
*Achras, Pyraſter,* a wilde Pearetree.
*Aconitum,* Wolfsbane.
*Aconitum cynoctonum,* or *Aconitum cynoctonum luteum,* yellow Wolfsbane.
*Aconitum lycoctonum,* or *Aconitum lycoctonum cæruleum,* blew Wolfsbane.
*Aconitum lycoctonum magnum cæruleum,* blew Wolfsbane the great.
*Aconitum lycoctonum luteum minus,* the leſſer yellow Wolfsbane.
*Aconitum Myoctonum,* a certayne kinde of Wolfsbane.
*Aconitum Pardalianches,* Lybards bane.
*Aconitum ſalutiferum Herbariorum,* one berry.
*Aconitum Thelyphonum,* a kinde of Wolfsbane.
*Aconitum Theriophonum,* another kinde of Wolfsbane.
*Acorum* or *Acorus, Calmus,* the great Galingall.
*Acte, Sambucus,* Elder.
*Acylos Ariſtotelis, Glans quercina,* an Acorne.
*Adamas,* a Diamond.
*Adiantum,* Venus haire, or well Ferne.
*Adiantum album,* the white Venus haire.
*Adiantum Apuleij, Trichomanes Dioſcoridis.*
*Adiantum Aureum Herbariorum.*
*Adiantum Gallicum,* French Venus haire.

*Adiantum,*

*Adiantum nigrum*, black Uenus haire.
*Adipsos, Glycyrrhiza*, Licorice.
*Ærizusa*, a Jasper stone like the ayre.
*Æris flos, Viride æris*, Uerdegreace.
*Ægoceros, Fœnum græcum*, Fenegréke.
*Ægyne, Caprifolium*.
*Ægynos, Cicuta*, Hemlocke.
*Æromeli, Manna*, a manner of dew congealed on trées and plants.
*Ærugo, viride æris*, Uerdegreace.
*Æs vstum*, burnt Copper.
*Affectus animi*, affections, motions, or passions of the minde.
*Affodillus officinarum*, Daffodill.
*Agallochum, Lignum Aloës*, a swéete wood so named.
*Agaricum*, or *Agaricus*, a Mushrum growing on trées.
*Agasilis, frutex qui Hammoniacum Thymiama gignit*, the herbe whereof *Hammoniacum* is made.
*Ageomoron, Cicuta*, Hemlock.
*Aglaophoris Apuleij, Paonia*, is named of *Ælianus Aglaophoris terrestris*, Piony.
*Agnus vitex, Agnus castus*, Chaste trée.
*Agnus castus officinarum*, the same.
*Agonus, Vitex, Agnus castus*, the same.
*Agrestа officinarum*, Uerivice.
*Agrielæa, Olea sylvestris*, wilde Olive trée.
*Agrimonia officinarum, Eupatorium Græcorum*, Egrimony, or Agrimony.
*Agrimonia sylvestris Herbariorum, Potentilla*, wilde Agrimony.
*Agriocinara, Cinara sylvestris*, wild Artichock.
*Agriococcymela, Prunа sylvestria*, Sloes.
*Agrioccymelea, Prunus sylvestris*, Slo trée, or Slo bush.
*Agrioriganos, Origanum sylvestre*, wild Organe.
*Agrostis, gramen*, Grasse.
*Aigleuces, Sempermustum*, Wyne alwayes mustie.
*Aithales*, Sengrene or Houseléke.
*Aizoon agrion, Sedum sylvestre*, wild Sengrene.
*Aizoum, Semperuiuũ*, Sengrene or Houseléek.
*Aizoum minus, Semperuiuum minus*, the lesser Sengrene, or Prickmadame.
*Alabandicus lapis*, a red stone mixt with blew.
*Ala, Axilla*, the arme pit.
*Alarmel Arabum*, wilde Rue.
*Alarum fœtor, Tragonia*, stinking of the armepits.
*Alabastrum Plinij*, a Marble stone.
*Albucum, asphodelus*, Daffodill.
*Album coctum officinarum & Chirurgorum*, a plaister of Ceruse, or white Leade.
*Album græcum officinarum, Stercus caninum album*, a white dogs turd.
*Alcanna Arabum, Ligustrum*, Priuet, or Primprint.
*Alkakengi Arabum*, Alkakengie, or winter Cherrie.
*Alchenna Arabum*, Cyprus Priuet.
*Alcibiadium*, wilde Langdebéefe, or oxetong, or wild Bugloss.
*Alcibiadium Æginetа, Echium*, wilde Bugloss the lesser.
*Alchimilla*, Ladies mantle.
*Alcibiades, Stœchas*, French Lauender.
*Alcocalus, Scolymus*, a Hartichock.
*Alcyonium primum Dioscoridis, Balla marina officinarum*, the some of the sea indurate, or a Sea ball.
*Alcyonium quintum Dioscor. Spuma marina officinarum*, the some of the sea.
*Alexander*, or *Alexandrum officinarum*, Parsely of *Alexandria*.
*Alexipharmacum vnguentum*, a medicine against poyson.
*Alfescera Arabum, Vitis alba*, white Bryony.
*Alfesiresin, Vitis nigra*, black Bryony.
*Algalia, Zibetum*, Siuet.
*Alga palustris*, Reites, or a sea wéede so named.
*Alharmel*, wilde Rue.
*Alibium, Aster Atticus*, an herbe so called; Codwort.
*Alica*, or *Halica*, a meate made of Wheate.
*Alipta muscata*.
*Alhandal Arabum, Colocynthis*, Coloquinte.
*Alkanna Arabum, Ligustrum*, Priuet.
*Alkekengi*, winter Cherries.
*Allium*, Garlike.
*Allium Alpinum, Victorialis*.
*Allium caninum*, Dogs garlike.
*Allium reticulatum, Allium Alpinum*.
*Allium sylvestre*, wilde garlicke.
*Alleluya officinarum*, wood Sorrell.
*Alluf Arabum, Dracontium*, Dragonwort, or Dragons.
*Aloë, semperuiuum marinum*, a very bitter herb.
*Aloë caballina*, the grosser kinde of Aloes.
*Aloëpatica*, & *Aloepaticum officinarum*, the same.
*Aloë Gallica*, Gentian.
*Aloë lignum, Lignum aloës*, a swéete and pretious wood.
*Aloina, Absinthium*, Wormewood.
*Alopecia, Capillorum defluuium*, a disease, causing the haire of the head or beard to fall off by the rotes.
*Alfesera Mauritanorũ, Vitis alba*, white Bryony.

*Alsce-*

*Alscebram*, or *Alscebram maius Arabum*, *Pityusa*, *Esula*, Spurge.
*Alscebram minus Arabum*, *Esula minor officinarũ.*
*Alsine*, *pauerina*, Chickweede.
*Altaraxacon officinarum*, *Aphaca Theophrasti*, of some a kinde of Tare, of others a kinde of Cicorie.
*Althæa*, *Malauiscus*, Hollyhocke.
*Altercum*, Henbane.
*Alumen*, Allome.
*Alumen fecis*, dregs of wyne, or wyne lees.
*Alumen iamenum officinarum*, *Alumen capillare.*
*Alumen capillare*, the same.
*Alumen liquidum.*
*Alumen liparium.*
*Alumen plumosum officinarum*, *Alumen rupeum.*
*Alus Gallicus Scriboni*, *Symphytum.*
*Alypias Actuarij*, *Turpetum album.*
*Alypus Apuleij*, *Tithymalus Dioscor. Esula.*
*Alypum*, *Turpetum album Actuarij.*
*Amara Dulcis.*
*Amaranthus aureus*, gold flower.
*Amarãtus Galeni*, Maudlen wort, or Baltasar.
*Amaranthus Luteus*, the same.
*Amaranthus Veneris*, flower gentle, of some ragwort.
*Amaracus Dioscoridis*, Mariorane.
*Amaracus Galeni*, Feuerfew.
*Amarena Cerasa*, black Cherries.
*Amarena passa*, dryed Cherries.
*Amarella*, *Parthenium adulterinum*, Feuerfew.
*Amaurosis*, *Cicuta*, Hemlock.
*Amber*, *siue Ambarum*, Amber.
*Ambarum*, Amber.
*Ambar*, the same.
*Ambra grisea officinarum*, Ambergrese.
*Ameos officinarum*, *Ammi.* Amy.
*Amethystus*, a gemme, or pretious stone, called an Amethist.
*Amianton Apuleij*, *Trichomanes*, Maydenhaire.
*Amiantus*, *Linum saxatile*, Plume Allom.
*Amictomianum*, *vitex*, *Agnus castus*, chaste tree.
*Ammi*, *siue Ammium*, Amy, the herb and seede.
*Ammoniacum*, or *Hammoniacum*, is called of the Apothecaries *Armoniacum*. It is the iuice or gum of a tree growing in *Africa* called *Agasillis*. Of this gum there are two kinds, the one faire and cleane, very like Frankincense; this sort of the auncient Phisitions hath bene vsed for a sweete sauour or smell, it is named of *Ætius*, of *Paulus Ægineta*, & the other Greeke writers, *Ammoniacum Thymiama*, or *Hammoniacum Thymiama*, and this is the best for physick. *Plinius* calleth it *Thraustion*, and *Thrausma*. The other kind is foule and vncleane, such is very common in the Apothecaries shops, and is called of *Plinius Apyrama*.
*Amnion*, *Bryon*, Mosse.
*Amnion Plinij*, *Cinnabaris fossilis*, a soft red stone in mynes called Cinoper.
*Amomum*, a strange shrub as yet vnknowne, although the vnskilfull Phisitions vse it not, for they in stead of this haue in their common shops a dead and wilde Parsley seede (when indeede the right *Amomum* hath alwayes bin a pleasant and sweete smelling shrub accounted of the auncient Phisitions) which is as like the right *Amomum* as an apple is like an oyster. Let euery one therefore take heede of this *Amomum*, also of all such medicines which are mixed with it. Some take the Rose of *Iericho* for the right *Amomum*, which the Herbarists call *Rosa Hierichuntea*, and *Rosa Diuæ Mariæ*, but they are deceiued. *Galen* sayth, that *Amomum* and *Calmus* in vertue are very like, and therefore seeing that we haue not the right *Amomum*, we may vse *Calmus* very well in his place.
*Amorgine*, *Perdicium*, Pellitory of the wall.
*Ampar*, *Ambarum*, Amber.
*Ampelos*, *vitis*, the Vine.
*Ampelos agria*, *vitis syluestris*, a wilde Vine.
*Ampelos leuce*, *vitis alba*, white Bryony.
*Ampelos melæna*, *vitis nigra*, black Bryony.
*Ampelopraſum*, *Porrum vineale*, wilde Leeke.
*Amydum officinarum*, Starch.
*Amygdalum*, an Almon.
*Amygdalus*, the Almon tree.
*Amygdala amara*, bitter Almons.
*Amygdalogala*, *Amygdalinum lac*, Almon-milke.
*Amygdaloides*, Spurge.
*Amylum*, Starch.
*Anacardium*, *siue Anacardus*, a tree (growing in *India*, and on the firie mountaines of *Sicily*) so named.
*Anabasis*, Horse tayle.
*Anagallis*, *Corchorus Theophrasti*, *Sapana*, *Macia*, *Nicteritis*, *Zeliaurus*, Chickweede. There are three sundry kindes of Chickweede, whose leaues are all alike, but differ in flower: the one hath prettie little purple floures, and is called in Greeke *Anagallis phœnice*, *Anagallis punicea*, *Anagallis rubea*, *Anagallis purpurea*: *Paulus Ægineta* calleth it *Corallium*, or *Corallia*, this is Chickweede with the red floure. The other is called *Anagallis cærulea*, *Anagallis fœmina*, that is, Chickweede with the blew floure. The third

third hath yellow flowers: this groweth not about vs except it be set or sowne. It is found in the vpper *Burgundy*, in a field betweene *Dolen* and *Besanson*. This is called *Anagallis lutea*, Chickweede with the yellow flower. They are all hot and dry, and may be vsed in woundes and fractures.

*Anagallis mas*, Chickweede with the red flower, or Chickweede male.

*Anagallis fœmina*, Chickweede with the blew flower, or Chickweede female.

*Anagallis phœnicea*, Chickweede with the red flower.

*Anagallis punicea*, *Purpurea*, the same.

*Anagallis lutea*, yellow Chickweede.

*Anactorium Theophrasti*, wilde flags.

*Anangelos*, *Ruscus*, Knéehull, knéehulme, petigre.

*Anastrophe*, *Inuersio ventriculi*, an inuersion of the stomacke.

*Anasarca*, *Hyposarca*, the dropsie.

*Anatetamenon*, Pellitory of the wall.

*Anaxyris*, *Oxalis*, Sorrell.

*Anaseteſis*, Comfrey.

*Anchmanes Apuleij*, *Dracontium*, Dragonwort, or Dragons.

*Androgynos Apuleij*, *Nymphæa*, a water Lilly, or a water Rose.

*Andrachne*, *Portulaca*, Purslaine.

*Aneſum*, *Aniſum*, Annise.

*Anetum*, Dill.

*Anetum caninum*, *Cotula fœtida*, an herbe like Cammomill.

*Anetum ſylueſtre*, wilde Dill.

*Anetum tortuoſum*, the same.

*Anetum vrſinum*, the same.

*Angelica*, Angelica, or Impertall.

*Angina*, *Inflammatio faucium*, a swelling in the throate. The Angine.

*Anchuſa*, wilde Buglos, or Orchanet.

*Animi accidentia*, troubles of the minde.

*Aniſum*, Anise.

*Anonium*, a dead nettle.

*Anonium album*, the white dead nettle, or Arckangell.

*Anorexia*, a disease of the stomack.

*Arnium*, Plantaine.

*Arnoglossa*, *Arnoglossus*, a kinde of Plantaine.

*Arnachylis*, Plantaine.

*Anthemis*, *Chamæmelum*, Cammomill.

*Anthericos*, the flowers and stalks of Martagon.

*Anthera*, the yellow séede that is within the Roses.

*Anthracites*, a gem, or precious stone.

*Anthrax*, *Carbunculus*, a Cole.

*Anthrax*, *Amethyſtizon*, *Carbunculus lapis*, a precious stone, a Carbuncle.

*Anthora*, is taken of some for the right Zeduarwte, but it is not so.

*Antullia*, hath no english name, it is called in Gréeke *Anarbo*, in high Dutch, *Zuwan*.

*Antidotus*, or *Antidotum*, is *Alexipharmacum*, a medicine against poyson: but there are other medicines so likewise named.

*Antidotus Mitridatica*, Mithridate, a medicine like Treacle against poyson.

*Antimelon*, *Mandragora*, Mandrage.

*Antimonium officinarum*, a kinde of minerall.

*Antiphthora*, or *Antitora*, *Napellus ſaluti ferus*, Monks hoode.

*Anthophyllus officinarum*, refuse of Cloues.

*Antora*, Monks hoode.

*Anthropomorphos*, Mandrage.

*Anzarot*, *ſiue Anzarut Arabum*, *Sarcocolla*, a gum of a trée in *Persia* like the powder of Incense.

*Apepsia*, bad digesture of the stomack.

*Aparine*, *Aſpergula*, Cliuers, or Goosegras.

*Aphaca Theophrasti*, a kinde of Cichorie.

*Aphaca Dioscoridis*, *vicia ſylueſtria*, wilde tares.

*Aphros*, *cicuta*, Hemlock.

*Aphyllantes*, *Tuſſilago*, Fole foote, Colts foote, or Horse hoofe.

*Apiaſtrum*, *Meliſſophyllon*, Balme.

*Apiaſtellum Apuleij*, *Bryonia*, Bryony, or the wilde Vine.

*Apium*, Smallage.

*Apium Alexandrinum*, stone Parsly.

*Apium Equinum*, Louage.

*Apium grande*, called also *Smyrnium*.

*Apium paluſtre*, *Paludapium*, Smallage.

*Apium riſus*, water Crowfoote.

*Apium ſaxatile*, the greater Pimpernell.

*Apiophyllon*, *Pyrola*, wilde Bétes.

*Apoleium*, *Pulegium*, Pennyroyall.

*Apoleguſa*, *Cicuta*, Hemlock.

*Apolinaris*, Henbane.

*Apoplecticus*, one that hath the Palsye.

*Apopleumenum*, Scammony.

*Apoplexia*, the Palsye.

*Apoſtema*, *Abſceſſus*, an impostume or byle.

*Appetitus ſyncopalis*, appetite with a sowning.

*Appetitus Caninus*, an immoderate hunger, or dogs hunger.

*Apronia Plinij*, *Vitis nigra*, black Bryony.

*Apſeudes*, *Cicuta*, Hemlock.

*Apyreni*, Corrans.

*Apyrotus, Carbunculus*, a Carbuncle.
*Aqua ærosa*, or *Aqua ærea*, water of Copper, or that hath the vertues of Copper.
*Aqua extinctionis Argenti*, water in which siluer hath bin quenched.
*Aqua extinctionis Auri candentis*, water in the which gold hath bin quenched.
*Aqua caſei*, Cheese-whay.
*Aqua extinctionis Chalybis*, water in which steele hath bin quenched.
*Aqua Chalybata*, steeled water.
*Aqua decoctionis Cinamomi*, sodden Cinamome water.
*Aqua florum omnium officinarum*, *Aqua ſtillatitia ſtercoris vaccini*, the water of Cowdung.
*Aqua decoctionis Glycyrrhizæ*, the decoction of Licorise.
*Aqua lactis*, Milke-whay.
*Aqua marina*, Sea-water.
*Aqua mulſa*, Meade, or Hony-water.
*Aqua pluuia*, or *Aqua pluuialis*, Rayne-water.
*Aqua fortis*, Goldsmiths water.
*Aqua ſalſa*, Salt water.
*Aqua ſacharata*, *Aqua decoctionis ſachari*, Sugared water, or the decoction of Sugar.
*Aqua extinctionis ſilicum candentium*, water in the which hot Flint stones haue bene quenched.
*Aqua ſulphurea*, Brimstone water, or that hath the vertues of Brimstone in it.
*Aqua vitæ*, in this booke by *Aqua vitæ*, are meant the compounded waters, or *Aquæ vitæ compoſitæ*.
*Aqua vitis*, *Lachryma vitis*, the water that droppeth out of Vines being cut.
*Aquilegia*, a Columbine.
*Aquilina*, the same.
*Arantium*, an Orange.
*Arbor casta*, *Agnus castus*, Chaste tree.
*Arbor Iouis*, *Quercus*, Oke.
*Arbor ſapiens*, *Morus*, the Mulberry tree.
*Arceuthos*, *Iuniperus*, Juniper.
*Arceuthis*.
*Arceuthides*, *Baccæ Iuniperi*, Juniper berryes.
*Arceuthites*, *Iuniperinum vinum*, Juniper wine.
*Archangelica*, or *Archangelica lutea*, Archangell with the yellow flower.
*Archangelica alba*, *Lamium album*, White Archangell.
*Archezostis*, *vitis alba*, Bryony.
*Arction*, or *Arctium*, the great Burre.
*Arctotium*, *ſeu Auricula vrſi Herbariorum*, Sanicle the great.
*Area*, *Alopecia*, the fallings off of the haire by the rotes.
*Argentina Herbariorum*, wilde Tansye.
*Argentum aqueum*, Quicksiluer.
*Argentum viuum*, Quicksiluer.
*Argilla*, Clay.
*Argyritis*, *Lythargyrum*, Lytharge.
*Ariſtaltæa*, *Biſmalua*.
*Ariſtolochia longa*, long Hartwort, or Birtwort.
*Ariſtolochia rotunda*, round Hartwort.
*Ariſtolochia officinarum*, Hartwort.
*Armoniacum officinarum*, Armoniack.
*Armala Galeni*, *Ruta ſylueſtris*, wilde Rue.
*Armoracia*, *Raphanus ſylueſtris*, wilde or horseradish.
*Armel Auicennæ*, *Ruta ſylueſtris*, wilde Rue.
*Arnabo Pauli Æginetæ*, *Zurumbetum*, Seduar.
*Aromaticum gariophyllatum*, a confection of Cloues so termed.
*Aromaticum Roſatum*, a confection of Roses.
*Aromatites*, an aromaticall or spiced wyne.
*Aron*, Cuccopit, priests pintle, or wake robin.
*Aronia Athenæi*, Dragons.
*Arquatus morbus*, the yellow Jaundise.
*Arſenicum*, Arsenick, or Ratsbane.
*Arectorium*.
*Arthenicum*, Ratsbaine.
*Artecocha*, Artichock.
*Artemiſia*, Mugwort.
*Arteria*, arterye, or vaine.
*Arteria aſpera*, the winde pipe.
*Arthanita*, *Cyclaminus*, *Panis porcinus*, Solwes bread, or Swines bread.
*Arthetica officinarum*, *Arthritica*, Cowslips.
*Arthrica alpina Herbariorũ*, Sanicle the great.
*Arthritis*, *Morbus articularis*, the gout.
*Articoca*, Artichock.
*Articocalus*, the same.
*Arum*, Cuccopit.
*Arum paluſtre*, the same.
*Arundo ſagittaria*, a great Reede to make darts.
*Aſa dulcis*, Benzoine.
*Aſa fœtida*, a stinking gum.
*Aſara baccara*, *Officinarum*, *Aſarum*, *Aſarabacca*.
*Aſbeſtos*, like *Conia*.
*Aſcalis*, *Palmes*, the branch of a Vine.
*Aſclepias*, *Vincetoxicum*, Swallow wort.
*Aſclites Barbarorum*, *Aſcites*, that kinde of dropsie that maketh the legs and belly swell only.
*Aſparagus*, Sparage.
*Aſparagus altilis*, common Sparage.

*Asparagus Horelaceus, Asparagus altilis.*
*Asparagus regius*, common Sparage.
*Asparagus petræus*, wilde Sparage.
*Asparagus myacantinus*, wilde Sparage.
*Asparagus palustris Galeni*, wilde Sparage.
*Asparagus syluestris*, the same.
*Asparagia, Corrudago*, wilde Sparage.
*Aspera arteria, Canna pulmonis*, the winde-pipe.
*Aspergula, Aparine*, Cliuers, or Goslegras.
*Aspergula, Asperula*, the same.
*Aspaltium.*
*Aspaltus, siue Aspaltum.*
*Asphodelus.* Daffodill.
*Aspis*, a little Serpent.
*Asplenos, Asplenium*, or *Asplenum*, Scaleferne, or Fingerferne.
*Asplenium syluestre Herbariorum*, the same.
*Aspella, Hippuris*, Horsetayle.
*Assa dulcis officinarum*, Benioine.
*Assa fœtida officinarum.*
*Astaphydes*, Raysons.
*Astaphisagria*, an herb called Staphis Agria.
*Aster atticus*, an herbe also called *Inguinalis*, or Codwort.
*Aster Augustini*, a Ruby.
*Asterion, Cannabis*, Hempe.
*Astarios, Ballasius*, a Ruby.
*Asterium Bubonium*, Share, Starre, or Codwort.
*Astericus, Inguinalis*, the same.
*Asthma*, a stopping of the breath with wheasing.
*Astilis, viscum*, Birdlyme.
*Astrantia officinarum, Imperatoria*, Angelica.
*Astrantia nigra*, Sanicle.
*Astrios, Ballasius*, a Ruby.
*Astrutium officinarum*, Angelica.
*Astylis*, headed Lettice.
*Aza dulcis*, Benzoine.
*Aza fœtida officinarum*, a stinking gum.
*Azara baccara officinarum*, Asarabacke.
*Athanasia, Tanacetum*, Tansye.
*Atosium, Lychnis syluestris*, wilde Saffron.
*Atractylis hirsuta, Carduus benedictus.*
*Atramentum Coriariorum*, Coperas.
*Atramentum Librarium*, Inke.
*Atraphaxis, Atriplex*, Orage, or Orache.
*Atriplex syluestris*, the wilde Orage.
*Atriplex, siue Atriplexum*, Orage.
*Atrophia, Nutrimenti cessatio*, a Consumption.
*Attonitus*, astonished.
*Auantia Herbariorum*, herbe Auance, or herbe Blessed.
*Aubium, Chelidonium maius*, Celandine the greater, or Swallowes herbe.
*Auena*, Oates.
*Auellana*, hasell Nut.
*Aurantium*, an Orange.
*Aurea Alexandrina*, a confection so called.
*Aureola Herbariorum, Amaranthus luteus*, Maudlenwort, or Baltasar.
*Aureum malum*, an Orange.
*Auricula muris*, the herbe Mouse-eare.
*Auricula muris maior*, Mouseare the great.
*Auricula muris minor, Flos angelicus*, the lesser Mouseare.
*Auricula muris cærulea.* blew Mouseare.
*Auricula muris, Dioscoridis Myosotis*, Mouse-eare.
*Auricula vrsi*, Sanicle the great.
*Aurigo*, the yellow Jaundise.
*Auripigmentum, Arsenicum luteum*, Orpiment.
*Axilla, Ala*, the arme pit.

## B.

*Baaras Iosephi Historici, Paonia*, Pyony.
*Bacca*, and *Bacca conchea Virgilij*, a Pearle.
*Bacca Lauri*, a Bay berry.
*Balanus, Glans quercina*, an Akorne.
*Balanus, Suppositorium officinarum*, a Suppository.
*Balanus Ægyptia, Mirobalanus*, it is the fruite of a tree, and is called *Ben.*
*Balanus myrepsica, Glans vnguentaria*, the fruite of a tree much like Myrice.
*Balaustium*, the flower of a Pomegranate.
*Ballagius*, or *Ballasius*, a Ruby.
*Balla marina, Alcyonij primum genus*, a sea ball.
*Ballenæa gemma, Carbunculus candidus*, a Ruby.
*Ballis, Bellis*, Daisies.
*Balneum Sulphureum*, a bath that hath the vertues of Brimstone.
*Balsamita, Felina Herbariorum*, mountayne Mints.
*Balsamum Iudaicum, Opobalsamum*, Balme naturall.
*Barba Herculis Apuleij, Trichomanes*, Mayden haire.
*Barba Iouis, semperuiuum*, Sengréene.
*Bardana*, the great Burre.
*Baratrum, Sabina*, Sauine.
*Batypicron, Bathypicron*, common wormewood.
*Baryton, Sabina*, Sauine.
*Basilica dextra*, the Lyuer vaine.

*Basilica sinistra*, the vaine of the Milt, or Splæne.
*Basilica herba, Basilicum*, Basill.
*Basilicum minus*, the lesser Basill.
*Basilicum crispum*, a kinde of Basill.
*Basilicum aquaticum*, water Basill.
*Bathypicron, Absinthium rusticum*, Wormewood.
*Batitura æris*, refuse of Brasse.
*Batanuta, Vitis nigra*, black Bryonye.
*Batrachis, Ranunculus*, Crowfote.
*Batrachium*, Crowfote.
*Batus, Rubus*, Bramble, Blackbery, or Bryer bush.
*Batus Idæus, Rubus Idæus*, Framboyse, Raspis, or Hindberry.
*Baucia, Pastinaca sylvestris*, wilde Parseney.
*Bechicæ officinarum*, a medicine for the cough.
*Bechion, Bechium*, Folefote, or Horsehoofe.
*Bedegar*, or *Bedeguar*, the white bryer.
*Beletzici, Bellirici*, one kind of Mirobalans.
*Bellerici, Mirobalani bellerici*, the same.
*Bellis, Ballis*, a Daisye.
*Bellis maior*, the great Daisye.
*Bellium*, a Daisye.
*Bellios flos*, the same.
*Bellirici*, one kind of Myrobalans.
*Benedicta Laxatiua*, a purging Electuary.
*Beniouinum*, Bensoine.
*Benzoinum*, or *Benzuinum*, the same.
*Berberis*, or *Berberus*, Berberry tree.
*Berberus*, the same.
*Bericocia, Mala præcocia*, Abrecock tree.
*Beryllus*, a pretious stone called Beryll.
*Besasa, Ruta montana*.
*Beta*, Bætes.
*Beta sicula*, white Bætes.
*Beta fatua, Blitum*, wilde fine Orrage, or Blite.
*Beta insipida, Blitum*, Blites.
*Beta nigra*, black Bætes.
*Beta rubra*, red Bætes.
*Beta maluacea, Spinacea*, Spinage.
*Betisalca, Bryonia nigra*, black Bryonye.
*Betonica*, Betonye.
*Betonica alba officinarum*, Cowslips.
*Betonica alba vera*, white Betony.
*Betonica altilis*, Betony.
*Betonica Pauli, Veronica*, Paules Betony.
*Betula*, Birch tree.
*Betularia, Tormentilla*, Tormentill.
*Bdella, Hirudo*, a Horseleech.
*Bdellion*, or *Bdellium*, the name of a gum.
*Biarum, Dracontium*, Dragons.
*Bibinella, Pimpinella*, Pimpernell. *Theodorus Gaza* taketh *Bibinella* for a kinde of woolblade, which is called *Thryallis* of *Dioscorides* and *Theophrast*.
*Bicion, Vicia*, Uetches.
*Bilis*, Gall.
*Bislingua, Vularia*, Horse tong.
*Bismalua, Althæa*, marsh Mallow.
*Bistorta*.
*Bitumen*, a kinde of naturall lyme or clay.
*Bitumen Iudaicum*, Jewes lyme.
*Bitumen liquidum, Naphta*, a kinde of clay.
*Blacca byzantia*, or *Blatta byzantia*, or *Blatta byzantia officinarum*, in Greeke *Onyx*: it is called of *Actuarius*, and *Nicolaus Mirepsius*, and the other new Grecians *Blattion*, *Conchyla Indica*, *Vngula odorata*, *Vnguis Aromaticus*, *Ostrutium Indicum*, and *Conchylij Indici operculum*, a Musle shell of India. This is brought hither out of India, as there they are taken vp out of the poles, in the which the swæte smelling leaues *Malabathra* growe. Of these, there be two sorts, the best are white and fat, these are found in the red sea. The other are black, and are brought from *Babylon*. They are both well smelling, and while they be burning, they scent as strong as the Beuercod.
*Blechon, Pulegium*, Pennyroyall.
*Blechion, Filix*, Ferne.
*Bletus Nicandri, Filix*, Ferne.
*Bletum, Blitum*, Blites.
*Blitum album*, white Blites.
*Blitum Indicum*, Blites of India.
*Blitum rubrum*, red Blites.
*Blitum sylvestre*, wilde Blites.
*Blitum Vngaricum*, Blites of *Hungary*.
*Boletus*, or *Boletus cerui*, a Mushrum that may be eaten.
*Boletus cerui*, the same.
*Bolus Armenus*, Bole Armenack.
*Bombasum, siue Bombax officinarum*, Cotton.
*Bombax, Bombasum*, the same.
*Bonifacia Herbariorum, Vularia*, Horsetong.
*Borrago*, Borrage.
*Borax officinarum*, Borrace.
*Borax officinarum, Chrysocolla factitia*, the same.
*Boscisaluia, Saluia sylvestris*, wilde Sage.
*Botor Mariæ Arabum, Cyclaminus*, Sowbread.
*Brabela, Pruna Damascena*, Damask Prunes, Dammosens.
*Brabyla Theocriti*, the same.
*Bracha cuculi Herbariorū, arthritica*, Cowslips.
*Bradypepsia*, a long digesture.

*Brancha*

*Brancha vrsina officinarum*, Branke vrsine.
*Branca vrsina Italica*, Italian Branke vrsine.
*Brassica*, Cabbage or Colewort.
*Brassica alba*, white Cabbage.
*Brassica apiana*, a wrinckled Cabbage.
*Brassica crispa maior*, the great wrinckled Cabbage.
*Brassica cumana*, the broad red Cabbage.
*Brassica cypria*, floured Colewarts.
*Brassica pratensis*, *Acanthus sylvestris*, wilde Bearebreech, or Brancke vrsine.
*Brassica marina*, Sea coale.
*Brassica rubra*, a red Cabbage.
*Brassica Sabaudica*, Sauoy Colewarts.
*Brassica sabellica*, crisped Colewarts.
*Brassica tritiana*, headed Colewarts.
*Brathy*, or *Brathys*, Sauine.
*Britannica*, Scruygras.
*Brisa Galeni*, *Secale*, Rye.
*Bromus*, *Auena*, Oates.
*Brucus*, *Eruca*, Rocket.
*Bruscus officinarum*, *Ruscus*, Knéeholme.
*Bruscandula Herbariorum*, *Lupulus*, Hoppe.
*Bryaria*, *Tamarix*, the Tamarike tree.
*Bryon*, *Lupulus*, Hoppe.
*Bryon*, *Muscus*, Mosse.
*Bryonia*, Bryony.
*Bryonia alba*, white Bryony.
*Bryonia melana*, blacke Bryony.
*Bryonia leuce*, *Vitis alba*, white Bryony.
*Bubonium*, *Aster atticus*, Codwort.
*Bubonium cæruleum*, blew Codwort.
*Bubonium luteum*, yellow Codwort.
*Bubonium Massilioticum*, Codwort of Massilia.
*Buceras*, *Fœnum græcum*, Fenegréeke.
*Bucheiden Arabum*, *Palma Christi*.
*Buchormarien Arabum*, *Cyclaminus*, *Panis porcinus*, Sowe bread.
*Bufonaria*, *Parthenium*, Maiden weéde.
*Bugloſſa*, *Bugloſſum*, Bugloſſe.
*Bugloſſa domestica Mesues*, Burrage.
*Bugloſſa minor*, the leſſer Bugloſſe.
*Bugloſſa maior officinarum*, the great Bugloſſe.
*Bugloſſa officinarum*, Bugloſſe.
*Bugloſſa syluestris*, wild Bugloſſe.
*Bugloſſa syluatica Herbariorum*, the ſame.
*Bugloſſum*, *bugloſſa*, Bugloſſe.
*Bugloſſum Dioſcoridis*, Bugloſſe.
*Bugloſſum Gallicum*, French Bugloſſe.
*Bugloſſum Hiſpanicum*, Spaniſh Bugloſſe.
*Bugloſſum Italicum*, Italian or great Bugloſſe.
*Bugloſſa ſemperuiuens*, tame Bugloſſe.
*Bugloſſum ſyluestre ſpinoſum*, *Herbariorum Echium*, wild Bugloſſe.
*Bugloſſum viperinũ*, *Herbariorum Echium*, wilde Bugloſſe.
*Bugloſſum rubrum*, *Herbariorum*, *Anchuſa*, red Bugloſſe.
*Bugloſſites*, *Vinum bugloſſatum*, wine made of Bugloſſe.
*Bulbus agreſtis*, our Ladies Couſlips.
*Bulimus*, *Buliſmos*, Cowhunger, or an vnnaturall appetite of meate.
*Bulimia*, *bulimus*, an vnnaturall hunger.
*Bunias*, *Napus*, Rape, or Nauet.
*Bulapathum*, *Lapathum paluſtre*, Docke.
*Buris*, a kinde of ſore proceéding from Melancholie.
*Burſa paſtoris*, Shepheards purſe.
*Butermariem*, or *Buthomarien Arabum*, *Cyclaminus*, Sowe bread.
*Butyrum*, Butter.
*Buxus*, Bore.
*Buzeicon Arabum*, *Palma Chriſti*.
*Byne*, *Malum*, Nault.

## C.

*Acochymia*, a corruption of al the humors in the body.
*Cacoëte*, *vlcus malignum*, an vlceration hard to be cured, a roding vlcer.
*Cactus*, *cinara*, Hartichocke.
*Cadmia*, Tuttie.
*Cadmia*, *Botryitis*, Tuttie.
*Cadmia foſſilis*, *Lapis calaminaris*.
*Cadmia natiua*, a kind of Minerall.
*Cadmia officinarum*, *Cadmia ocina*, Tuttie.
*Caducus morbus*, the falling ſickneſs.
*Calamandrina*, Germander.
*Calamentum*, Minte.
*Calamintha agreſtis*, wilde Minte.
*Calamintha aruenſis*, the ſame.
*Calamintha felina*, *Cattaria*, Cats minte.
*Calamintha montana*, wild mountaine Mints.
*Calamites*, *Rana viridis*, a greene Frog.
*Calamus aromaticus Calmus*, a ſweéte ſmelling Réede, which is brought out of *India*: We vſe the common *Calamus* rote in ſtéede of it.
*Calamus odoratus*, or *Calamus vnguentarius*, the ſame.
*Calcaria*, *Conſolida regalis*, Larkes ſpur.
*Calcatrepola*, Star thiſtle the leſſer.
*Calcedonius*, a precious ſtone.
*Calciſraga*, *Saxifraga*, Saxifrage.
*Calciſraga Scriboniy Largi*, *Aſplenium*, Fearne.
*Calendula*, *Caltha*, Marigolde.
*Calendula aruenſis*, wild Marigold.

*Calendula multiplex*, double Marigold.
*Calendula syluestris*, wild Marigold.
*Calenum*, seeke *Carenum*.
*Calliphyllum Hippocratis*, *Trichomanes*, Maiden hayre.
*Callitrichum*, *Adianthum*, the same.
*Caltha* of *Virgil*, *Columell*, and *Pliny*, *Calendula*, Marigold.
*Caltha poëtica*, *Calendula*, Marigolde.
*Caltha Dioscoridis*, *Chrysanthemum*, Golden knappe.
*Caltha Pliny*, See *Caltha Virgily*.
*Calycanthemum*, *Caprifolium*, Woodbinde.
*Calyx Pliny*, *Cochleæ domus*, a Snailes shell.
*Calx conia*, Lyme.
*Calx viua*, Quicke lyme.
*Calomelopodium*, *Prassium*, Horehound.
*Camomilla officinarum*, Cammomill.
*Campe*, *Eruca*, Rocket.
*Campanella*, *Volubilis*, *Campanula*, the flower called Canterbury bels.
*Campanula marina*, *Soldanella*, sea Folefote.
*Cammarus*, *Gammarus*, a Crab.
*Camphora*, *Caphura*, Camfere.
*Cannabis*, Hempe.
*Cancer*, a Crab.
*Cancer carcinoma*, the Canker.
*Cancer marinus*, a sea Crab.
*Candela regis*, *Verbascum*, Woolblade, or Torch herbe, or Longwort.
*Candelaria*, the same.
*Canella*, *Cinamomum*, Cinnamome.
*Canineca*, *Colchicum*, Hermodactyles.
*Canina fames*, *Cynorexia*, vnnaturall hunger.
*Canirubus Dioscoridis*, *Cynosbatus*, Eglantine, or Sweete bryer.
*Canirubus Theodori Gazæ*, *Cynosbatus Theophrasti* the Hawthorne tree.
*Cania Pliny*, *Vrtica minor*, the little Nettle.
*Canna*, *Calamus*, *Arundo*, a Reede.
*Canophicon*, Turbith.
*Canthabrica Pliny*, *Caryophyllus hortulanus*, a Geliflower, a Gelouer.
*Canthabrum*, *Furfur*. Bran.
*Cantharides*, Cantarides or Spanish flies.
*Cantharus*, or *Catherius*, a blacke Beetle.
*Caphura*, *Camphora*, Camfere.
*Capillaris*, *Capillus Veneris*, Venus haire.
*Capillus Terræ*, *Adiantum*, Maiden haire.
*Capillus Veneris Apuleij*, our Lady haire.
*Capillaris aurea Herbariorum*, yellow Mayden haire.
*Capnos*, *Capnus*, *Fumaria*, Fumitory.
*Capnos chelidonia*, *Pseudaristolochia rotunda officinarum*, Hartwort, or Aristology.
*Capnos phragmites*, the same.
*Caprago Apuleij*, *Esula*, Spurge.
*Capparis*, Capers.
*Caprifolium*, Woodbinde.
*Caprifolium Italicum*, *Caprifolium perforatum*, Woodbinde of Italy.
*Caput monachi*, *Hedypnois*, yellow Cicorie.
*Caput papaueris*, *Codia*, Poppy seede.
*Caputium barbarorum*, headed Colewortes, Cabbage.
*Carabe*, *Succinũ*, yellow or white Amber.
*Carbo*, *Carbunculus*, a Plague sore or botch.
*Carbunculus*, *Anthracites*, a Carbuncle stone.
*Carbunculus Amethistizon*, *Anthrax*, a Ruby.
*Carbunculus candidus*, *Spinalus*, Spinale.
*Carbunculus Alabandicus*, *Lapis Alabandicus*, a kind of Ruby.
*Carbunculus Giluus*, or *Carbunculus pallidus*, a yellow Carbuncle.
*Carbunculus carchedonicus*, or *Carbunculus Garamanticus*, *Granatus*, a Granate.
*Carchedonius*, *Gemma*, the same.
*Carchofilus*, *Carduus Altilis*, Artichocke.
*Carcinethron*, *Polygonum*, Knotgras.
*Carcinoma*, *Cancer*, the Canker.
*Cardamine*, *Nasturtium aquaticũ*, Water cresse.
*Cardamomum*, a spice comming out of *India*. There be two sortes of this *Cardamomum*, the greater, and the small or lesser. The greater, we call graines, *Nicolaus Myrepsus* calleth it *Menigeta*: *Serapio* termeth it *Sacola*, and in Apothecaries shops it is *Granũ Paradisi*: the Arabians name the common *Cardamomum*, *Cacola*, *Heilbague*, and is the lesser *Cardamomum* of the Arabians. The lesser sorte is that which we commonly call Cardamom, it is called both in greeke and in latine *Cardamomum*, of the simpliciſtes *Cardamomum Indicum*, of Apothecaries *Cardamomum minus*, of the Arabians *Cardumenum*, or *Cordumenum*. If any one will vse *Cardamomum*, let him alwayes take the lesser.
*Cardamomum maius officinarum*, *Granum Paradysi*, Graines.
*Cardamomum minus*, Cardamome.
*Cardamomum Indicum*, the same.
*Cardanum*, *Nasturtium*, Cresse.
*Cardiaca*, *Mediana*, the Mediane, or Liuer payne.
*Cardiaca*, Motherwort.
*Cardialgia*, griefe or paine at the hart.
*Cardianthemũ Herbariorum*, *Ocimastrũ*, Behen.
*Cardopatium officinarum*, *Chameleon niger*, Pilke thistle.

*Car-*

*Cardumenum*, See *Cardamomum*.
*Carduus Altilis*, *Cinara*, Partichocke.
*Carduus amoris*, *Atractylis*, an hearbe called *Cnecus syluestris*, bastard Saffron, or wilde Saffron.
*Carduus benedictus*, blessed Thistle.
*Carduus Fullonius*, *Dipsacus*, Fullers Thistle, or Teasel.
*Carduus hepaticus*, *Lactuca syluestris*, Lettice.
*Carduus marianus*, our Lady thistle.
*Carduus niger*, Wilke thistle.
*Carduus pratensis*, *Cinara syluestris*, wilde Partichocke.
*Carduus sanctus*, blessed Thistle.
*Carduus strobilus*, *Cinara satiua*, Artichocke.
*Carduus satiuus*, *Chameleon niger*, milke Thistle.
*Carduus varius*, the lesser milke Thistle.
*Carduus veneris*, *Dipsacus*, Teasell.
*Carenum*, or as *Brassauolus* saith, *Calenum mustum ad tertias coctum*, Must, or newe wine, that hath bene sodde till the third part remaine.
*Carioſe men*, *Semen Carui*, Caruway sede.
*Caricæ*, *Ficus passæ*, dryed Figs.
*Carium*, *Carum*, Caruway.
*Carnabadum*, *Carnabum*, *Carum*, Caruway.
*Carnabum*, the same.
*Carniglutinum*, flesh lyme.
*Carolina*, Gentian.
*Carota*, *Carotis*, Parsnep.
*Carotis lutea*, a yellow Carrot.
*Carotis rubra*, a red Carrot.
*Carotis syluestris*, *Pastinaca vera*, a wilde Carrot.
*Carpathon*, *Caprifolium*, Woodbinde.
*Carpobalsamum*, *Fructus Balsami*, the fruit of *Balsamum*. But that which is nowe commonly vsed in the Apothecaries shops, is not the fruit of the true *Balsamum*, but it is the sede of *Hypericon petræum*, which also in the time of *Dioscorides* was vsed for true sede of *Balsamum*: and the vnskilfull Phisitions as yet vse it for the same in their cõpositions: but indede with them all is one, for so it beare the name onely, it is good enough.
*Carphos*, Fenegreke.
*Cartamus*, *Cnicus*, wilde Saffron.
*Cartamus domesticus*, Saffron.
*Cartamus syluestris*, wild Saffron.
*Cartilago*, *Chondrus*, a Cartilage or grissle.
*Carui officinarum*, Caruwaies.
*Carya*, *Nux auellana*, a Hasell nut tree.
*Caryon*, *Inglans*, a Walnut tree.
*Caryon basilicon*, *Nux regia*, the same.
*Caryon Indicum*, *Nux Indica*, an Indian nut.
*Caryon Persicum*, *Nux Persica*, a Nut tree.
*Caryon Theophr. Tithymalus myrtaceus*, Spurge.
*Caryites Apulei*, Spurge.
*Caryophyllum*, Cloues.
*Cariophyllata*, Auence.
*Caryophyllus flos*, Carnations, and double Gilloflowers.
*Caryophyllus Aruensis*, Carnations.
*Caryophyllus domesticus*, Carnations.
*Caryophyllus hortulanus*, the same.
*Cassamum officinarum*, *Cyclaminus*, Sowes breade.
*Cassia*, Cassie.
*Cassia Alexandrina*, *Cassia fistularis*, Cassie.
*Cassiæ flos*, or *Cassiæ medulla*, or *Cassia cribrata*, prepared Cassie.
*Cassia lignea*, *Xylocassia*, a swete smelling rinde like Cinnamom.
*Cassia herba*, *Lauendula*, Lauander.
*Cassuta*, or *Cassyta*, Bindeweede, or Winde.
*Cassia coronata*, Lauander.
*Castanea*, a Chestnut.
*Castanea aquatica*, *Tribulus aquaticus*, water Nuts.
*Castoreum*, the Beuercod.
*Castrangula*, Pilewort the great.
*Catagma*, *Ossium fractura*, a fracture of the bone.
*Catapotium*, *Pillula*, a Pill, or a little ball.
*Catangelus*, *Ruscus*, Knæholme.
*Catarrhus*, a Rheume.
*Catharticum imperiale*, is a purging medicine so called.
*Cataputia maior*, *Ricinus*, a tree called *Palma Christi*.
*Cataputia minor*, *Lathyris*, Spurge.
*Cataputia syluestris*, wilde Spurge.
*Catharon*, *Iris*, Flowerdeluce.
*Catapliris*, *Cicuta*, Hemlocke.
*Catechomenium*, the same.
*Cathimia officinarum*, *Cadmia*, Tuttie.
*Caucasis*, bastard Parsley.
*Cauda muris*, *Crassula minor*, Blod strange.
*Caulis*, a Colewort.
*Caulis Iouis*, Houslæke, or Sengréene.
*Causon*, or *Causus*, a hot burning Feuer.
*Ceanothus Theophrasti*, Gooseberry.
*Ceanothus asper*. the same.
*Ceanothus leuis*. Raspes.
*Cedria Theophr*. the great Juniper tree.
*Cedromelum*, *malum Citreum*. a Citron.
*Cedronella*, *Citraria*, Baume.
*Cedrostis*, *vitis alba*, Bryony.
*Celidonia officinarum*, Celandine the greater, or Swallowes.

*Celidonia minor, Chelidonium minus,* Pilewort, or Figwort.
*Celyphos, Cochleæ domus,* a Snayles shell.
*Cenchros* or *Cenchris, Milium,* Mill, or Millet.
*Centaurium magnum,* the greater Centory.
*Centaurium minus,* the little Centory.
*Centimorbia, Centimorbium,* Herbe twopence.
*Centinodia, Polygonum,* Knotgras.
*Centinodia minor, Ruella,* Knotgras the lesser.
*Centumcapita, Eryngium,* Seaholme or Sea holly.
*Centonica,* Wormesæde.
*Centumnodia, Polygonum,* Knotgrasse.
*Cepa, Crommium,* an Onion.
*Cepe,* the same.
*Cepa Pallacana Plinij,* Lækes.
*Cepæ Africanæ,* Onions of Africa.
*Cepæ Hispanicæ,* Spanish Onions.
*Cephalæa, capitis dolor diuturnus,* a continuall headach.
*Cephalalgia, capitis dolor,* headache.
*Cepa maris,* Sea-onion.
*Cephalica,* the head vaine.
*Cepuli, Chebuli,* a kind of Myrobalans.
*Cera,* Ware.
*Cera montana, Pisasphaltum,* a kinde of Lyme or Clay like Pitch.
*Cera terrestris, Picibitumen,* the same.
*Ceratis, Fœnum græcum.* Fenegræke.
*Cerasa,* or *cerasia,* Cherries.
*Cerasia amarella,* or *Laurea,* bitter Cherries.
*Cera Theophrasti,* or *Ceria,* a certaine drinke.
*Cerasites, vinum ex cerasis confectum,* wine made of Cherries.
*Cerasum,* a Cherrie.
*Cerasum Iudæorum,* or *Cerasum terræ,* a winter Cherry.
*Cerasus,* a Cherry tree.
*Ceratia,* and *Ceratonia,* the fruit of the tree *Siliqua.*
*Ceratum,* or *Cerotum,* it is called of *Galen Cerotum,* or *Cerote:* This is a plaister made of oyle and ware, and is prepared diuersly.
*Ceratum album Galeni,* a cold or cooling plaister of *Galen.*
*Ceratum Sandalinum,* a salue made of Saunders.
*Cerebrum,* the braine.
*Cerefolium officinarum,* Cheruill.
*Cerefolium columbinum, Herbariorum Fumaria,* Fumitory.
*Cerefolium Felinum, Herbariorum capros,* Fumitory.
*Cerefolium Hispanicum, Chærophyllon,* Spanish Cheruill.
*Cerefolium syluestre, Pseudomyrrhis,* wild Cheruill.
*Ceruiocellus, Ophioctonum,* a kind of Parsnep.
*Ceruicornula tenella,* Harts horne.
*Ceruina radix,* Siluermountaine.
*Ceruirubus, Rubus Idæus,* Raspis or Frambois.
*Ceruus volans,* Escarbot.
*Ceruſa* or *Ceruſſa, Psymmithiũ,* Ceruse or white leade.
*Cestrum, Betonica,* Betonie.
*Ceterach,* or *Ceterachum Arabum, Scolopendrium,* Harts tong.
*Chærephyllon,* or *Chærefolium,* Cheruill.
*Chachite Serapionis,* sea Folesote.
*Chalcantum, Vitriolum,* Coperas, or Vitriol.
*Chalix, Silex,* a Flint.
*Chalybs,* or *Chalyps,* Stæle.
*Chalyps,* the same.
*Chameacte, Ebulus,* Danewort, Blodwort, or Wallwort.
*Chamæcissus, Hædera terrestris,* Alehose, or Harehose.
*Chamæcyparissus,* Heath Cypers, or dwarfe Cypers.
*Chamædaphne Plinij, Peruinca,* Perwinckle.
*Chamædaphne Dioscoridis, Laureola,* Laurell, Lowry, or Lorell.
*Chamædrys aquatica, Scordium,* water Germander.
*Chamædrys, Trissago,* Germander.
*Chamæleuce, Populago alba,* Coltes hose.
*Chamæmelum,* Cammomill.
*Chamæmelum fœtidum Herbariorum, Partheninm,* Feuerfew, Maydenwæde, or Motherwort.
*Chamæmyrtus, Ruscus,* a prickled shrub, of some Butchers broome, of others Knæholme.
*Chamærhodon,* a certaine wilde Rose.
*Chamæpitys,* field Cipers.
*Chamærops, Chamædris,* Germander.
*Chamæplatanus, Spondylium,* Bearesote.
*Chamæleon niger,* the blacke Thistle.
*Chamæleon albus, carlina,* the white or milke Thistle.
*Charabe, Succinum,* Amber.
*Characias Dioscoridis,* wilde Spurge.
*Chartamus,* or *Cartamus,* bastard Saffron.
*Chebuli,* a kind of Myrobalans.
*Cheiri vel Cheyri, Leucoium,* a Wallflower.
*Chelidon, Hirundo,* a Swallow.
*Chelidonium minus,* Pilewort, or Figwort.
*Chelidonium maius,* Celandine.
*Chelone, Testudo,* a Tortoise.
*Chelonium herba, Cyclaminus,* Sowes bread.
*Chenanthemum Herbariorum, Bellium maius,*

the

the greater Daisie.
*Chenoglossum, Lactuca syluestris*, wild Lettice.
*Chenomalacha, Malua anserina*, Gose mallows.
*Chermes, Granum tinctorum*, Couchenill.
*Chermesinum*, Crimson.
*Cherua Arabum, Ricinus, Palma Christi.*
*Cheyri*, Sæke *Cheiri.*
*Chiliophyllus, Supercilium Veneris*, Yarrow.
*Chiragra*, the gout in the fingers.
*Chironia, Centaurium magnum*, great Centory.
*Chironios, Ampelos, vitis chironia*, Bryony.
*Cholera, Cholerica passio*, is called of *Aurelian Felliflua passio*, that is a great paine in the belly with pricking and shooting, and auoiding of Choler both by vomit & stole. The vnskilfull Phisitions and others take *Cholera* for *Bilis*: and ouer all this booke *Bilis* is taken for *Cholera.*
*Chondrus, Cartilago*, a gristle.
*Chrysanthemum*, Goldknap.
*Chryselectrum, Electrum aureum*, yellowe Amber.
*Chrysitis Plinij, Chrisocome*, Gold knaps.
*Chrysitis, Lithargyrium auri*, Litharge or burnt Lead.
*Chrysitis gemma, Saphyrus aureus*, a yellow Saphire.
*Chrysocolla*, Borax.
*Chrysocolla aurifabrorum factitia*, Borax.
*Chrysocome, Amaranthus Galeni*, Gold knap.
*Chrysolachanum*, Drage.
*Chrysomela*, or *Chrysomulla*, yellow Quinces.
*Chrysolithus*, a kind of Jasper.
*Chrysogonum, Tormentilla*, Tormentill.
*Chrysophorum Dioscoridis, Electrum aureum*, yellow Amber.
*Chyline, Cyclaminus*, Sowes bread.
*Chylus*, a certaine white iuice that commeth of meate and drinke digested in the stomacke.
*Cicadæ*, Grashoppers.
*Cicer*, Cich or Cich peale.
*Cicer columbinum Apuleij, Tithymalus soliſequus*, Spurge.
*Cicer columbinum Dioscoridis*, the white Ciche.
*Cicer candidum*, or *album*, the same.
*Cicerbita, Sonchus aspera*, Sow thistle.
*Cicercula Plinij, Lathyrus*, Cicheling, Cæres, Peason cerres, petie Ciche.
*Cichla, Turdus*, a Blackbird or Dusell.
*Cici, Ricinus, Palma Christi.*
*Cicla officinarum*, Beta, Bætes.
*Cichorea officinarum, Cichorium*, Cicory.
*Cichorium*, the same.
*Ciconia*, a Stork.
*Cicuta*, Hemlocke.
*Cicutaria, Myrrhis*, wild Cheruill, Car, Ker, Asse parsley, or mocke Cheruill.
*Cidonium*, a Quince.
*Cilia*, the eielids.
*Cimex*, a stinking worme breeding in wood.
*Cinara* or *Cynara* or
*Cinarus* or *Cynarus*, an Artichocke.
*Cinamomum*, Cinnamome.
*Cine, Ruscus*, the Bore tree.
*Cinis*, Ashes.
*Cinnabaris Indica, Sanguis Draconis*, a liquor or gum brought out of Africa.
*Cinnabaris metallica*, Cinoper.
*Cinnabaris metallica natiua*, a certaine red mine or Cinoper.
*Cinnabaris metallica factitia*, common or counterfaited Cinoper.
*Cinnabaris fossilis*, Cinoper of the mine.
*Cinnabaris artificialis*, counterfaited Cinoper.
*Cinnabrium, Cinnabaris*, Cinoper.
*Cinnabrium natiuum siue fossile*, Cinoper of the mine.
*Cinnamomum siue*
*Cinnamum*, Cinnamome.
*Circinalis*, Maiden haire.
*Cission, Aclepias*, Swallowwort.
*Cissus, Hædera*, Iuy.
*Citrea, siue Citrus*, a Citron or Orenge.
*Citreum malum*, the same.
*Citrago, Citraria, Citronella*, Baulme.
*Citrullus*, a Citrull.
*Citrus, Citrea*, a Citron or Orenge tree.
*Citta, Pica malacia*, the affection of longing in women with childe.
*Clareta* or *Claretum*, Claret or spice wine.
*Claua Herculis Nymphæa*, water Lilly, or water Rose, or Nenuphar.
*Clauus Veneris Apuleij, Nymphæa*, the same.
*Clema, Palmes*, the branch of a Vine.
*Clema, Pityusa*, Spurge.
*Clematis herba*, and
*Clematis Daphnoides*, Perwinckle.
*Clibodium, Parietaria*, Pellitory of the wall.
*Climia officinarum, Cadmia*, Tuttie.
*Clinophodiontes Apuleij, Polygonum*, Knotgras.
*Clibodium, Helxine*, Pellitory of the wall.
*Clibatis Nicandri*, or
*Clibetis Nicandri*, the same.
*Cnicus, Cartamus*, Saffron.
*Cnecus, Cartamus*, wild Saffron.
*Cnicus syluestris*, and
*Cnecus campestris*, wild Saffron.
*Cneoron*, Sæke *Cassia coronaria.*
*Cnopodium, Polygonum*, Knotgras.

*Coagulum*, the ruen of a beast that turneth milke.
*Coagulum capreoli*, a Kids mawe.
*Coagulum Leporis*, a Hares mawe.
*Cobaltum metallicorum*, *Cadmia*, Tutty.
*Cobius*, Spurge.
*Coccali Hippocratis*, *Nuces Pineæ*, Pingles.
*Coccognidium*, *Granum Thymelææ*. In this booke you must not take it for *Mezereon*, that is Lorell, but for *Lathyris*, which is Spurge.
*Coccum infectorium*, Graine wherewith cloth is grained.
*Coccus Theophrasti*, *Paralius*, sea Spurge.
*Coccus Baphica*, *Granũ tinctorum*, Graine wherwith cloth is grained.
*Coccimela*, a Plum trée.
*Coccimelon*, *Prunum*, a Plum. *Diphilo* taketh *Coccimelon* for a Citron.
*Coccimelea agria*, Sloes.
*Cochlearia*, *Brassica marina*, sea Folefote.
*Cochlearia palustris*, *Plantago aquatica*, water Plantaine.
*Codia*, *Papaueris caput*, Poppy huskes.
*Coelidonium chymistarum*, *Chelidonium*, Celandine.
*Coete*, *Cicuta*, Hemlocke.
*Colatypus auis*, a Stare.
*Colchicum*, Dogs bane, Dogs stones, or meadowe Saffron.
*Colica*, the Colick.
*Colla*, *Gluten*, Glew.
*Collum draconis*, Dragons.
*Colon*, or *Colum*, or *intestinum colon*, a great gut so called.
*Colocynthis*, a kinde of wilde Gourd purging phlegme.
*Colophonia radix*, Scammony.
*Colophonium*, *Scammonium*, the same.
*Colostra* or *Colostrum*, Beestings.
*Columbaris*, *Veruena*, Uerueine.
*Colubrina officinarum*, *Britannica*, Harts tong.
*Colubrina vera*, Dragons.
*Colubrina magna*, great Dragons.
*Colubrina minor*, the lesser Dragons.
*Colubrina palustris*, water Cuckoe pit.
*Columbrina*, *Verbena*, Uerueine.
*Columbrina*, *Dracontium*, Dragons.
*Coluthea Theophrasti*, Sene.
*Colus rustica*, *Attractylis*, wilde Saffron.
*Colycea Theophrasti*, a kinde of nuts called also *Pistacium*.
*Columbas*, *Oliua conditanea*, preserued Oliues.
*Coma aurea*, *Chrysocome*, Gold knaps.
*Cometes*, *Cataputia syluestris*, wild Spurge.
*Comitialis morbus*, *Epilepsia*, the falling sickenesse.
*Concha marina*, sea Mussels.
*Conchylij Indici operculum* or *Tegumentũ*, Mussel shels of *India*. Seeke *Blacca Byzantia*.
*Condiloma*, a swelling of the fundament.
*Conion*, *Cicuta*, Hemlocke.
*Confectio lætificans Almansoris*, a certain confection so called.
*Confectio lætificans Galeni*, such another confecon as that afore.
*Confectio Anacardina*, a confection so termed.
*Confectio Aromatica rosata*, called also *Aromaticum rosatum*.
*Confectio de gemmis*, the confection of Gems or precious stones.
*Confectio Hamech*, a certaine purge so called.
*Confectio Iustina*, a confection so named.
*Confectio de Xyloaloë*, a confection made of *Lignum Aloes*.
*Conserua maior*, *Symphytum alterum*, Comfrey.
*Confirma maior*, Comfrey.
*Congelatio*, *Stupor*, benumbing, vnsensiblenes.
*Conila Apuleij*, *Origanum*, Marioram.
*Coniugulum Catonis*, Bindwæde.
*Conserua Buglossæ*, the conserue of Bugloss.
*Conserua Hyssopi*, Conserue of Hyssope.
*Conserua Melissæ*, Conserue of Baulme.
*Conserua Nenuphuris*, Conserue of water Lillyes.
*Conserua florum paralysis*, Conserue of Cowslips.
*Conserua Paoniæ*, Conserue of Pyony.
*Conserua Rosarum*, Conserue of Roses.
*Conserua Anthos*, Conserue of Rosemary.
*Conserua primulæ veris*, conserue of Primroses.
*Conserua Saluia*, Conserue of Sage.
*Conserua Spicanardi*, Conserue of Spikenard.
*Conserua Trifolij acetosi*, Conserue of wood Sorrell.
*Conserua Violarum*, Conserue of Violets.
*Consiligo Plinij*, Longwort.
*Consolida*, *Symphytum*, Comfrey.
*Consolida lactaria*, Houseare.
*Consolida media Herbariorũ*, Setwall or Bugle.
*Consolida media vulnerariorum*, the same.
*Consolida minor*, *Bellis minor* Daysies.
*Consolida media*, Bugle or Setwall.
*Consolida petræa*, Comfrey.
*Consolida pyrifolia*, Wild Beetes.
*Consolida regalis*, Larkes spur.
*Consolida Saracenica*.
*Conuoluolus*, *Cissampelos*, Bindwæde.
*Conuoluolus marinus*, sea windwæde.
*Conuulsio*, *Spasmus*, a conuulsion or Crampe.

*Conyſa*, wild Mints.
*Corago*, Burrage, or Bugloſſe.
*Corallia*, & *Coralliũ*, *Anagallis mas*, he Pimpernel.
*Corallium*, Corall.
*Corchorus Theopraſti*, *Anagallis mas*, red or hée Pimpernell.
*Cordis palpitatio*, *Cordis ſaltus*, panting or beating of the hart.
*Corda Barbarorum*, *Nervus*, a Sinewe.
*Cordumenum Arabum*, *Cardamomum Græcorũ*, Cardamome.
*Coriandrum*, the herbe Coriander.
*Corianon*, or
*Corion*, the ſame.
*Corona regia*, *Melilotus*, Melilot.
*Corona terræ*, Alehoſe, or Ivy.
*Corona virginea*, *Clematis daphnoides*, Perwinkle.
*Cornu cerui*, Harts horne.
*Cornus*, Dog tree, or Gad riſe.
*Corna*, the fruit of the ſame.
*Cornu Monocerotis*, the horne of an Unicorne.
*Corſaluium Apuleij*, *Saluia*, Sage.
*Corrigiola*, Knotgras.
*Corrigiola minor*, Knotgras the leſſer.
*Corruda*, *Aſparagus ſylueſtris*, wild Sperage.
*Corruda Gazæ*, *Aſparagus Regius*, Sperage.
*Corrudago Gazæ*, *Aſparagus ſylueſtris*, wilde Sperage.
*Corylus*, an Haſell or Filberd tree.
*Cortex thuris*, the barke or rinde of Frankincenſe.
*Coryza*, the poſe.
*Corymbites*, a kind of Spurge.
*Coſta Aſinina*, Plantaine the leſſer, Ribwort.
*Coſta equina*, *Plantago acuta*, the ſame.
*Coſtum*, or *Coſtus*, cõmonly called *herba Mariæ*.
*Cotinus*, *Oleaſter*, a wilde Olive tree.
*Cotonea malus*, a Quince tree.
*Cotoneum*, a Quince.
*Cotoneum maius*, the greater Quince.
*Cotula fœtida*, wilde Cammomils.
*Cotum officinarum*, Cotton.
*Crambe*, *Braſſica*, Cole, or Coleworts.
*Crambe cephalote*, *Braſſica capitata*, the headed Coleworts or Cabbage.
*Crambion*, *Putyuſa*, Spurge.
*Cranium*, the ſcull or braine pan.
*Craſſamen*, or *Craſſamentum vini*, wine lées.
*Craſſula minor*, Prickemadam.
*Craſſula maior*, Houſleeke.
*Cratæa*, *Chelidonium maius*, Celandine the greater, or Swallowes herbe.
*Cridion*, *Cicuta*, Hemlocke.
*Cremor lactis*, Creame of milke.
*Creſpinus*, a Barberry tree or buſh.
*Creſſio Barbarorum*, Creſſes.
*Creta*, Chalke.
*Crinanthemum*, *Lilium*, a Lilly.
*Crinis vitis*, haires of the Vine.
*Crinon*, *Lilium*, a Lilly.
*Crite*, *Hordeum*, Barley.
*Crocum*, or
*Crocus*, Saffron.
*Crocus fatuus*, *Cartamus*, wilde Saffron.
*Crocus hortulanus*, tame or garden Saffron.
*Crocus Saracenicus*, *Cartamus*, wilde Saffron.
*Crocus ſylueſtris*, wilde or field Saffron.
*Crommium*, *Cepa*, an Onion.
*Croſmis*, *Saluia*, Sage.
*Croton*, *Ricinus*, *Palma Chriſti*.
*Cruciata*, Gentian.
*Crux Chriſti herba*, *Aconitum ſalutiferum*, Wolfes bane.
*Cuculus herba*, Nightſhade.
*Cucumer*, or
*Cucumis*, a Cucumber.
*Cucumer Anguinus*, or
*Cucumer Aſininus*, the wild Cucumber.
*Cucumer erraticus*, or
*Cucumer ſylueſtris*, the ſame.
*Cucurbita*, or
*Cucurbita eſculenta*, a Gourd.
*Cucurbita ſyluatica*, *Colocynthis*, *Coloquintida*, or the wild Gourd.
*Cuminum*, or *Cyminum*, Comin.
*Cuminum Alexandrinum*, Ammy.
*Cuminum cornutum*, Larkes ſpur.
*Cuminum regium Hippocratis*, Ammy.
*Cuminum ſylueſtre alterum Dioſcoridis*, Larkes ſpur, or wilde Comin.
*Cuminum*, *Satiuum*, *Hortulanũ*, *Romanum*, tame or garden Comin.
*Cunila*, *Satureia*, Sauory.
*Cunila ruſtica*, wild Sauory.
*Cunila bubula*, Mariorane.
*Cunila Gallica Apuleij*, the ſame.
*Cunilago*, *Serpillum*, wilde or running Thyme.
*Cupreſſus*, a Cipres tree.
*Cupreſſus hortulana*, *Abrotanum fœmina*, Southernwood.
*Cupreſſus ſylueſtris*, a Juniper tree.
*Cupula glandis cittarus*, Acorne cups.
*Curcuma*, *Cyperus Indicus*.
*Curallium*, *Coralium*, Corall.
*Cuſcuta officinarum*, *Caſſita*, Windweede.
*Cyanos*, *lapis Cyaneus*, a Turquoyſe.
*Cybelon*, *Viola martia*, a Violet.
*Cybeles*, *Pomum Martialis*, *Conus*, a Pine apple.

*Cyclamen, orbicularis,* Solwes bread, or raye Violet.
*Cyclaminus, Cyclamen,* the same.
*Cyclaminus minor,* Raye violet the lesser.
*Cydonia malus,* a Quince tree.
*Cydonium maius,* the greater Quince.
*Cydonium nothum,* a bastard Quince.
*Cyminites, vinum ex Cymino confectum,* Wine made of Comin.
*Cyminum, Cuminum,* Comin.
*Cyminum dulce, Anisum,* Annise.
*Cyminum siliquosum,* a kind of Comin.
*Cynanthemis, Parthenium,* Motherwort.
*Cynanche, Angina,* the Squincie.
*Cynosbatus Theophrasti,* or
*Cynosbatus Dioscoridis,* the Eglantine or Swéet bryer.
*Cynocentrum Hesychij,* a wilde Rose.
*Cynocephalæon Hesychij, Papauer nigrum,* the blacke Poppy.
*Cynocephalion Dioscoridis, Psillium,* Fleawort, or Fleabane.
*Cynogala, Polygonum,* Knotgras.
*Cynoglossa,* or *Cynoglossum,* Hounds tong.
*Cynoglossa minor,* the lesser Hounds tong.
*Cynomazum, Chameleon niger,* the blacke Thistle, or Chameleon.
*Cynomorphus, Crocus,* Saffron.
*Cynomoron Galeni, Rosa canina,* the wilde Rose.
*Cynopleuron, Plantago acuta,* Ribbe wort.
*Cynosrhodon, Rosa canina,* a Bryer bush.
*Cynospaston Plinij, Canirubus Gazæ,* the Hawthorne tree.
*Cynospastos Æliani, Paonia,* a Pyonie.
*Cynorexia, Appetitus caninus,* a grædines and an vnnaturall appetite of meate.
*Cynozolum, Chameleon niger,* a stincking Thistle
*Cynoxylon, Cardopatium,* Wolfes bane.
*Cyparissus, Cypressus,* a Cipresse tree.
*Cyparissus hortulana,* Southernwood.
*Cyparissia, Tithymalus, Cyparissimus,* Spurge.
*Cyperus,* a kind of Galangall.
*Cyperus rotundus,* the round Galangall.
*Cyperus longus,* or
*Cyperus Romanus,* the long Galangall.
*Cyperis,* Galangall.
*Cyprus, Ligustrum,* Prinet.
*Cytinus, flos mali punicæ satiuæ,* the bud or flower of a Pomegranate.

## D.

*Dactyli, Palmulæ,* Dates.
*Dactylion, Scammonium,* Scammonie.
*Dactylitis, Aristolochia magna,* Aristology.
*Dactylus Idæus, Herba Peonia,* Pyony.
*Dacrydion, Lachrymula,* is the iuice of the herbs Scammony.
*Dagridion officinarum, Dacrydion,* Scammony.
*Daphne, Laurus,* a Bay tree.
*Daphnelæon, oleum Laurinum,* oyle of Bayes.
*Daphnides, Baccæ lauri.* Bay berries.
*Dardanis, Cicuta,* Hemlocke.
*Dapsipodium, Viola martia,* a Violet.
*Daucus,* or
*Daucum,* a Carrot.
*Decoctio officinarum,* a decoction or boyling of the Apothecaries.
*Decoctio aperitiua,* a decoction that openeth obstructions.
*Decoctio communis,* a common decoction, which is made of two sundrie wayes at the Apothecaries, with the which we mixe Electuaries or Syrupes to prepare & purge the humors.
*Decoctio fructuum,* a decoction of Fruites, which is commonly made of the Apothecaries.
*Decoctio pectoralis,* a decoction for the breast.
*Decoctio Senæ,* a decoction of Sene leaues.
*Defrutum, Mustum ad tertias decoctum,* newe Wine sodde till one third parte remayne.
*Delirium,* doting or raning.
*Dementia,* madnesse.
*Dentrites, Corallium,* Corall.
*Dentritis Apulei, Tithymalus soliſequus,* Spurge
*Dendrodes,* and *Dendroides Dioscoridis, Tithymalus arboreſcens,* a kind of Spurge.
*Dendrolibanum,* Rosemary.
*Dendromalache, Althea,* the marsh Mallow.
*Dens Elephanti,* an Elephants toth.
*Dens Leonis herba, Hedypnois, Dãdelion,* Priests crowne, wilde or yellow Cicorie.
*Desipientia,* folishnes.
*Deucos, Mustum,* Must, or newe wine.
*Diacalamentum,* or
*Diacalamenta,* a certaine confection made of Mintes.
*Diacaryon,* or
*Diacarydion, Rob nucum officinarum,* a Conserue of Walnuts.
*Diacapparis,* or
*Diacapparum,* a conserue made of the rootes of Capers.
*Diacatholicon,* a purging confection so termed.
*Diacinamomum,* a confection of Cinnamom.
*Diacinamomum cum Rhabarbaro,* and electuary of Cinnamom and Rubarbe.

*Diachilon,*

*Diachylon, Emplastrum Diachylon*, a playster or salue so termed.

*Diacitonidon officinarum*, or *Diacitoniton simplex, Diacidonium*, and *Diacidonites*, a conserue made of Quinces.

*Diacitoniton compositum*, or *cum speciebus officinarum*, a compounded conserue of Quinces.

*Diacitoniton laxatiuum*, or *Solutiuum officinarum*, a purging conserue of Quinces.

*Diacodion*, a confection made of Poppy.

*Diacostum*, a conserue so called.

*Diacrocoma, Diacurcuma officinarum*, a certaine confection also called *Diacrocum*.

*Diacrocum*, the same.

*Diacurcuma*, the same.

*Diacydonites*, seeke *Diacitoniton*.

*Diacydonium*, seeke *Diacitoniton*.

*Diacydonium Catharticum, Diacidonium solutiuum*, seeke *Diacidonium laxatiuum*.

*Diacyminum*, or *Diacuminum*, a confection of Romish Cumin.

*Diaireos* or *Diairis Solomonis*, a cõfection made of Ireas or the rote of Flower deluce. It is thought that *Solomon* was the first author of it.

*Diaireos*, or *Diairis simplex*, another confection of the rote Ireas, and is also called *Diaireos*, or *Diairis Nicolai*.

*Diairis simplex*, the same.

*Diairis Solomonis*, seeke *Diaireos*.

*Dialacca*, a confection so called.

*Dianthon*, or *Dianthos*, a confection made of Rosemary flowers.

*Dianthus*, the same.

*Diabetes, Diamnes, vide Diampnes*, an vnnaturall and extreme making of vrine.

*Diagalanga*, a confection made of Galangall.

*Diamanna, Electuarium ex Manna*, an Electuary of Manna.

*Diamargariton Calidum*, or *Diamargaritum Auicennæ*, a hot confection of Perles.

*Diambra*, or *Diambarum*, or *Diampar*, a confection of Amber greese.

*Diahyssopum*, a confection of Hyssope.

*Dialthea, vnguentum Dialthea*, a playster of marsh Mallowes.

*Diamentha*, a conserue of Mints.

*Diamnes*, or *Diampnes*, an vnnaturall yelding of vrine.

*Diamoron, Rob mororum*, a confection of Mulberryes.

*Diamoscum*, a confection of Muske.

*Diamoscum amarum, vide Diamoscum*.

*Diampnes, vide Diamnes*.

*Diaolibanum*, or *Electuarium de Olibano*, an Electuary of Frankincense.

*Diagridium officinarum, Diacrydion Scammonea præparata*, prepared Scammony.

*Dianisum*, a confection of Anise.

*Diapapauer, Eclegma de papauere*, or *Loch de papauere*, an Electuary, or lick of Poppy.

*Diapenidion*, a confection of Sugar pennets.

*Diapenidion sine speciebus*, the same without spices.

*Diapensia, Sanicula*, Sanicle.

*Diapliris officinarum, Electuarium plerisarcoticon*, or *Electuarium plerisarchigon*, a confection so named.

*Diaphœnicon officinarum, Diaphœnicon, Electuarium ex dactylis*, a purging Electuary of Dates.

*Diaprunis laxatiua*, or *Lenitiua officinarum, Diaprunum solutiuum*, a purging confection of Prunes.

*Diaprunum, vide Diaprunis*.

*Diaprunum simplex*, the same.

*Diaphragma, septum transuersum*, the Midriffe, a skin that separateth the stomacke and brest from the belly.

*Diapompholigos officinarum, Vnguentum Diapompholigos*, an oyntment made of Tutty.

*Diaprassium*, a confection of Horehound.

*Diarrhodon abbatis*, a confection of Roses.

*Diarrhodon sine speciebus*, a simple confection of Roses.

*Diaria, vide Ephemera*.

*Diarrhœa, profluuium alui*, a lare or flixe of the belly.

*Diasatyrion*, a confection made of Ragwort.

*Diasena*, a confection of Sena.

*Diaspoliticon*, a confection so called.

*Diathamaron*, a certaine confection.

*Diatragagantũ calidum*, a warming confection.

*Diatrionsantalon*, a confection of Saunders, called *Triasandali* at the Apothecaries.

*Diatrionpipereon*, a confection made of the three kindes of Pepper.

*Diatragagantum frigidum*, a coling confection.

*Diaturbith*, or *Diaturbethum*, a confection of Turbith.

*Diaturbith cum rhabarbaro*, a confection of Turbith with Rubarb.

*Diaxyloaloës*, a confection of *Lignum aloës*.

*Diachomenum Theophrasti, Peonia*, Piony.

*Dictamum*, or *Dictamus*, or *Dictamus alba*, french Diptamer.

*Didymi*, the stones of men or women.

*Digitellus Plinij*, Prickmadam.

*Digitus citrinus Auicennæ*, Priests stones, or Rag-

Ragwort.

*Digitus Veneris, Nymphæa*, the water Lilly.

*Dismidion, Manipulus, Fasciculus*, a handfull.

*Dyoscyamus, Hyoscyamus*, Henbane.

*Diosporus, milium solis*, Mill, or Millet.

*Dios Anthos, Viola Trinitatis*, herbe Trinity, or Harts eafe.

*Diptamus*, or *Diptamum officinarum*, *Polemonium*, white Diptamer.

*Dipsacus*, Teasill, or fullers Thistle.

*Dipyrites Hippocratis, Panis biscoctus*, Bisket.

*Discus solis Chymistarum*, a kinde of Quick-filuer.

*Dithyambrion, Hyoscyamus*, Henbane.

*Dolia, Cicuta*, Hemlock.

*Dolzegine Italorum*, swéete Galangall.

*Domine miserere, Iliaca passio*, a paine in the small guts.

*Dorcis, Diptamus Cretica*, Diptamer of Candia.

*Dorycnium*, a venemous herb, with the which darts were wont to be poysoned; it groweth by the sea coast, and hath béen taken for Hemlock.

*Dracontea*, or *Dracontia*, Dragons.

*Draco in insulis Maderiæ & Canariæ arbor est, ex qua sanguis draconis defluit*, the trée whose iuice is called *sanguis draconis*.

*Dracos, Fasciculus manualis, Manipulus*, a handfull: it is also called *Dragma*.

*Dracunculus, Dracontium*, Dragons.

*Dracunculus aquaticus*, water Dragons.

*Dracunculus Henicophyllos*, the lesser Dragons.

*Dracunculus polyphyllos*, Serpentine the greater.

*Dracunculus minor*, the lesser Serpentine.

*Dracunculus maior*, the greater Serpentine, or Dragons.

*Dragma*, a dramme.

*Dragantum officinarum, Tragacantha, vel Tragacanthum*, the gum Tragacanth.

*Dragontea, Dracontium*, Dragons.

*Drangea Nicolai Mirepsi, Tragema, Tragea*, a pouder vsed for sauce.

*Drosera Herbariorum*, and *Drosium Alchimillæ*, Sanicle the great.

*Drosomeli*, Honydew.

*Dryocolaps Hesychij*, and of others *Dryocolaptes, Picus martius*, a Stare.

*Dulcichinum, Trasum, Cyperus esculentus*, swéete Galangall.

*Duodenum*, the stomach gut.

*Duracinum, Persicum*, a Peach.

*Dura mater Barbarorum, Pericranium*, the skin that is next to the braine pan.

*Dyspnæa, Spirandi difficultas*, pursines.

*Dyspnoici*, they that are pursy, or haue a streightnes of breath.

*Dyspepsia, Concoctio depranata*, ill concoction.

*Dysenteria, Cruenta alui dejectio*, the bloudie flixe.

*Dysosmon, Scordium*, water Lékes.

*Dysuria, Vrinæ difficultas*, a stopping of the vrine.

## E.

*Ebiscus, Althæa*, marsh Mallowes.

*Ebenotrichon, Adiantum*, Venus, Mayden, or our Lady haire.

*Ebor, dens Elephantis*, Oliphants toth, or Ivory.

*Ebulus*, Dane or Bloudwort.

*Ebur*, Ivory.

*Echetrosis Hippocratis, Vitis alba*, Bryony.

*Echidna, Vipera*, a Viper.

*Echinus, Erinaceus*, a Hedgehog, or Irchen.

*Echis, Vipera*, a Viper.

*Echioglossum, Ophioglossum*, Adders tong.

*Echium, Buglossa sylvestris*, wilde Buglosse.

*Eclegma, Illinctus, Ecligma*, a lick or confection, which is licked vp without any chewing.

*Ecligma de papauere, vide Diapapauer.*

*Ectamum Hippocratis, Veratrū album*, the white Ellebor, or Néeslewort.

*Edera, Hedera*, Iuie.

*Effluxio*, a flixe of the séede or sperme.

*Eglenteria Herbariorum, Rosa canina*, a bryer-bush, or wild Rose.

*Egne Dioscoridis, Igne Hippocratis, Isatis*, Woade or new Ash of Ierusalem.

*Eilbagus Arabum, Cardamomum maius officinarum*, Graines.

*Elaphoboscum, Ceruicocellus*, a kind of Parsnep.

*Elate, Abies*, a Firre trée.

*Elaterium*, the iuice of wilde Cucumbers.

*Elcratis Arabum, Cartamus*, wilde Saffron.

*Electarium, Electuarium*, a Confection, an Electuary, or compounded medicine.

*Electrum, Succinum*, Amber.

*Electrum aureum, Chryselectrum*, yellow Amber.

*Electuarium Aurantiorum*, an Electuary of Orenges.

*Electuarium aureum, Electuarium de ouo*, an Electuary called the golden Egge.

*Electuarium de baccis lauri*, an Electuary of Bay beries.

*Electuarium Bezoarticum, Electuarium veneno resistens*, an Electuary of the Besoar stone

for

for poyson.
*Electuarium de Calamentha*, an Electuary of horse mints.
*Electuarium de castoreo*, a confection of the Beuercod.
*Electuarium Catholicum, vide Diacatholicon.*
*Electuarium de Citro*, an Electuary of Citrons.
*Electuarium de corticibus Arantiarum*, an Electuary of Orenge pèles.
*Electuarium de Epithymo*, a confection of Dodder.
*Electuarium lenitiuum*, a lenitiue Electuary.
*Electuarium de passulis*, an Electuary of Raysons.
*Electuarium ad melancholiam Auicennæ*, an Electuary of *Auicenne* against melancholy.
*Elect. Mirobalanorum*, a confection of Mirobalans.
*Elect. Montagnanæ oculistæ*, an Electuary to comfort the sight.
*Electuarium de ouo, vide Electuarium aureum.*
*Electuarium Plirisarchigon, vide Diapliris.*
*Elect. de Psillio*, an Electuary of Fleawort.
*Elect. ex Prunis, vide Diaprunum.*
*Electuar. de scoria ferri*, a confection of Iron.
*Electuar. Nucum*, an Electuary of Walnuts.
*Electuar. vitæ Pauli Rixij.*
*Elenium*, Elecampane.
*Eleoselinum, Paludapium*, Smallage.
*Elitis, Parietaria*, Pellitory of the wall.
*Elephantiasis, Elephantia*, the Lepry.
*Elleborastrum*, a kinde of Nèsewort.
*Elleborus, Veratrum*, Nèsewort.
*Elleborus albus*, the white Elleborc, or Nèsewort.
*Elleborus niger*, the black Elleborc.
*Eluxatio, Exarthrema*, luration, or putting out of ioynt.
*Elymus, Panicum*, Panicke.
*Emblici, vide Mirobalani Emblici.*
*Emmanes, Hyoscyamus*, Henbane.
*Emphysodes, vide Febris Emphysodes.*
*Empelitici, vide Mirobalani Emblici.*
*Emplastros, Emplastrum*, a plaister or salue.
*Emplastrum album coctum officinarum*, or *Emplastrum de Cerussa*, a salue or plaister made of Cerusse or white Leade.
*Emplastrum Apostolicum officinarum, Emplastrum triapharmacum, vulgo Apostolicum.*
*Emplastrum Diaquilon officinarum, Emplastrum diachilon*, a salue so called.
*Emplastrum diaquilon cum gummis officinarum*, or *Emplastrum diachilon magnum*, the same salue with the gums.
*Emplastrum de crusta panis*, a salue of the crust of bread.
*Emplast. de baccis lauri*, a salue of bay beries.
*Emplastrum de Galbano*, a salue of the gum *Galbanum.*
*Emplastrum griseum*, or *Emplastrum de lapide Calaminari*, a Salue made of Calamine stone.
*Emplastrum de Meliloto*, a salue of Melilot.
*Emplastrum de Muscilaginibus, Emplastrum de mucoaginibus*, a salue made of Muscilages.
*Emplastrum de pelle Arietis*, a salue made of a Rams-skin.
*Emplastrum Triapharmacum, vide Emplastrum Apostolicum.*
*Emplastrum viride Chirurgorum*, a grène salue of the Chirurgions.
*Emprostotonos, pronus raptus*, a kinde of Cramp.
*Empneumatosis, Condensatio Spiritus plurimi in ventriculo*, ventositie or windines in the stomacke.
*Empyema, Purulentæ excreatio*, a spitting of corrupt matter out of the chest of the body.
*Endiuia, Intubus*, Endiue.
*Eglenteria, Rosa syluestris*, Eglentine.
*Enneaphyllon, Consiligo.*
*Entomum, Helleborus albus*, Nèsewort.
*Ephemera Febris*, a light feuer that continueth but one day.
*Ephemerum Colchicum*, or *Ephemerum deleterium*, or *Ephemerum lethale*, Hermodactyls.
*Ephialtia*, or *Ephialtum Ætij, Pæonia mascula*, a kinde of Piony.
*Ephialtes*, or *Epialtes, Suppressio nocturna*, a disease called the Mare.
*Ephydron, Cauda equina*, Horse tayle.
*Epialtes, vide Ephialtes.*
*Epiglottis, Sublinguium*, the couer of the throte, the flap.
*Epiglossum, Vuularia*, Horse tong.
*Epiceras Hippocratis, Fœnum græcum*, Fenegrèke.
*Epidemia, Pestis*, the Plague, or Pestilence.
*Epiphyllocarpon, Hippoglossum*, double tong.
*Epilepsia, Comitialis morbus*, the falling sickness.
*Epilepticus*, he that hath the falling sickness.
*Epithymum* or *Epithymus*, Dodder, that is, *Cassita thymi.*
*Equapium*, Smallage.
*Equicauda, Hippuris*, Horse tayle.
*Equisetum*, the same.
*Equitium, Hippuris*, Horse tayle.
*Eracantha, Carduus amoris*, wild Saffron.
*Erestedanum Theophrasti, Centimorbia*, herbe twopence.
*Ergasima*, a kinde of Mirrh.

*Erica,*

*Erica*, Heath.
*Eriſitales*, *Cauda muris*, ſtone crop.
*Eruca*, *Euzomum*, white Muſtard ſéde.
*Eruca ſylueſtris*, wilde Rocket,
*Erum*, *Orobus*, Tares, or bitter Uetches.
*Eryngium*, Sea holme, or Sea holly.
*Eryngium marinum*, Sea holly.
*Eryngium minus*, *Coronopus Rondoletij*, *Spina Stellæ*, Eryngus the leſſer.
*Eryſimum Theophraſti*, *Camelina Herbariorum*.
*Eryſipelas*, an inflammation called the Roſe.
*Eryſiſceptrum*, *Ciperus*, wilde Galangall.
*Erytreus*, *Lapis Luciani*, *Margarita*, a pearle.
*Erythrodanum*, *Rubia*, Madder.
*Eſula*, *Tithymalus*, Spurge.
*Eſula Amygdalina*, *Cataputia ſylueſtris*, wilde great Spurge.
*Eſula arboreſcens*, great Spurge.
*Eſula camoſa*, wilde Spurge.
*Eſula lactariola*, ſea Spurge.
*Eſula maior*, *Pityuſa*, the great Spurge.
*Eſula dulcis*, a kinde of Spurge.
*Eſula latifolia*, broad leafed Spurge.
*Eſula marina*, ſea Spurge.
*Eſula minor*, the leſſer Spurge.
*Eſula papaueracea*, a kinde of Spurge.
*Eſula petræa*, ſtone Spurge.
*Eſula ſoliſequa*, or *ſolſequia*, a kind of Spurge.
*Eſula vallaris*, the common Spurge.
*Ethuſa*, *Cicuta*, Hemlocke.
*Euphraſia*, Eyebright.
*Euphraſia cærulæa*, *Myoſotis*.
*Eunuchium*, headed Lettice.
*Eupatorium*, Agrimony.
*Euphorbium*, the iuice or gum of an herbe alſo called *Euphorbium*.
*Euphroſynon*, *Bugloſſa*, Bugloſſe.
*Euphroſine*, *Euphraſia*, Eyebright.
*Eupetalon*, Lozel, or Laury.
*Euphroſinum*, Bourage or Bugloſſe.
*Eupteron Apuleij*, *Trichomanes*, Maydens haire.
*Eureos*, *lapis Iudaicus*, a kinde of ſtone.
*Euſine*, *Parietaria*, Pellitory of the wall.
*Eutaticon*, *Satyrium Erythronium*, a kinde of Ragwort, or dogs ſtones.
*Eutyglycea Theophraſti*, Licorice.
*Euzomum*, or *Euzomus*, Rocket.
*Exarthrema*, luxation, *vide Eluxatio*.
*Excerta*, *Vipera*, a Uiper.
*Exuuia Viperæ*, a Uipers ſkin.

## F.

*Faba*, *cyanius*, a Beane.
*Faba Iouis*, *Hyoſcyamus*, Henbane.
*Faba Lupina*, *Lupinus*, Lupines.
*Faba ſuilla*, *Hyoſcyamus*, Henbane.
*Fabium*, *Chelidonium*, Celandine.
*Fabulum*, *Hyoſcyamus*, Henbane.
*Fagus*, a Beech tree.
*Falernum*, *Vinum Apianum*, Muſcadell.
*Far cluſinum*, ruff-eard wheate.
*Farfara*, *Bechium*, Folefote.
*Farfarago*, *Tuſſilago*, the ſame.
*Farfarella*, the ſame.
*Farina volatilis*, mill duſt.
*Farrago*, *Secale*, Rye.
*Faſciculus manualis*, a handfull.
*Faſeolus*, french Beanes.
*Faſeanus*, a Feſant.
*Faſtidium*, *Faſtidium ſtomachi Ciceroni*, *Ciborum horror Aureliano*, *Faſtidium in cibis Plinio*, *Anorexia*, lothing of meate.
*Febres errabundæ*, or *erraticæ*, a wãdring ague.
*Febres languidæ*, a faint or lither ague.
*Febres phrycodes*, Agues that come with heate about the ſhoulders.
*Febres putridæ*, Agues, which are cauſed of putrifaction of the bloud in the vaines.
*Febris*, in Greeke *Pyretos*, an ague.
*Febris ardens*, *Cauſos*, *Cauſon*, *Cauſodes*, a very hot and burning ague.
*Febris aſtringens*, an ague that bindeth the bodie.
*Febris continua*, or *continuata*, *Syneches*, a continuall ague.
*Febris Diaria*, or *Febris Ephemera*, or *Ephemeros*, *vide Ephemera*.
*Febris Emphyſodes*, an Ague, which by reaſon of heate rayſeth bliſters in the mouth.
*Febris Icteriadis*, an ague that bringeth the yellow Jaundiſe.
*Febris Hepiala*, or *Epiala*, by *Actuarius Epialus*, a flegmatike ague.
*Febris Hemitritæa*, a baſtard tertian ague.
*Febris Hectica*, a conſuming ague.
*Febris Lippyria*, an ague with an extreme outward cold, and violent inward heate.
*Febris maraſmodes*, *marcor*, *Febris hectica cum marcore*, a pining ague.
*Febris quartana*, a quartane or fourth dayes ague.
*Febris quotidiana*, a continuall ague.
*Febris Rhoödes*, an ague with a fire.
*Febris tertiana*, a tertian or third dayes ague.
*Febrifuga*, *fel terræ*, Centory.
*Fecula*, *Alumen fecis*, calcined wine lées.
*Fel Draconis Chymiſtarum*, a kinde of Quickſilver.
*Felicula*, *Polypodium*. Polypody.

*Ferraria minor, Sanicula,* Sanicle.
*Ferri rubigo,* the ruſt of iron.
*Ferri fex,* or *Ferri ſcoria,* or *Ferri ſtercus,* the refuſe of iron.
*Ferrugo,* the ruſt of iron.
*Ferrumen cementorum,* white lyme.
*Ferula ſylueſtris, Thapſia,* Fenell giant, or herbe Sagapene.
*Feſcera Arabum, vitis alba,* white Bryony.
*Feſirin Arabum, vitis alba,* the ſame.
*Fex vini,* wine leeſe.
*Fex vini vſta, vide Fecula.*
*Ficulnea folia,* Figtree leaues.
*Ficus,* a Fig tree.
*Ficus paſſa,* dryed Figs.
*Ficus, Mariſca, Sycon* and *Sycoſis,* the pyles or hemorrhoydes in the fundament of a man.
*Filicula, Polypodium,* Polipody.
*Filicula aſellorum, Onopretium,* Mayden haire.
*Filipendula, Oenanthe, Saxifraga rubea,* Drope wort.
*Filius ante patrem, Lyſimachia corniculata,* or *Siliquoſa,* loſe ſtrife, or water willowes.
*Filix, Pteris,* Ferne.
*Fiſticum,* a kinde of nut called alſo Piſtacium.
*Fiſtula,* a continuall iſſue.
*Flammula officinarum, Ranunculus rotundus, vide Flammula.*
*Flammula Gaza, Herba trinitatis,* Harts eaſe.
*Florecaulis,* flowered Cabbage.
*Flos angelicus, Auricula muris minor,* the leſſer Mouſeare.
*Flos anſerinus, Bellum maius,* Daiſies.
*Flos diui Iohannis,* S. Johns wort.
*Flos Iouis,* Harts eaſe.
*Flos Garyophyllorum officinarum,* Gillofers.
*Flos lactis,* Creame.
*Flos diuæ Magdalenæ, Spica romana,* herbe magdalene.
*Flos regius,* Larks ſpurre.
*Flos maris,* Parmacitty.
*Flos Roſarum, Anthera,* the yellow ſeede within the Roſe.
*Flos tunicus,* Gillofers.
*Fœniculum,* Fenell.
*Fœniculum porcinum, Peucedanum,* dog fenell.
*Fœnum græcum,* Fenegreeke.
*Folia lauri,* Bay leaues.
*Folium, Folium Indicum, Malobathrum* or *Malabathrum, Betrum, Batrum,* or *Betrum Indicum, ſeu Batrum Indicum.* This is called of the Arabians *Tembul,* or *Tembucum,* of the Greeks *Malabathron, phyllon, phyllon Indicum,* of *Ætius phyllon Scylmatos,* Indian leafe. It is a ſweete ſmelling leafe of India, which there is found in the ſtanding poles, and driueth on the water without any rote. The inhabitants there gather them, and dry them. Our Apothecaries vſe the leafe of the Cinamom tree in ſtead of it, although the right *Malobathrum* may eaſily be gotte: but y commō error will hardly be amended.
*Folium Indicum, vide Folium.*
*Folliculus bombycis,* Silkewormes neſt.
*Fontanella,* a Fontanell.
*Formica,* an Ante.
*Formica, Herpes,* a corroding vlcer.
*Formica miliaris, Herpes miliaris,* the ſame.
*Fragaria,* Strawbery leaues.
*Fragula,* the ſame.
*Fragum,* a Strawbery.
*Fraſſinula,* or *Fraſſinella,* or *Fraſſinella germanica,* white Diptamer.
*Fraſſinula Italica, Polygonatum,* Salomons ſeale.
*Fraxinus,* an Aſh tree.
*Fraxinus montana,* the leſſer Beech.
*Fraxinus pumila,* Diptamer.
*Frons,* the forehead.
*Fuga dæmonum,* S. Johns wort.
*Fuligo camini,* ſoote of the chimney.
*Fumaria,* Fumitory.
*Fumus terræ,* the ſame.
*Fungus Abietis,* a Muſhrome of the Firre tree.
*Fungus laricis,* a Muſhrome of the Turpentine tree.
*Fungi,* Toadeſtoles.
*Fungi Iuniperi,* the Muſhrome of the Juniper tree.
*Funis arborum,* Iuye.
*Furfur,* Branne.
*Furfures capitis,* the white duſt of a mans head.
*Furunculus,* a bile.
*Fuſus agreſtis, Attractylis,* wilde Saffron.

## G.

*Agates,* Jeate.
*Gaiacum lignum, vel Guaiacum,* a tree growing in the new found Iles.
*Galbanum,* or *Galbanus,* in Greeke *Chalbane,* of *Plinie Stagonitis,* of the Arabians *Chene* and *Bezard,* of the Apothecaries *Galbanum:* it is the iuice or gumme of the herbe *Metopium,* which groweth in *Syria.*
*Galanga, Cyperus Babilonicus,* Galangall.
*Galanga maior,* the great Galangall.
*Galanga ſylueſtris,* wilde Galangall.
*Galanga ſylueſtris rotunda,* the round wilde Galangall.
*Galanga ſylueſtris longa,* long wilde Galangall.
*Galeobdolon, Galiopſis,* a kinde of dead nettles.

*Galbalus, Pilula, Nux Cupressi,* a Cipresse Nut.
*Galla,* Galles, the fruite of an oake: but those that grow on our oakes will not be dyed, they are called of *Galen Onicicidæ,* and *Gallæ Asininæ.*
*Galli crista,* Clary.
*Gallia muscata,* a swéete smelling confection of the Apothecaries so called.
*Gallicus morbus,* the french Pocks, the great disease, the Crinkomes, or Venus badge.
*Gallitricum,* Clary.
*Gallitricum syluestre,* wilde Clary.
*Gammarus,* a Crab.
*Gangites, Gagates,* Jeate.
*Gariophyllata officinarum,* herbe benet, herb blessed, or hares eye.
*Gariophyllus officinarum,* Cloues.
*Gariophyllata herbariorum,* herbe benet.
*Gariophyllea herbariorũ,* little or single Gelofers.
*Gariophyllum,* or *Gariophyllus,* Cloues.
*Garemantites, Granatus,* a kinde of Ruby.
*Gaster Nicandri, Brassica capitata,* headed Cabage.
*Gaster, Ventriculus,* the stomack.
*Gararia, Nepita felina,* Nep.
*Galatina cidoniorum,* Marmalade.
*Gemelli, Parotides,* impostumes behinde ỳ eares.
*Gemma, Lapillus pretiosus,* a Gemme.
*Genista,* Bzome.
*Genicularis,* Ualerian.
*Geniculata, Polygonatum,* Salomons seale.
*Genichella,* the same.
*Geniculum,* or *Geniculus,* the same.
*Geniculus latifolius,* or *Geniculus maior,* the greater Salomons seale.
*Geniculus angustifolius,* or *Geniculus minor,* the lesser Salomons seale.
*Genitale cerui,* a Harts pisle.
*Genitalis, Gladiolus,* Flags.
*Genista,* Bzome.
*Genitura martis,* Spurge.
*Genitura herculis,* a Bore trée.
*Gentiana,* Gentian or bitterwort.
*Gentiana, Cruciata,* the same.
*Georgiana,* a kinde of Ualerian.
*Geositis,* the lesser Houseléeke.
*Geranium alterum Dioscoridis, Pes columbinus,* Pigeons foote.
*Geranium Robertianũ,* Storks bill, Pinknéedle, Shepherds bodkin.
*Gethyllis,* or *Getium,* Léekes.
*Gethyum,* the same.
*Geum Plinij, herba benedicta,* herb benet.
*Gieduar, Zedoaria, Anthora,* Seduary.
*Gigartha, Vinacea,* the kernels that are in Grapes or Raysons.
*Gingiber, Zingiber,* Ginger.
*Gingidium, Cerefolium Hispanicum,* a kinde of Cheruill.
*Gith, Nigella,* the herbe Gitte.
*Githago, Pseudomelanthium,* Cockle.
*Gladiolus,* Sedge, or Gladen.
*Gladiolus Aruensis,* the same.
*Gladiolus luteus, Iris lutea,* the yellow floure deluce, or Gladen.
*Gladiolus palustris angustifolius,* the lesser gladen.
*Gladiolus palustris latifolius,* the greater gladen.
*Glæos, Viscum,* Birdlime.
*Glandis calix,* or *Glandis putamen,* the outward Acorne huske.
*Glans Dryobalanus,* an Acorne.
*Glans Ægyptiaca,* or *Glans vnguentaria,* the fruit of a trée also called Ben.
*Glans Iouis,* a Chesnut trée.
*Glans sardonia,* the same.
*Glans quercina,* an Acorne.
*Glans vnguentaria, vide Glans Ægyptiaca.*
*Glans,* a Suppository.
*Glastum, Isatis,* Woade.
*Glastum minus,* wilde Woade.
*Glastum satiuum,* Woade.
*Glastum syluestre,* wilde Woade.
*Glaucium,* is called of the Arabians *Memithez* it is the iuice of a strange herbe growing in *Syria,* it is vsed only in this in *Sief Memithe,* which is called of the Grœks *Collyrium glaucion.*
*Gleba armena,* Bole armeniack.
*Glechon, Pulegium,* Pennyroyall.
*Glechon agrion,* wilde Mints.
*Glessum, Succinum,* Amber.
*Gleucos, Mustum,* new wine.
*Globulus Cyparissus,* a Cypresse nut.
*Gluten,* common glue.
*Gluten auium,* or *Gluten aucupum,* Birdlime.
*Gluten auri, Chrysocolla,* Borax.
*Gluten ligni,* Joyners glue.
*Gluten taurinum,* or *Glutinum,* glue.
*Gludis, Pæonia,* a Piony.
*Glyceraton, Glycyrrhiza,* Licorice.
*Glycyphyron,* the same.
*Glycyrrhiza,* Licorise.
*Glycis Pausaniæ,* sodden wine.
*Glycysida,* or *Glycisis,* Piony.
*Glycysites,* or *Glycysidites, Vinum ex Pæonia, confectum,* wine made of Pionyes.
*Glythris Athenæi,* sodden wine.
*Gobius Apuleij,* wilde Spurge.
*Golsonium, Rapum,* a Rape roote.
*Gongyle,* or *Gongylis,* the same.
*Gongylis agria, Rapũ syluestre,* a wilde rape roote.
*Gonorrhœa,* the running of the raynes.
*Gorgonia, Corallium,* Corall.

Gor-

*Gorgonium*, Millet.
*Gorgylon*, *Pauli Torilylium.*
*Gossipium*, or *Gossipitium*, Cotton.
*Gramen*, *Agrostis*, Grasse.
*Gramen porcinum*, Knotgrasse.
*Grana*, *vulgo Granum tinctorium*, Couchenill.
*Granata acidodulcia*, or *Granata musa*, a kinde of Pomegranates.
*Grana turdorum*, Juniper berries.
*Granatum officinarum*, or *Granatum malum*, a Pomegranate.
*Granatus officinarum*, *Carbunculus garamanticus.*
*Granum chermesinum*, Couchenill.
*Granum infectorium*, the same.
*Granum maris rubri diui Hieronimi*, *Margarita*, a Perle.
*Granum paradisi*, *Cardamomum officinarum maius*, Graines.
*Granum tinctorium*, Couchenill.
*Guaiacum lignum*, a tree growing in the new found Iles so called.
*Ginguedes Arabum*, the vaines in the necke.
*Gula*, the throate.
*Guilioca*, *Cortex exterior nucum*, the outward shell of a Walnut.
*Gummi Arabicum*, Gum Arabeck.
*Gummi Ceraſi*, the gum of a Cherry tree.
*Gummi Iuniperi*, the gum of the Juniper tree.
*Gummi Sarcocolla*, *vide Sarcocolla.*
*Gynacium*, *Stimmi*, Antimony.
*Gypsum*, or *Gypsus*, a plaister.
*Gyrenia*, *Ruscus*, Knéeholme.

## H.

*Habilla*, or *Habiola Herbariorum*, *Lupulus*, Hops.
*Hæmoptois*, or *Hæmaptisis*, a spitting of bloud.
*Hæmorrhois*, *Sanguinis profluuium per venas ani*, the bleeding of the Hemorrhoides or Pyles.
*Hæmorrhoides verrucales*, the Pyles.
*Hæmorrhoides nasi*, an vlceration of the nose.
*Hæmostasis Democriti*, *Symphytum*, Comfrey.
*Hæmagonum*, *Paonia*, a Piony.
*Hæmictinos*, *Scordium*, water Lékes.
*Hæmatites*, *sanguinarius lapis*, a bloud stone.
*Halica*, *Chondrus*, a kinde of corne.
*Halicacabites*, winter Cherries.
*Halicastrum*, Wheate.
*Halinectera*, Olives.
*Halicacabus*, *Solanum rubeum*, winter Cherries.
*Halipastos*, *Oliua conditanea*, Olives.
*Halmas*, the same.
*Halsionaum*, and *Halsionium*, *Spuma maris*, the froth of the sea.
*Halos anthos*, Parmacitty.
*Harmala*, *Ruta syluestris*, wilde Rue.
*Harmel*, *Besasa*, the same.
*Harmagrion*, *Dracunculus*, Dragons.
*Harpax*, *Succinum*, Amber.
*Harundo Enodis*, *Calamus fistularis*, a kinde of réede without ioynts, which hath béen vsed in stéede of quils to make pens.
*Harundo Sepiaria*, or *Harundo Sepicularis*, a kinde of Réede.
*Hartanita officinarū*, *Cyclaminus*, Sowes breade.
*Hastula regia Apuleij*, *Rosa Autumnalis*, winter Rose.
*Hastula Dioscoridis*, *Asphodelus*, the same.
*Hedera humilis vel terrestris*, Alehoof, or highoe.
*Hectica*, a wasting or consuming feuer.
*Hedera pluuiatilis*, *vide Hedera humilis.*
*Hederalis*, *Asclepias*, Swallow wort.
*Hedypnois*, Dandelion, or yellow Cichory.
*Hedyosmus*, Garden mints.
*Heilbague*, or *Heilbane Arabum*, *Cardamomum maius officinarum*, Graines.
*Heilbane*, the same.
*Helenium*, Elecampane.
*Heliobarane Ætij*, Knotgrasse.
*Heliotropius lapis*, *Iaspis viridis*, a Jasper stone.
*Helix*, *Capreolus vitis*, the little tendrels of vines.
*Helleborum*, or *Helleborus*, Néelewort.
*Helleborum nigrum*, the black Néelewort.
*Helmintobotane*, *vide Zeduaria.*
*Helxine*, *Perditium*, Pellitory of the wall.
*Hemerocallis*, Daffodill.
*Hemicrania*, or *Hemicrane*, a kinde of headach, when but one side of the head is grieued.
*Hemionium*, *Asplenium*, Scalferne, or Fingerferne.
*Henne Arabum*, *Cyperus*, *Alcanna.*
*Hepar*, the Liuer.
*Hepaticus*, one that is diseased in the Liuer.
*Hepatis oppilatio*, an obstruction or oppilation of the Liuer.
*Hepatica*, the liuer vaine.
*Hepatica herba*, Agrimony.
*Hepatica fontana*, Liuerwort.
*Hepatica saxatica*, stone Liuerwort.
*Hepiala*, *vide Febris hepiala.*
*Hepsema*, *Mustum coctum*, sodden new wine.
*Heptapleuron*, broade Plantaine.
*Heptaphyllon*, *Tormentilla*, Tormentill.
*Heracleotis Calimachi*, or *Herachea Galeni*, the Loade stone.
*Herba diui Anthonij*, Selfeheale.

*Herba Apoplectica.*
*Herba Apostematica*, Scabious.
*Herba apum, Melissa*, Baulme.
*Herba Arthritica*, Cowslips.
*Herba Basilica, Ocimum*, Basill.
*Herba benedicta, Valeriana*, Valeriane.
*Herba calicularis*, Henbane.
*Herba capillaris*, Venus, Mayden, or Lady haire.
*Herba capillaris Apuleij*, the same.
*Herba casta, Paonia*, Piony.
*Herba clauellata*, Harts ease.
*Herba crinita Apuleij*, Mayden haire.
*Herba cincinnalis*, Verueine.
*Herba columbaris*, wilde Cypresse.
*Herba cochlearis, Brassica marina*, sea cole.
*Herba centonica officinarum, Absinthium marinum*, sea Wormewood.
*Herba diuæ Mariæ Magdalenæ, Phu ponticum*, a kinde of Valerian.
*Herba diuæ Otiliæ, Consolida regalis*, Larks spur.
*Herba diui Petri*, the lesser Gentian.
*Herba diui Quirini*, Horse hose.
*Herba diui Georgij, Phu ponticum*, a kinde of Valerian.
*Herba diui Ruperti.*
*Herba diui Valentini, Paonia alba*, a kinde of Piony.
*Herba flammea*, Harts ease.
*Herba flauea, Melilotum nobile*, Melilote.
*Herba fortis, Consolida Saracenica.*
*Herba fullonum*, Tassell.
*Herba cederalis, Asclepias*, Swallow wort.
*Herba hirundinaria minor*, the lesser Celandine or Pylewort.
*Herba inguinalis, Bubonium*, an herbe called also Aster.
*Herba Iouis, Sedum*, Houseleeke.
*Herba lactaria, Tithymalus*, Spurge.
*Herba lanaria.*
*Herba leporina*, a kinde of Mallowes.
*Herba Mercurij, Mercurialis*, herbe Mercury.
*Herba margarita*, Daisies.
*Herba militaris, Millefolium*, Yarrow, or Nose bleede.
*Herba mula, Asplenium*, Fingerferne.
*Herba muralis Celsi*, Pellitory of the wall.
*Herba ocularia*, Eyebright.
*Herba ophthalmica*, the same.
*Herba orbicularis, Cyclaminus*, Rape violet.
*Herba panarcij Herbariorum, Lamium album*, a kinde of dead nettles.
*Herba paralysis*, Cowslips.
*Herba pauonis, Persicaria*, Ars smart.
*Herba pedicularis, Staphisagria*, Licebane.
*Herba perdicalis Apuleij, Perdicium*, Persicary.
*Herba pulicaris, Persicaria*, Arse smart.
*Herba primi floris, herba paralytica*, Primroses.
*Herba pyrifolia, seu perifolia Herbariorum, Pyrola*, wilde beetes, or winter greene.
*Herba Roberta*, and *Herba Ruperti*, herb Robin.
*Herba regia*, Basill.
*Herba sanguinalis, Polygonum*, Knotgrasse.
*Herba sanguinalis mas*, the male Knotgrasse.
*Herba sanguinalis fœmina, Polygonum fœmina*, Knotgrasse female.
*Herba sardonia, Ranunculus*, Crowfoote.
*Herba scelerata, Idem.*
*Herba scorbuti, Brassica marina*, Scurvygrasse.
*Herba salutaris Apuleij*, Rosemary.
*Herba solis Herbariorum*, S. Johns wort.
*Herba solis Ætij polygonum*, Knotgrasse.
*Herba Sophiæ Herbariorum.*
*Herba sortis, Consolida saracenica.*
*Herba stataria, Peucedanum*, Hogs fenell.
*Herba sacra, Verbena*, Verueine.
*Herba Trinitatis*, Harts ease.
*Herba topiaria*, Bearefoote.
*Herba tonitrui, Sedum*, Houseleeke.
*Herba tunica officinarum*, Gelofers.
*Herba tunica, Gordonij Ocimastrum.*
*Herba tunica Minsredi*, Gelofers.
*Herba turca, Cardūus benedictus*, or blessed thistle.
*Herba Thymiana Herbariorum*, Tyme.
*Herba vermicularis, Sedū minus*, Prickmadam.
*Herba virginea, Parthenium*, Feuerfew.
*Herba vitriaria*, Pellitory of the wall.
*Herba vitri Auicennæ, Perdicium*, the same.
*Herba vrinaria Herbariorum, Hedipnois*, Dandelion.
*Herba vrceolaris*, Pellitory of the wall.
*Herculeus morbus*, the falling euill.
*Hermodactylus Arabum*, Dogs bane.
*Hermodactylus Dioscoridis, Pentaphyllon*, a kinde of dogs bane.
*Hermodactylus Actuarij*, the rote of Behen.
*Hermodactylus Nicolai Myrepsi*, the same.
*Hermodactylus albus*, white Behen.
*Hermodactylus Rubeus*, red Behen.
*Hernia, Ramex*, a rupture.
*Hernia Oscœana*, a great rupture.
*Hernia Oscealis*, the same.
*Herpacantha, Acanthus*, Bearefoote.
*Herpes*, a corroding vlcer, or wolfe.
*Herpes exedens*, the same.
*Herisypila, Erisypelas*, an inflammation called the rose.
*Herpillum, Serpillum*, wild tyme, or Ladies bedstraw.
*Hesperis, Viola lutea*, Wall flowers.

*Hibiscus*,

*Hibiſcus*, a kinde of Mallow.
*Hieracopodium*, *Lychnis ſylueſtris*.
*Hiera pachij*, a purging confection ſo called.
*Hierabotane Dioſcoridis*, *Verbena*, Uerueine.
*Hierabotane Scriboníj*, *Betonica*, Betonie.
*Hieralogodion officinarum*, or
*Hiera lagadij*, the name of a purging confection.
*Hiera picra*, or
*Hiera picra ſimplex*, a very bitter confection.
*Hiera Ruffi*, a purging confection.
*Hiera Athenai*, and
*Hiera Theophraſti*, the Flourdeluce.
*Hieromyrtus*, *Ruſcus*, Knœholme.
*Hilbane*, *Granum paradiſi*, Graines.
*Hippocras fontis officinarum*, *Aqua Hippocratica*, Hippocras.
*Hippocras officinarum*, *Vinum Hippocraticum*, the ſame.
*Hippocraticum vinum*, the ſame.
*Hippociſtis officinarum*, *vide Hypociſtis*.
*Hippolapathium*, a water Docke.
*Hippogloſſum*, Adders tong.
*Hippomalache*, *Malua equina*, horſe Mallowes.
*Hippoſelinum*, Angelica.
*Hippopleuron*, Houndes ribbe, a kinde of Plantaine.
*Hippuris*, *equiſetum*, Horſe tayle.
*Hirundinaria*, a Horſleach.
*Hirudo*, the ſame.
*Hirundo*, a Swallow.
*Hiſpanach Arabum*, *Spinachia*, Spinage.
*Hordeum*, Barley.
*Hordeum Galaticum*, Rice.
*Hordei cremor*, *Ptiſana*, Barley huſked and ſodden in water.
*Humeralis vena*, the ſhoulder vaine.
*Humerus*, the ſhoulder.
*Humor Scrupeus poëtarum*, *Podagra*, the Gout.
*Humulus*, *Lupulus*, Hoppe.
*Hyacinthus*, *Helodias*, *Porphyrantes*, a purple flower that we call Crowtoes. There are fower kinds of it, two of them (as the greater and leſſer) are moſt in vſe: the other two ſortes I will paſſe ouer for breuity ſake. The firſt kinde hath narrowe leaues like the wilde Dinion, with a ſtalke about one ſpan in height, vpon this on euery ſide grow flowers of a light purple colour, much like the Amethyſt, or Jacinct ſtone: on the top of all are the flowers ſomwhat leſſer, & ſadder in colour. This is the right *Hyacinthus* of *Dioſcorides*; it groweth commonly in tilled grounds, and of ſome is called Hogs onion, becauſe Hogs greatly delight in eating of it: the Herbariſts call it *Hyacinthus maior*, and *Bulbus porcinus*. The other is ſomewhat leſſe, and groweth in woods; it flowreth in March, and hath prette little blew flowers, not much vnlike the May Lillies, or Liriconfanſie, the rote is like little Dinions. This is called in ſome places blew May flowers: of the Herbariſts, *Hyacinthus minor*, *Allium caninum*, and *Bulbus caninus*. *Palladius* alſo maketh mention of a blew *Hyacinthus*. In like ſorte is the yellow Lillie *Lillium luteum*, or *Hemerocallis*, the *Hyacinthus* of *Ouid*, which *Theocritus* calleth *Hyacinthus ſcriptus*, to make it differ from the right *Hyacinthus*: the Herbariſtes call it *Hyacinthus poëtarum*. *Virgil* calleth it *Hyacinthus ſuaue rubens*, & *Hyacinthus mollis*: and *Pauſanias* termeth it *Comoſandalon*.
*Hyacinthus maior Herbariorum*, or
*Hyacinthus Dioſcoridis*, Crowtoes, *vide Hyacinthus*.
*Hyacinthus minor Herbariorum*, *vide Hyacinthus*.
*Hyacinthus Palladij*, *vide Hyacinthus*.
*Hyacinthus poëtarum*, *Hemerocallis*, *vide Hyacinthus*.
*Hyacinthus Ouidij*, *vide Hyacinthus*.
*Hyacinthus mollis Virgilij*, yellow Lillies.
*Hyacinthus ſcriptus Theocriti*, *vide Hyacinthus*.
*Hyacinthus ſuaue rubens*, *vide Hyacinthus*.
*Hyacinthus*, *gemma*, a Jacinct.
*Hydrargyrum*, *Argentum viuum*, Quickeſiluer.
*Hydrargyrum natiuum*, *vomica liquoris æterni*, *& rerum omnium venenũ Plinio vocatur*, Quickſiluer of the Mine.
*Hydrargyrum factitium*, Quickſiluer which is made of Cinoper.
*Hydrolapathum*, *Lapathum paluſtre*, water Dockes.
*Hydromeli*, *aqua mulſa*, Meade.
*Hydrophobus*, *à rabido cane morſus*, hee that is bitten of a mad dogge: he that is afeard of water.
*Hydropiper*, *Perſicaria*, Arſe ſmarte:
*Hyppoſelinũ*, *Apium paluſtre*, Louage, Aliſander.
*Hyophthalmus*, *After atticus*, the herbe *Bubonium*.
*Hyoſcyamus*, Henbane.
*Hypericum*, S. Johns wort.
*Hypericum petræum*, is that which is now taken for *Carpobalſamum*, but vniuſtly.
*Hypochyma*, Pitche.
*Hypociſtis* is alſo called *Barba hircina*, and *Orobetrum*, it groweth at the rote of the herbe *Ciſtus*, much like the flower of the Pomegranate, and is full of iuice which being wrung

wrong out and dried, is also called *Hypocistis*, and of Apothecaries *Hippocistus* or *Hypoquistidos indeclinabiliter.*

*Hypogessum, Sedum maius,* Houslæke.

*Hypopium, Thapsia,* Turbith.

*Hysge Pausanæ, Granum tinctorium,* Couchenill.

*Hyssopites,* wine of Hyssope.

*Hyssopum,* or

*Hyssopus,* Hyssope.

*Hyssopus humida officinarũ, Oesypus,* Woll of the flancke of a sheepe.

*Hystera, Vterus, Loci, Matrix,* the Mother in women, or Matrix, or Wombe.

*Hysteralgia,* paine in the belly or Matrix.

## I.

*Iarum,* Cuckoepit.

*Iacea,* Harts ease.

*Iacea nigra, Morsus Diaboli,* Diuels bit.

*Iamenum officinarũ, Alumen scissile, vide Alumen.*

*Iaspis,* a Jasper stone.

*Iaspis,* a greene Jaspis.

*Ichthiotheron, Cyclaminus,* Sowes bread.

*Ibiscus, Althea,* marsh Mallowes.

*Icteritia,* the yellow Jaundies.

*Icteritis Apuleij, Libanotis coronalis,* Rosemary.

*Icterus, Morbus regius,* the yellow Jaundies.

*Iecur,* the Liuer.

*Igne Hippocratis, Isatis,* Woad.

*Ignis diui Anthonij,* or

*Ignis sacer, Erysipelas,* the Rose.

*Ileos,* or

*Ileus,* or

*Iliaca passio,* or

*Iliaca,* a wringing in the small guts.

*Ilecebra, Piper murinum,* Stonecrop.

*Illinctus, Eclegma,* a medicine which is licked vp and not swallowed.

*Imaginatio,* an imagination or conceit.

*Imperatoria,* Angelica.

*Impetigenaria arborea, Lichen arboreus,* a kind of Liuerwort.

*Impetiginaria petræa, Lichen saxatilis,* Liuerwort.

*Impetigenaria saxatilis, Lichen,* the same.

*Impetigo,* a Ringworme, or dry scab.

*Inanitio,* emptines of the body.

*Incensum, Thus,* Frankincense.

*Incrementum,* the increasing of a sicknes.

*Incubus, Ephialtes, Faunorum in quiete ludibrium,* as *Pliny* saith, the Night-mare or Hag, it is a little falling sickness, and is a signe of madnes to come, or of the falling euill, or Palsey &c.

*Infusio Sennæ,* the infusion or steeping of Senne leaues.

*Inguinalis,* or

*Inguinaria Dioscoridis,* the herbe *Bubonium.*

*Inguinaria Plinij, Anserina.*

*Intemperies,* vntemperatenes.

*Intestina gracilia,* the little guts.

*Intestina terræ, Lumbrici terrestres,* an Earthworme.

*Intestinum duodenum, Intestinum primum, Pilorus,* the gut next to the stomacke.

*Intestinum ieiunum, Nestis,* the empty gut.

*Intestinum monoculum.*

*Intestinum cæcum,* the blind gut.

*Intestinum primum, vide Intestinum duodenum.*

*Intestinum rectum, Longanum,* the Arsegut.

*Intubum, Endiuia,* Endiue.

*Intubum satiuum angustifolium,* a kinde of Endiue.

*Intybus, &*

*Intybus satiuus latifolius,* white Endiue.

*Inturis, Capparis,* Capers.

*Inuersio ventriculi, Anastrophe,* an inuersion of the stomacke.

*Inula, Helenium,* Elecampane.

*Inula rustica Apuleij, Symphytum magnum,* Comfrey.

*Ion, Viola,* a Violet.

*Ion porphyrion, Viola purpurea,* a March Violet.

*Ion melan Theophrasti, Viola nigra,* the same.

*Ion polyphyllon, Viola multiplex,* double Violets.

*Ion Agria, Viola sylvestris,* wilde Violets.

*Ireos siue Irios officinarum, Iris,* the Flouredeluce

*Iris,* the same.

*Iris alba,* the white Flouredeluce.

*Iris Apula,* the same.

*Iris domestica,* the same.

*Iris Florentina,* the same.

*Iris Germanica,* the blew Flouredeluce.

*Iris lutea,* yellow Flowerdeluce.

*Iris palustris latifolia,* a kinde of Flowerdeluce.

*Iris Schlauonica,* the Flouredeluce.

*Isatis, Glastum,* Woad.

*Isatis minor,* wild Woad.

*Isatis satiua,* tame Woad.

*Issopus humida officinarum, Oesypus,* Woll of the flanke of a sheepe.

*Ischias, Coxarius morbus,* the Sciatica.

*Ischiatica barbarorum,* the same.

*Ischuria, vrinæ retentio,* a stopping of vrine.

*Itea, Salix,* a Willowe.

*Iuiuba, Arabum & officinarum Zizifum,* a kind of fruit so called.

*Iua officinarum, Ainga* or *Abiga,* wild Cypres.

*Inglans,* a Walnut tree.

*Iuglans equina*, the great Walnut.
*Iulebum* or *Iulepum*, a Julep.
*Iunci flos*, *Schœnû Anthos*, *Squinanthum*.
*Iuncus anguloſus Plinij*, *Cyperus*, a kinde of Galangall.
*Iuncus odoratus*, *Squinanthum*.
*Iuncus quadratus*, *Celſi Cyperus*, a kinde of Galangall.
*Iuncus triangulus Plinij*, *Cyperus*, the ſame.
*Iuniperus*, a Juniper tree.
*Iuniperus acuta*, the greater Juniper tree.
*Iuniperus maior*, the ſame.
*Iuniperus minor*, *Iuniperulus*, and *Iupicellus*, the leſſer Juniper tree, or the Goſeberry buſh.
*Iuniperi baccæ*, *vel*
*Iuniperi grana*, Goſeberries, or Juniper berries.
*Iunonia*, *Roſa Plinij*, *Lilium*, a Lilly.
*Iuſquiamus officinarum*, *Hyoſcyamus*, Henbane.

## K.

*Kartam Arabum*, *Cnicus*, *Cartamus*, wilde Saffron.
*Kauroch Arabum*, *Chelidonium*, Celandine.
*Keiri*, *Leucoium*, Wallflowers.
*Kerua Arabum*, *Ricinus*, *Palma Chriſti*.

## L.

*Labrum Veneris*, *Dipſacus*, Taſſell.
*Labruſca*, *vitis ſylueſtris*, the wilde Vine.
*Labruſcæ flos*, the bloſſome of the wild Vine.
*Lac amygdalinum*, Almond milke.
*Lac acidum*, *Oxylacha*, ſower milke.
*Lac ebuteratium*, Buttermilke.
*Lac chalybatum*, ſteeled milke.
*Lac ouillum*, or *Ouinum*, Ewes milke.
*Lactis cremor*, *Pinguc*, *Flos*, *vel Pinguedo*, Creame
*Lac ſciſtum*, Curded milke.
*Lacca*, *Caucamum*, a Gum ſo called.
*Lacerta*, or
*Lacertus*, a Newt.
*Lachryma draconis*, a gum called *Sanguis draconis*.
*Lachryma Iobi*, *Lithoſpermum maius*, Gromill.
*Lachryma Iuniperi*, *Sandaraca*, the Gum of the Juniper tree.
*Lachryma Mariæ*.
*Lachryma medica*, *Aſſa fœtida*, a Gum ſo called.
*Lachryma Syriaca*, the ſame.
*Lachryma vitis*, *Aqua vitis*, Sappe of a Vine.
*Lactaria Tithymalus*, Spurge.
*Lactuca*, Lettice.
*Lactuca cappadox Plinij*, crumpled Lettice.
*Lactuca aſinina*, *Anchuſa*, Orchanet.
*Lactuca Betica Columellæ*, great Lettice.
*Lactuca Cæciliana Columellæ*, white Lettice.
*Lactuca criſpa*, curled Lettice.
*Lactuca caprina*, or
*Lactuca marina*, *Tithymalus*, Spurge.
*Lactuca marina Apuleij*, *Cataputia ſylueſtris*, great wild Spurge.
*Lactuca Laconica Plinij*, or
*Lactuca ſeſſilis*, or
*Lactuca capitata*, headed Lettice.
*Lacuturris Plinij*, *Braſſica lacuturrea*, a kinde of Cabbage.
*Lada*, or
*Ladon*, or
*Ladanum*, or
*Laudanum*, this is called of *Dioſcorides*, *Ledum*, *Laden*, and *Leden*. In the Apothecaries ſhop it hath his common name *Laudanum*. It is the dryed iuice of an herbe ſo called. The Herbariſts call it alſo *Ciſtum laudaniferum*, and *Fruticem laudaniferum*.
*Lætitia Galeni officinarum*, *vide Lætificans*.
*Lagopodium*, or *Lagopus*, Hares foote.
*Lagopus*, the ſame.
*Lamium Plinij*, dead Nettles.
*Lampſana*, *Rapiſtrum album*, Cadlocke.
*Lampas*.
*Lana ſuccida*, vnwaſhed woll.
*Lanaria*, *Saponaria*, the herbe that Fullers vſe in ſcouring of cloth.
*Lana arborea*, or
*Lana xylina*, Cotton.
*Lanceola*, narrow Plantaine.
*Lanugo arborum*, Moſſe.
*Labdanum barbarorum*, *vide Lada*.
*Lapathum Dioſcoridis*, *Oxalis*, Sorrell.
*Lapathum Galeni*, Docke.
*Lapathum acidum*, a kind of Docke.
*Lapathum acutum*, a Docke.
*Lapathum aquaticum*, water Docke.
*Lapathum cepeon*, or
*Lapathum ſatiuum*, Monkes Rubarbe.
*Lapathum domeſticum*, or
*Lapathum latifolium ſatiuum*, Herbe patience.
*Lapathum equinum*, water Dockes.
*Lapathum latifolium*,
*Lapathum non acuminatum*,
*Lapathum platyphyllon*, the greater Docke.
*Lapathum barbarorum*, *vide Lada*.
*Lapillus Eritræus*, a Pearle.
*Lapis calaminaris officinarum*, *Cadmia natiua*, the Dare of Braſſe.
*Lapis cæruleus*, an Azure ſtone.
*Lapis corroſiuus*, a corroſiue or corroding ſtone.

*Lapis*

*Lapis Cyaneus*, an Azure stone.
*Lapis Indicus, Margarita*, a Pearle.
*Lapis Iudaicus*, a stone that purgeth Melancholy, or a Iewes stone.
*Lapis Hepaticus*, a Liuer stone.
*Lapis Lazulus officinarum*, the Azure stone.
*Lapis Erithraeus, Margarita*, a Pearle.
*Lapis Lyncis officinarum, Lapis phrygius*, of some white Amber, of others a Thunderbolt, of others a stone that groweth in *Phrygia*.
*Lapis Stellatus*, or *Caruleus*, the Azure stone.
*Lapis viridis*, an Yemeraude.
*Lapis vini*, Argoyle.
*Lappa maior, Bardana*, the great Burre.
*Lapsana, Rapistrum album*, a kinde of Mustard sæde.
*Lasaron, Galacticon*, Angelica.
*Lascaphrum, Naraphtum*, blacke Frankinsence.
*Laserpitium Gallicum*, Angelica.
*Laser medicum*, or
*Laser Syriacum, Assa fœtida*.
*Lasiomalum, Cydonium*, a Quince.
*Lathyris, Cataputia minor*, the lesser Spurge.
*Lathyris syluestris*, wild Spurge.
*Lathyris cicercula*, the fruit or sæde of Spurge.
*Lauacrum Veneris*, Teasell or Fullers thistle.
*Lauendula*, Lauander.
*Laureola*, Laurell or Lorell.
*Laurus*, a Bay tree.
*Lauri baccæ*, Bay berries.
*Lauri folia*, Bay leaues.
*Laurus Baccalis Plinij*, or
*Laurus Baccifera*, or
*Laurus fœmina*, the she or female Bay tree.
*Laurus mas*, or
*Laurus virilis*, the he or male Bay tree.
*Laurus rosea, Nerion*, Rose laurell, or Oleander.
*Lecristicum, Vitex, Agnus castus*, the Chaste tree.
*Lemonium malum*, a Limon.
*Lens palustris*, or
*Lenticula aquatica*, water Lentils.
*Lentiscus*, the Mastick tree.
*Lentiscinum oleum*, oyle of Mastick.
*Lentiscina resina*, Mastick.
*Lepra*, the Leapry, a disease that maketh the skinne rough, with blacke wannish spots, and drie parched scales and scurfe.
*Lepra leonina*, a kinde of Leaprie, in which the diseased groweth mad.
*Leptocaryon, Nux auellana*, a Hasell nut.
*Lethargus veternus*, the Lethargie, a heauie and drowsie disease, in which the sences and reason it selfe seemeth to sleepe.
*Leucena Galeni, Castanea*, a Chestnut.
*Leuce, Populus alba*, the white Poplar tree.
*Leuce, vitilago alba*, of the Barbarians *Morphæa alba*, a white and drie and continuall scurfe.
*Leucanthemis*, or *Leucanthemum*, the hearbe Cammomill.
*Leucoium Dioscoridis, Viola lutea*, the winter Gilloflower.
*Leuconia, Candidum oui*, the white of an Egge.
*Leucophlegmatias, Hydros, Anasarca*, a kinde of Dropsie.
*Leusticum officinarum*, Louage.
*Libadium, Centauria minor*, the lesser Centory.
*Libanotides*, wine made of Rosemary.
*Libanotis Coronalis*, Rosemary.
*Libanotis Ferulacea*, or *Libanotis vmbellifera Herbariorum*, a kind of Rosemary.
*Libanotis vmbellifera*, the same.
*Libysticum*, Louage.
*Libanum* or *Libanus, Thus*. Frankincense.
*Libyestason, Glycyrrhiza*, Licorice.
*Lichen, Hepatica*, Liuerwort.
*Lichen, Infectio, & Asperitas summæ cutis, cum maxima prurigine*, a Tettar or Ringworme.
*Lichen Arboreus, Pulmonaria officinarum*, Lungewort.
*Lichen petræus*, or *Saxatilis*, Liuerwort.
*Lien, Splen*, the Spleene or Milt.
*Lienteria, Intestinorum lenitas*, a kind of flure of the stomacke, when the meate and drinke runneth from a man as he toke it, vtterly without concoction or alteration.
*Lignum Aloes*, a kind of sweete wood so called.
*Lignum guaiacum*, or *Guaiacum*, a tree growing in the new found Iles.
*Lignum Indicum, Lignum sanctum*, a kinde of wood so called.
*Lignum paradisi, Lignum Aloes*, a kind of sweete wood so called.
*Ligamenta*, sinewes.
*Lignum sanctæ Crucis, Agollochum*, a kinde of wood.
*Ligusticum*, Louage.
*Ligula, Vuula*, a little peece of flesh in the rose of the mouth.
*Ligustrum, Cyprus*, Priuet, or Primprint tree.
*Lilium, Crinon*, a Lillie.
*Lilium album*, a white Lilly.
*Lilium cœleste, syluestre*, the flouredeluce.
*Lilium conuallium*, Lyriconfancie, or May Lillyes.
*Lilium cæruleum*, the blew Flouredeluce.

*Lilium*

*Lilium caprinum, Periclymenum*, Woodbinde, or Honysuckle.
*Lilium inter spinas*, the same.
*Lilium luteum, Hemerocallis, vide Hyacinthus.*
*Lilium palustre Herbariorum*, a water Rose.
*Lilium Saracenicum, Lilium syluestre*, the Daffodill.
*Lilium vernum Theophrasti, Lilium conuallium*, May Lillies.
*Limmatis, Hirudo*, an Horseleach, or bloodsucker
*Limmestis Apuleij, Centaurum maius*, the greater kind of Centory.
*Limonium malum*, a Limon.
*Linctus, Eclegma, lambetiuum*, a medicine or cõfection that is not chewed, but licked in, and is called of the Apothecaries by an Arabian name *Lohoch*.
*Linaleon, Oleum Lini*, oyle of Flaxe.
*Linaria*, wilde Flaxe.
*Lingua Anserina*, Gose tong.
*Lingua Aruetis, Arnoglossum*, water Plantain.
*Lingua Bouis*, Bugloss.
*Lingua Canina, Cynoglossum*, Hounds tong.
*Lingua Ceruina, Phyllitis*, Harts tong.
*Lingua Ouina*, Sheepes tong.
*Lingua pagana, Hypoglossum*, double tong.
*Lingua Ophioglossum* Serpents tong.
*Lingua Serpẽtina, Lingua Viperina, Echioglossum*, the same.
*Lingua vulneraria Herbariorum*, the same.
*Lingulaca*, or *Lingua Plinij*, the same.
*Linodys, Chamedrys*, the herbe Germander, or English Treacle.
*Lonistrophon, Marubium*, Horehound.
*Linozostis, Mercurialis*, French Mercurie.
*Linum*, Flaxe.
*Lippitudo Ophthalmia*, bleardnes of the eies.
*Lipothymia, Defectus animi, Deliquium animi*, a swouning, wherin one seemeth to be dead.
*Liquiritia Officinarum, Glycyrrhiza*, Licorice.
*Liquor medicus*, & *Liquor Syriacus, Assa fœtida.*
*Lirium, Lilium*, a Lilly.
*Listatium*, a kind of nuts cõmonly of the Apothecaries called *Fistici*,
*Lithargyriũ, Spuma argenti*, Lithargie or white Leade.
*Lithargyrium argenti*, the same.
*Lithargyrium Auri*, a kinde of Litharge.
*Lithiasis, Calculus renum, & Vesicæ*, the disease of the stone in a mans body ingendred.
*Lithodentron, Corallium*, Corall.
*Lithontribon, Confectio calculum frangens*, a confection of the Apothecaries so called, which driueth away, and breaketh the stone in a mans body.
*Lithospermum nigrum, Lithospermum syluestre*, wild Gromill, or Graymill.
*Lithospermum syluestre*, the same.
*Loch Arabum, Linctus, Lambitium, Eclegma*, a thin confection, of the Arabians called *Lohoch in plurali numero*, which is *Eclegma.*
*Loch ad Asthma*, a thin Confection against the extreame & vehement stopping of the brest.
*Loch de Cancris*, a confection made of Creuisses
*Loch de Farfara*, a kind of confection so called.
*Loch de Papauere, Diapapauer*, a cõfection made of Poppies.
*Loch de Passulis*, a Confection of Raysons.
*Loch de Pino*, a certain Confection so called.
*Loch de Portulaca*, a Confection made of Purslaine.
*Loch ad Phthisin*, a confection so called.
*Loch de pulmone Vulpis*, a confection made of the lungs or lights of a Fox.
*Loch samum, & expertum*, a Confection so called
*Loch de Scilla*, a certaine Confection.
*Lohoch, Eclegma, vide Loch supra*, a liquid confection.
*Lonchitis altera, Asplenium maius Herbariorum*, Ceterach, Scalserne, or Fingerserne.
*Longanum*, the Arsegut.
*Lotus alba*, Clauer, or thrée leafed grasse, also Melilot.
*Lotus cærulea, Lotus lutea*, garden or tame Melilot.
*Lotus lutea*, the same.
*Lotus lybica Dioscor. Lotus syluestris*, wild Melilot
*Lotometra Apuleij, Nymphæa*, the white water Lilly or Rose, white Penuphar.
*Lucumbra*, Lungwort, Woolblade or Torch herbe.
*Lues*, a Plague or Pestilence.
*Luf Arabum, Dracontiũ*, Dragõwort, or Dragons.
*Lumbricus*, and *Lumbricus terræ*, a certaine long worme in the earth, or in a mans body
*Luparia officinarũ, Lycoctonũ*, a kind of *Aconitũ*.
*Luph Arabum, Dracontium*, Dragons.
*Luph planum Herbariorum, Dracontium minus*, the lesser Dragonwort,
*Luph crispum Herbariorum, Dracontium maius*, the greater sort of Dragons.
*Lupinus*, a kind of Pulse so called.
*Lupulus*, Hops.
*Lupus reptitius*, and *Lupus salictarius, Lupulus*, the same.
*Luscios̃us*, or *Luscitios̃us, Nyctalops*, it is one that seeth very little in ỹ night or in the morning
*Lutum Armenum, Bolus armenus*, Bolearmenicke.

*Lutum*

*Lutũ lõmnium*, and *Lutum sigillatũ*, is the right *terra sigillata*, which is brought vnto vs frõ the Isle *Lemnos*.

*Lychnis gemma*, and *Lychnites*, *Carbunculus gilluus*, a kind of Ruby.

*Lychnis agria*, or *Lychnis syluestris*, Rose Cãpion

*Lycium*, *Pyxacantha*, *Spina buxea*, and of *Pliny Buxacanthus Chironius*, a medicine made of the iuice or decoction of the Bramble rote.

*Lycoctonum*, one of the kindes of *Aconitum*.

*Lycoctonum cæruleum*, the same.

*Lyncurium*, and *Lyncurius lapis*, *Succinum*, a precious stone congealed of the vrine of the beast *Lynx*.

*Lymneum*, and *Lymnesium*, *Centaureũ*, Centory.

*Lypiria*, *vide Febris Lypiria*.

*Lysimachia*, or *Lysimachium*, Willowe herbe, Louestrife, or water Willow.

*Lysimachia cornuta*, a kind of water Willow.

*Lysimachia lutea*, yellow Louestrife.

*Lysimachia Dioscoridis*, the same.

*Lysimachia Melina*, the same.

*Lysimachia Plinij*, a kind of Willow herbe.

*Lysimachia purpurea*, *Punicea*, and *Spicata*, the purple water Willow or Louestrife.

*Lysimachia punicea*, the same.

*Lysimachia siliquosa*, browne Willow herbe.

*Lytrum*, *Lysimachia*, Willow herbe, Louestrife, or water willow.

## M.

M *Acer*, *Macis*. it is commonly taken for the spice called *Macis*.

*Macheronium*, the Flouredeluce.

*Macia*, *Anagallis*, white, or thee Pimpernell.

*Madon Plinij*, *Nymphæa*, the white water Lilly or Rose.

*Madonais Theophrasti*, *Nymphæa*, the same.

*Magistrantia officinarum*, Masterwort, Angelica.

*Magnes*, and of *Galen*, *Magnetis*, the Loadstone

*Magudaris siue Magydaris*, a certaine herbe so called.

*Maiorana*, *Sampsyches*, french Marierom.

*Mala armeniaca*, an Abricocke, or hasty Peach tree.

*Mala pracocia*, the same.

*Malabathrum*, *vide Folium Indum*.

*Malache*, *Malua*, Mallowes.

*Malache agria*, *Malua syluestris*, wild Mallowes

*Malacia*, *Pica*, a corrupt appetite by reason of humors gathered about the mouth of the stomache, that is the affection of longing especially in women.

*Malacocissus*, a kind of herbe like vnto Iuy so called.

*Malicorũ*, *Cortex mali punici*, the outward shell or rinde of a Pomegranate.

*Mali punici corium*, the same.

*Malobathrum*, a certaine Indian leafe.

*Maltum*, Mault, such as Brewers put in their Beere.

*Malua*, Mallowes.

*Malua arborea*, or *Malua arborescens*, Hollyhocks or marsh Mallowes.

*Malua agrestis*, wilde Mallowes.

*Malua Anserina*, *Chenomalache*, cut Mallowes.

*Malua caballina*, or

*Malua equina*, wild or horse Mallowes.

*Malua crispa*, crisped Mallowes.

*Malua hortẽsis*, or *Malua satiua*, gardẽ mallows

*Malua Leporina*, a kind of Mallowes.

*Malua maior*, *Malua equina*, the great wilde Mallowe.

*Malua pumila*, or

*Malua minor*, the lesser Mallowe.

*Malua Romana*, *Malua crispa*, romish Mallows

*Malua transmarina*, Hollyhocks.

*Malua satiua*, *vide Malua hortensis*.

*Malua syluestris*, wild Mallowes.

*Maluauiscus*, *Althea*, Hollihockes.

*Malum*, *pomum*, an Apple.

*Malum Assyrium*, a Citron.

*Malum aureum*, an Orenge.

*Malum canum*, a Quince.

*Malum Citrium*, *vel Citreum*, a Citron.

*Malum Citoneum*, a Quince.

*Malum granatum*, a Pomegranate.

*Malum Cydonium*, a Quince.

*Malum Lemonium*, a Limon.

*Malum Hesperium*, a Citron.

*Malum Lanatum*, a Quince.

*Malum Limonium*, a Limon.

*Malum Miluianum*, a Quince.

*Malum punicum*, a Pomegranate.

*Malum syluestre*, a Crab or wild Apple.

*Malum Nerantium*, an Orenge.

*Malus*, an Apple tree.

*Malus Cydonia*, or *Malus Cotonia*, a Quince tree

*Malus granata*, a Pomegranate tree.

*Malus Nerantia*, an Orenge tree.

*Malus punica*, a Pomegranate tree.

*Man Arabum*, a certaine kind of dewe.

*Mania*, *Furor*, *Rabies*, madnes.

*Mania*, *Herba Apollinaris*, Henbane.

*Mandragora*, the Mandrage.

*Manna*, a kind of sweete dewe.

*Manna bombicina*, or

*Manna Calabrina*, a kind of Manna or dewe which

which is brought from *Calabria*: this is the common Manna of the Apothecaries.
*Manna Brianſona*, a more excellent kinde of Manna than the aforeſaid.
*Manipulus, Faſciculus manualis*, a handfull.
*Manus Chriſti, Radix palmæ Chriſti*, a kinde of Ragwort.
*Manus Chriſti, Frutex, Ricinus, Palma Chriſti.*
*Maraſmodes*, *vide Hectica.*
*Maraſſus, Vipera*, an Adder.
*Marathrum, Fœniculum*, Fennel.
*Marchaſita officinarum, Pyrites*, a kind of ſtone.
*Margarita*, or *Margarites*, a Pearle.
*Marinella, Valeriana*, Valerian.
*Mariſcus, Ficus, Sycoſis, Tuberculum in ano ad fici ſimilitudinem*, the Piles.
*Maro, Centaurium magnum*, the greater Cētory
*Marrubium, Praſſium*, Horehound.
*Marrubium aquaticū ſive paluſtre*, water Horehound.
*Maſpeta, folia Silphij*, the leaues of the hearbe *Silphium.*
*Maſtiche, Reſina Lentiſci*, Maſticke.
*Mater Caryophyllorū*, or *Caryophyllorū*, Mother cloues.
*Mater Herculanea Apuleij, Nymphæa*, water Roſes.
*Matricaria*, Feuerfew.
*Matriſalua, Scarlea*, Clary.
*Matriſylua Herbariorū, Caprifolium*, Honiſuckle
*Matrix, Mediana vena*, the Median vaine.
*Matrix, Vterus*, the Wombe.
*Matronaria ſive Matronella*, Feuerfew.
*Mattiaca pila, Martialis, Sapo*, Sope.
*Mauriaria, Dracontium*, Dragons.
*Mecon, Papauer*, Poppy.
*Meconitis, Cataputia ſylueſtris*, wild Spurge.
*Meconrhœas, Papauer erraticum*, a Corne roſe.
*Mediana*, the Median vaine.
*Medicamen de Turbith*, a purging medicine.
*Medulla*, Marrow.
*Mehezeregi Auicennæ, Pityuſa*, Spurge.
*Melanphyllon, Acanthus*, Beares claw.
*Melampodium, Veratrū nigrū*, the blacke Neſewort.
*Melampelos, Helxine*, Pellitory of the wall.
*Mel aerium*, Hony dew.
*Melancholia, Mentis alienatio ex atra bile nata, mœſtitia metu coniuncta*, Melancholy, a kind of madnes.
*Melanium Theophr. Viola nigra*, a kind of Violet
*Melanthium, Nigella*, Nigell, Gitte.
*Mel*, Hony.
*Mel Anacardinū*, the Hony of *Anacardium.*
*Mel cedrinū Hippocr. Manna liquida*, Hony dew
*Mel Mirobalanorū*, the ſirupe of Mirobalans.
*Mel roreum*, Hony dew.
*Mel roſaceū, ſive Mel roſarū*, Hony of Roſes.
*Melega, ſorghum*, a kind of Millet brought frō *India.*
*Meli Calaminou Arriani, Saccarum*, Sugar.
*Melia, Fraxinus*, an Aſhe tree.
*Melicratū*, wine & hony ſodden togither.
*Melica Herbariorum*, Indian Millet.
*Melilotum*, or
*Melilotus*, Melilot.
*Melilotus Auicennæ*, great Melilot.
*Melilotus alba officinarum*, white Melilot.
*Melilotus coronata*, a kind of Melilot.
*Melilotus lutea officinarum*, yellow Melilot.
*Melilotus minor*, the leſſer Melilot.
*Melilotus nobilis Herbariorū*, a kind of Melilot.
*Melilotus Serapionis*, a kind of Melilot.
*Melilotus Catonis*, or
*Melilotus Dioſcoridis*, Italian Melilot.
*Meline*, or
*Melinnus, Panicum*, Panicke.
*Meline Varronis, Milium*, Mill or Millet.
*Meliphyllon, Meliſſa*, Baulme.
*Meliſſa, Citrago*, the ſame.
*Meliſſa Cretica*, or
*Meliſſa Turcica Herbariorū*, Turkiſh Baulme.
*Meliſſochortus Nicolai Myrepſi*, or
*Meliſſophyllum*, Baulme.
*Melitites*, honied wine.
*Melittana*, and
*Melittæa, Meliſſa*, Baulme.
*Melizoron, Mulſum*, ſweet wine or Meade.
*Melium aquaticum*, a kind of Ragwort.
*Melligo, Manna*, Hony dewe.
*Melo*, and
*Melon*, a Melon.
*Melocarpon, Ariſtolochia longa*, long Hartwort.
*Melopepo, Melo*, a Melon.
*Melothrum, Vitis alba*, Bryony the white.
*Menianthes, trifoliū bituminoſum*, water Clauer.
*Menium, Paonia*, Pyonie.
*Menogenium*, Pyony flowers.
*Meninges, inuolucra duo, Cerebrū circumquaque contegentia, quorū exterius, quod aduerſus cranij impreſſiones cerebri veluti propugnaculū eſt, tegumentum, Craſſa ſive dura Menynx appellatur, & Chirurgis dura mater. Aliud quod tenuiſſimum eſt, & cerebro penitus coniunctum, Choroides appellatur, Chirurgis Pia mater*: the two ſkins that cōpaſſe or wrap the braine.
*Menſes*, or
*Menſtruum*, the flowers or termes in women.
*Menſtruum album*, the whites in women.
*Mentha, Mintha*, Mints.

*Mentha aquatica*, water Mints.
*Mentha caballina*, or *Mentastrū*, horse Mints.
*Mentha crispa*, rumpled Mints.
*Mentha equina*, horse Mints.
*Mentha felina*, *Nepeta felina*, Nep.
*Mentha rubra*, a kind of Mints, red Mints.
*Mentha satiua*, garden Mints.
*Mentha sylueſtris*, wild or horſe Mints.
*Mentagra*, *Menti impetigo*, a ſcabbednes of the face.
*Mentaſtrum*, *Mentha ſylueſtris*, wilde or horſe Mints.
*Mentaſtrum acutum Herbariorum*, a kinde of wilde Mints.
*Mentaſtrum Apuleij*, or
*Mentaſtrum Plinij*, *Pulegium agreſte*, wilde Mints.
*Mentis error*, Madnes.
*Mercurialis*, *Linoſoſtis*, herbe Mercury.
*Mercurius Chimiſtarum*, *Hydrargyron*, Quickeſiluer.
*Mercurius præcipitatus*, Precipitate.
*Mercurius ſublimatus*, Sublimate.
*Meris*, *Tripolium*, a kind of Turbith.
*Meri Arabum*, *Oeſophagus*, the mouth of the ſtomacke.
*Meſeraicæ venæ*, certaine little vaines in the Liuer.
*Meſpilum*, a Medlar or open arſe.
*Meſpilus*, a Medlar or an open arſe trée.
*Metallum*, Mettall.
*Metopium*, *Ferula galbanifera*, the herbe of the which the gum *Galbanum* is made.
*Metra Hippocratis*, *Vterus*, the Wombe.
*Meu Arabum*,
*Meon*, or
*Meum*, Mewe.
*Mezereon Arabum*, Lozell or Laurell.
*Mica thuris*, *Mantia thuris*, the fragments of Frankincenſe.
*Micancalus*, *flos gitaginis*, a Cozne roſe.
*Michleta*, a Confection ſo called.
*Milax barbarorū*, *Smilax*, *Taxus*, a trée like Fir
*Milium*, Millet.
*Milium Indicum*, *ſiue*
*Milium ſaburrum*, Indian Millet.
*Milium ſolis*, *Lithoſpermum*, Gromill.
*Millifolia*, or
*Millifolium*, Parrow, Moſebléde, or Milfoile.
*Millimorbia*, or
*Millimorbium*, Figwort.
*Milos*, *Taxus*, a trée like Firre.
*Miltos Plinij*, *Cinnabaris natiua*, natural Cinoper
*Miluius*, or
*Milus*, a Kite.
*Minij gleba Celſi*, *Terra lemnia*, *Terra ſigillata*, or ſealed earth.
*Minium*, red lead.
*Minium Dioſcoridis*, or
*Minium Plinij*, *Cinnabaris metallica*, Cinoper.
*Minium lemnium*, *terra lemnia*, ſealed earth.
*Minium artificiale*, artificiall Cinoper.
*Minium natiuum*, *Cinnabaris metallica natiua*, naturall Cinoper.
*Minium officinarum*, or
*Minium ſecundarium*, red or burnt Lead.
*Mintha*, *Mentha*, Mints.
*Mintha agria*, *Mentaſtrum*, horſe Mints.
*Miſereuiuum Apuleij*, *Polygonum*, Knotgras.
*Mithridanium Dioſcoridis*, *Trixago paluſtris*, water Germander.
*Mithridatiū*, *Antidotus mithridatis*, Mithridate.
*Mithridatium*, or *Mithridatia Apuleij*, *Scordiū*, water Germander.
*Miua Cydoniorum*, and *Miua Cydoniorum ſimplex officinarum*, *Syrupus Cydoniorum ſimplex*, the ſirupe of Quinces.
*Miua Aromatica officinarum*, *Syrupus Cydoniorū Aromaticus*.
*Muion*, *Muſcus*, Moſſe.
*Mola*, a péce of fleſh without ſhape growing in a womans wombe.
*Molge*, *Salamandra*, a Salamander.
*Moloche*, *Malua maior*, the great Mallow or Hollihocke.
*Molotriculum Veneris*.
*Moly Galeni*, *Ruta montana*, wild Rue.
*Molybdana Plinij*, *Perſicaria maior*, *Perſicaria maculata*, the greater ſort of Arſeſmart.
*Molybditis Plinij*, *Spuma plumbi*, *Litargyriū plumbi*, Litargy or white Lead.
*Monembaſites Nicolai Myrepſi*, *Vinum Maluaticum*, wine made of Mallowes.
*Monoceros*, *Vnicornium*, an Unicozne.
*Montulmus Gazæ*, *Vlmus montana*, a kinde of Elme.
*Mora poma*, *ſiue fructus mori*, Mulberies.
*Mora bati*, Bzamble berries.
*Mora Celſi*, Mulberries.
*Mora rubi*, Bzambleberries.
*Mora rubi Idæi*, Frambois.
*Morbus arquatus*, *Morbus regius*, the yellowe Jaundies.
*Morbus caducus*, *Morbus comitialis*, *Herculeus*, *lunaticus*, the falling ſickneſs.
*Morbus comitialis*, *vide Morbus caducus*.
*Morbus Diui Fiacari*, *Condyloma*, the Emerods.
*Morella Herbariorum*, *Solanum*, Nightſhade.
*Morea*, Mulberrie trée.
*Morſus Diaboli*, Diuels bit.

*Morſus*

*Morsus gallinæ*, running Burwheate.
*Morsus mulierum*, Germander.
*Moron*, *Morum*, a Mulbery tree.
*Morus*, *Morea*, the same.
*Morus vaticana*, blackbery bush.
*Moscus*, *Muscus*, Muske.
*Moschocaryon*, *Moschocarydion*, a Nutmeg.
*Mucago*, *Mucilago*, and of the Apothecaries *Muscilago*: it is a slime or iuice which is drawen either out of herbs, rootes, or seedes.
*Mula herba Gazæ*, *Hemionium*, Harts tong.
*Mulsum*, sweete wine.
*Multinervia*, *Plantago maior*, the great Plantaine.
*Multinodia*, *Polygonum*, Knotgrasse.
*Multinodia minor*, the lesser Knotgrasse.
*Mumia Arabũ*, *Pissasphaltum factitiũ*, Mummy.
*Mumia Græcorum*, *Pissasphaltum*, the same.
*Mumia sepulchrorum*, the same.
*Muria*, salt water, pickell, or brine.
*Muria Colymbadum*, *Muria Oliuarũ*, the liquor of Olives.
*Muria Lemoniorum*, the brine of the Limons.
*Muria Oliuarum*, Olive brine.
*Muralium*, *Helxine*, Pellitory of the wall.
*Muscatellum vinum*, Muscadell.
*Muscus arborum*, Mosse.
*Mustum*, new wine, or Must.
*Mustum coctum*, sodden wine.
*Myacantha*, a Palme tree.
*Myacantha Æginetæ*, *Asparagus myacanthinus*, Sparage.
*Myces*, *Fungus*, a Toadestole, or Mushrome.
*Myosotis*, *Eufrasia cærulea*, blew Eyebright.
*Myrmex*, *Formica*, an Ant, Emmot, or pismire.
*Myrapia*, or *Myrapidia*, *Pyra muscatella*, a kinde of pleasant and odoriferous Peares.
*Myrica*, *Tamarix*, a Tamariske tree.
*Myricites*, *Vinum Myricinum*, or *Tamaricinum*, wine made of Tamariske.
*Myrobalanus*, *Bellerica*, a kinde of fruite growing in India.
*Myrobalanus Cepula*, *vel Chebula*, the same.
*Myrobalanus citrinus officinarum*, *Myrobalanus flaua*.
*Myrobalanus Empelitica*, or *Emblica*.
*Myrobalanus inda*, *Myrobalanus nigra*.
*Myrobalanus Græcorum*, *Myrobalanus vnguentaria*, a strange fruite called Ben. Looke for Ben or Behen in the second Index.
*Myrrha*, a sweete gum called Myrre.
*Myrrha Troglodytica*, a very excellent gum so called.
*Myrrhis*, *Cicutaria*, *Kex*, *Cax*, asse Parsly, mock Cheruill.
*Myrsine*, *Myrthus*, or *Myrtus*, the Mirtle tree.
*Myrsine agria*, *Ruscus*, Knéeholme.
*Myrsionides*, *Vnicordia*, Peruincle.
*Myrtillus officinarum*, *Bacca myrti*, the berries of the Mirtle tree.
*Myrthacantha*, *Ruscus*, Knéeholme.
*Myrtus*, a Mirtle tree.
*Myrtus aculeata*, *Myrtus acuminata*, a kinde of Mirtle.
*Myrtus humilis*, the same.
*Myrtus terrestris*, *Ruscus*, Knéeholme.
*Myxa*, or *Myxaria*, a kinde of fruite so called.

## N.

*Naocaphton Pauli*, *Naocauton*, *Narcaphton*, black or common Frankincense.
*Naphta*, *Petroleum*, *Bitumen liquidum*, and *Bituminis Calamentum*, a kinde of maunde or chalkie clay.
*Napellus*, *Tora*.
*Napellus*, *Moysis Auicennæ*, *Napellus salutiferus*, *Antithora*, it is a rote much like vnto Seduary, but yet is not the right Seduary, but an other vnknowne rote.
*Napi*, *Sinapi*, Mustard seede, or the herb it selfe.
*Napus*, *siue Napum*, a Turnep.
*Narce*, *Gentiana*, & *Centaurium magnum*, Gentian, Bitterwort.
*Narcissus*, the white Daffodill.
*Narcissus Autumnalis*, *Flos Colchici*, a kinde of Daffodils.
*Narcissus luteus*, a yellow Daffodill.
*Narcissus Roseus*, *Rhodionarcissus Herbariorum*.
*Narcissus verus*, a Daffodill.
*Narcissus officinarum*, *Leucoium Theophrasti*, an Italian Daffodill.
*Narcissus Virgilij*, *Narcissus Theophrasti*.
*Narcotica*, or *Narcotica pharmaca*, *medicamenta*, *quæ frigiditate torporem adferũt*, it is a certaine medicine which maketh people stupefactiue, or some of their members vnsensible.
*Nardinum*, Dyle of the Spikenard.
*Nardus*, Nardus, or *Spica* from India, *Nardus Indica*.
*Nardus Celtica*, *Nardus Romana*, *Nardus Gallica*, a kinde of Spikenard.
*Narcaphtum*, *Thymiama*, a kinde of Frankinsence.
*Nascaphtum*, the same.
*Nasturtium*, *Nasturtiũ hortense*, towne Cresse, garden Cresses, or Nosesmart.
*Nasturtium aquaticum*, water Cresses.
*Nasturtium album*, *Raphanus marinus*, horse radish.

*Nausea*,

*Nauſea*, a diſpoſition, or will to vomit.
*Nebula oculorum*, the dimneſſe of the eyes.
*Nectris*, or *Netris Pollucis*, *Oliua conditanea*, an Oliue.
*Nephrytis*, *Renum dolor*, a griefe, or ſickneſſe in the raynes.
*Nepeta*, or *Nepita*, *Calaminta*, Nep.
*Nepenthes*, *Bugloſſum*, Bugloſſe.
*Nenuphar*, or *Nenuphar Arabum*, *Nymphæa*, the flower deluce.
*Neregil*, *Nux Indica*, an Indian Nut.
*Nerantzia malus*, an Orange tree.
*Neranzion*, or *Neranzium malum*, the ſame.
*Nerion*, *Nerium*, *Rhododendron*, Roſe lawrell, Bay Roſe tree, Oleander.
*Neruorum reſolutio*, or *deſolutio*, is a diſſoluing or weakening of the ſinewes, called *Paralyſis*.
*Nervus*, a ſinew.
*Neſſium Apulei*, *Centaurium magnum*, the great Centory.
*Neuroſpaſton Plinij*, *Oxyacantha Dioſcoridis*, the Barbery tree, ſharp or Tartbery tree, the white Thorne tree.
*Nigella*, *Melanthium*, Coriander of Rome, Narde, Peperwort.
*Nigella alba*, *Melanthium album*, white Peperwort.
*Nigella Romana*, Coriander of Rome.
*Nigellaſtrum*, Corne roſe.
*Nihili album officinarum*, *Pompholyx*, Tutty.
*Nihili griſeum officinarum*, *Spodium Græcorum*, *Tutia Arabum*, gray Tutty.
*Nil album officinarum*, Tutty.
*Nil griſeum officinarum*.
*Nitrum*, Salt peter.
*Nonifolium*, *Enneaphyllum*, wilde Naſelwort.
*Nucis myriſtica inuolucrum*, *Nucis muſcatæ inuolucrum*, *Macis*, the ſpice called Mace.
*Nucis regiæ Iuli*, the bloſſoms of the nut tree.
*Nuclei pinei*, the kernell of a nut ſo called.
*Nucleus ferri*, *Chalybs*, Steele.
*Numularia*, *Centummorbia*, ſiluer graſſe.
*Nurſina*, *Pila Martialis*, *Napus*, a Rape, or Turnep.
*Nux*, Nut, and Nut tree: by this word Nut, is vnderſtode all fruites hauing hard ſhels like a Nut.
*Nux auellana*, a haſell nut.
*Nux aromatica*, a Nutmeg.
*Nux Baſilica*, a Walnut, or Walnut tree.
*Nux caſtanea*, a Cheſnut.
*Nux cypariſſi*, *Pilula cypariſſi*, a Cypreſſe nut.
*Nux equina*, a horſe nut.
*Nux Indica*, an Indian nut.
*Nux Iuglans*, a Wallnut.
*Nux Longobardica*, Lombardy nuts.
*Nux Myriſtica*, a Nutmeg.
*Nux Moſcata*, or *Muſchata*, a Nutmeg.
*Nux Græca*, *Amygdalus*, an Almond, or Almond tree.
*Nux Heracleotica*, a haſell nut.
*Nux Myrepſica*, a Nutmeg.
*Nux Perſica*, a Perſian nut, and nut tree.
*Nux Pinea*, Pingles.
*Nux Pontica*, a haſell nut.
*Nux Regia*, the ſame.
*Nux Taſſia*, an Almond.
*Nux Vomica*.
*Nux vnguentaria*, a Nutmeg.
*Nyctalops*, *Luſcioſus*, one that is purblinde.
*Nycteris Ætij*, or *Nycteritis*, a Reareмouſe, or Bat.
*Nymphæa*, the yellow flower deluce, or water Lilly.
*Nymphæa alba*, the white water Lilly, or Roſe.
*Nymphæa heraclea Plinij*, the ſame.
*Nymphæa lutea*, yellow water Lilly, or Roſe.
*Nymphæa minor*, the leſſer Nenuphar.
*Nymphæa lutea minor*, the leſſer yellow water Lillyes, or Roſes.

## O.

*O A*, *Sorbus*, the Seruis tree.
*Ocimum*, *vide Ozymum*, and *Ozimum*.
*Oceron*, *Ruſcus*, a kind of ſhrub ſo called.
*Oculus canis*, *Conyza*, a certaine herb ſo called.
*Oculus leporis*, *Gariophyllata*, Auens.
*Oculus ſuis*, *Aſter Atticus*, Share, Stirre, or Codwort.
*Ocymaſtrum*, *Cardianthemum*, a kinde of Gilloflers ſo called.
*Ocymum*, *Baſilicum*, Baſill.
*Oedema*, *Vndinia chirurgorum vulgo*, an impoſtume comming of flegmatick matter without griefe.
*Oenanthe*, *Flos vitis ſylueſtris*, *Flos Labruſca*, the bloſſoms of the wilde vine.
*Oenanthe herba*, *Filipendula*, Dropwort.
*Oenaron Pampinus*, a vine leafe, or greene branch.
*Oenomeli*, *Mulſum*, ſweete wine.
*Oenolithos*, *Lapis vini*, *Tartarus*, or *Tartarum*, Argoile, or Wineſtone.
*Oenorhodon*, *Vini roſa*, wine roſe.
*Oenos*, *Vinum*, Wine.
*Oeſophagus*, *Stomachus*, *Orificium ventriculi*, the mouth of the ſtomack.
*Oeſypum*, or *Oeſypus*, the filthy oyle that is in the

the flancks of a Shéepe.
*Olea, Oliua*, the Oliue trée.
*Olea syluestris, Oleaster*, the wilde Oliue trée.
*Oleaster*, the same.
*Olei fex, Amurca Olei*, the dregs of Oyle.
*Oleander*, or *Oleandrum, Barbarorum Rhododendrum*, Oleander.
*Oleum Olinum*, Oyle of Oliues.
*Oleum Anisi*, Oyle of Annise.
*Oleum Antimonij*, Oyle of Antimony.
*Oleum Amygdalinum*, or *Oleum Amygdalarum dulcium*, Oyle of Almonds.
*Oleum Amygdalarum amararum*, Oyle of bitter Almonds.
*Oleum balaninum, Oleum glandis vnguentariæ*, Oyle of Behen.
*Oleum Camelinum, Oleum sesaminum officinarum*, Oyle of Cammomill.
*Oleum Chamemelinum*, the same.
*Oleum Nucleorum Persicorum*, Oyle of Peach kernels.
*Oleum Caryophyllorum*, Oyle of Cloues.
*Oleum Costinum*, Oyle of Costus.
*Oleum Cucurbitinum*, Oyle of Gourds.
*Oleum Cucumeris Asinini*, Oyle of wilde Cucumbers.
*Oleum Cicinum, vide Oleum Ricinum.*
*Oleum cydoneorum*, Oyle of Quinces.
*Oleum Euphorbij*, Oyle of Euphorbium.
*Oleum Hyperici*, Oyle of S. Johns wort.
*Oleum Irinum*, Oyle of the Flower deluce.
*Oleum florum nucis Iuglandis*, Oyle of the blossoms of the Wallnut trée.
*Oleum de Kerua, Oleum ricinum*, Oyle of *Palma Christi.*
*Oleum de lateribus, Oleum philosophorum*, Oyle of bricks.
*Oleum Laurinum*, Oyle of Bayes.
*Oleum ligustrinum, Oleum cyprinum*, Oyle of Priuet.
*Oleum Liliorum*, Oyle of Lillyes.
*Oleum Lini*, Oyle of Lin, or Flax.
*Oleum macis*, Oyle of Mace.
*Oleum mastichinum*, Oyle of Mastick.
*Oleum matricariæ*, Oyle of sweete Mariorome.
*Oleum melinum*, Oyle of Quinces.
*Oleum de mentha*, Oyle of Mints.
*Oleum menthaceum*, the same.
*Oleum Myrtinum*, Oyle of Mirtles.
*Oleum myrtillorum officinarum, Oleum Baccarum myrti*, the same.
*Oleum Narcissinum*, Oyle of Narcissus.
*Oleum nucum iuglandium*, Oyle of Walnuts.
*Oleum nucis Indicæ*, Oyle of Indian nuts.
*Oleum nucis muscatæ, Oleum nucis myristicæ*, Oyle of Nutmegs.
*Oleum nenupharis*, or *Oleum Nymphæa*, Oyle of Nenuphar, or white water rose.
*Oleum Oliuarum*, oyle of Oliues.
*Oleum Omphacinum*, oyle of Oliues not full ripe.
*Oleum Ouorum*, oyle of Egs.
*Oleum florum papaueris*, oyle of Poppy.
*Oleum seminis papaueris*, oyle of the séede of Poppy.
*Oleum petræ, Petroleum*, an oyle that naturally runneth out of a stone.
*Oleum Philosophorum*, oyle of Brickes.
*Oleum de Piperibus*, oyle of Pepper.
*Oleum Piperinum stillatitium*, oyle that is distilled out of Pepper.
*Oleum Ricinum*, oyle of *Palma Christi.*
*Oleum Rosaceum*, oyle of Roses.
*Oleum Syocinum, Oleum Cucumeris asinini*, oyle of wilde Cucumbers.
*Oleum Susinum*, oyle of Lillies.
*Oleum Staphidis agriæ*, oyle of Staueſacre.
*Oleum Sesaminum officinarum*, oyle of Cammomill.
*Oleum sulphuris*, oyle of Brimstone.
*Oleum scorpionum*, oyle of Scorpions.
*Oleum Sinapis*, or *Oleum Sinapinum*, oyle of Mustard.
*Oleum Stimmios, Oleum Antimonij*, oyle of Stibium, a stone so called.
*Oleum viride, Oleum Omphacinum*, oyle of vnripe, or greene Oliues.
*Oleum Vitrioli*, oyle of Vitriol.
*Oleum lumbricorum, Oleum vermium terrestrium*, oyle of earth wormes.
*Oleum cyprinum, Oleum ligustrinum*, oyle of Priuet.
*Oleum Raphaninum*, or *Oleum seminis Raphani*, oyle of Radishes.
*Oleum Rhabarbari*, oyle of Rubarbe.
*Oleum Sandaracæ*, oyle of Juniper gum.
*Oleum vermium terrestrium, vide Oleum lumbricorum.*
*Oleum seminis Raphani, vide Oleum Raphaninum.*
*Oleum Absinthij*, oyle of Wormewood.
*Oleum Leucoium, Oleum cheyrinum*, oyle of Violets.
*Oleum Cheyrinum, Oleum leucoium.*
*Oleum granorum Iuniperi*, oyle of Juniper berries.
*Oleum Nardinum*, oyle of Spikenard.
*Oleum ex immaturis Oliuis confectum*, oyle of vnripe Oliues.
*Oleum Spicæ nardi*, oyle of Spikenard.
*Oleum Tartari*, oyle of Tartar.

*Oleum*

*Oleum resine abietis*, oyle of Turpentine.
*Oleum Therebintinæ officinarum*, Oyle of Turpentine.
*Oleum Tritici*, oyle of Wheate.
*Olibanum officinarum*, *Opolibanum*, White Frankinsence.
*Olibanum testiculatum*, a kinde of Frankinsence.
*Oliua*, *Olea*, an Oliue tree.
*Oliua conditanea*. Oliues.
*Oliuum*, *Oleum Oliuarum*, oyle of Oliues.
*Olus atrum*, Alisander, or Louage.
*Olus aureum*, *Atriplex*, Orage, Arech, or golden herbe.
*Olus rubrum*, *Blitum rubrum*, red Spinage.
*Olus Hispanicũ*, *siue Olus Spinaceum*, Spinage.
*Olus agninum*, *Plãtago*, Plantaine, or Weybry.
*Omentum*, *vulgo*, *Zirbus*, the caule, or sewet, wherein the bowels are lapt.
*Omphacinum*, *vulgo Agrestæ succus è labrusca*, *vel vuis acerbis*, Ueriuice.
*Omphalocarpos*, *aparine*, Goosshart.
*Omphax*, *Vua immatura*, *vua acerba*, an vnripe Grape.
*Onicidæ*, *Gallæ asininæ*, a kinde of Gaules.
*Oniscus*, *Asellus*, a kinde of fish so called.
*Onitis*, *Origanum Creticum*, bastard Marioram, Spanish Origan.
*Onocardium*, *Dipsacus*, Fullers Thistle, or Teazill.
*Onopretium Herbariorum*, *Felicula asellorum*, *Adiantum album*, Mayden haire.
*Onoriganum Herbariorum*, *Origanum asininum sic dictum*, *quod folium eius asinis pabulo sit gratum*, *Onitis*, bastard Marioram, or Spanish Origan.
*Onyx*, *Blattium Bizantium*, *vide Blacca Bizantia*.
*Ophioctonum*, *Ceruiocellus*, a Parsenep.
*Ophioglossum*, Serpents tong.
*Ophiostaphylos*, *Vua anguina*, a kinde of shrub so called.
*Ophthalmia*, *Lippitudo*, blearednes of the eyes.
*Ophthalmica herba*, *Eufrasia*, Eyebright.
*Opistotonus*, a kinde of Crampe.
*Oppertitus*, *Iris*, Flower deluce.
*Oppilatio*, a stopping of the breast.
*Opion*, *Opium*, *Liquor*, *vel lachryma*, *e vulneratis papaueris nigri Capitulis fluens*, a certayne dryed sap of the black Poppy, which of the Apothecaries is called *Opium*.
*Opopanax*, *lachryma panacis*, *officinis opopanacum*, the dryed sap or gum which is prested out of the rote of the herbe *Panax*, which as yet is so called of the Apothecaries.
*Opobalsamum*, *liquor Balsami*, *Balsamum Iudaicum*, naturall or Jewish Balsamum.
*Opolibanum*, *Thus*, Frankinsence.
*Opopyra*, a confection so called.
*Opos Medicos*, and *Opos Syriacos*, *hoc est Succus medicus*, *& Syriacus*, a kinde of iuice so called.
*Opulus*, dog tree.
*Orbicularis*, Sowes bread.
*Orchis*, *Testiculus*, Gandergrasse, Ragwort.
*Orchis mas maior*, the male Gandergrasse or Ragwort, with the broad leaues.
*Orchis mas minor*, male Gandergrasse with the narrow leafe.
*Orchis fœmina minor*, the female Gandergrasse with the narrow leaues.
*Orchis Odoratus*, Swæte Ragwort.
*Orchis Serapias*, a kind of Ragwort.
*Origanum*, *Origanus*, bastard Marioram, or Spanish Origane, Organy.
*Origanum Asininum*, *Onitis*, *vide Origanum*.
*Origanũ Hispanicũ*, *vide Origanus Heracleotica*.
*Origanũ Hircinum*, *Tragoriganum*, *vide Origanũ*.
*Origanum panaceum*, *Origanum sylueſtre*, wilde or common Origane.
*Oriptelea*, *Montiulmus*, *Vlmus mõtana*, an Elme.
*Orminum officinarũm*, *Gallitricum*, Clary.
*Orobax*, *Paonia*, Piony.
*Orobelium*, the same.
*Orobethron*, *Hyocistis*, a certaine iuice so called.
*Orobus*, *Eruum*, a kinde of pulse bigger then Uetches, bitter Uetches, Tares.
*Orneogloſſum*, *Lingua auis*, *& officinis semen fraxini*, the seede, or keyes of Ash.
*Ornus*, *Fraxinus montana*, an Ash.
*Orthophnæa*, a straightnes of breath, by stopping of the lights, that one cannot breathe but holding his neck vpright.
*Ortyx Theophrasti*, *Herbæ genus*, *Plantago*, Plantaine.
*Orvala*, *siue Orualla Herbariorũ*, Clary.
*Oryza*, *Risum*, Rice.
*Os Sepiæ*, a Cuttlebone.
*Os de corde cerui*, *Ossea cartilago cordis ceruini*, *est propago quædam nerua duriuscula*, *crucis similitudine*, the bone that is in a Stags hart.
*Ostracium Indicum*, *Blattum Byzantium*, an Indian shell, *vide Blatta Bizantia*.
*Ostracum Galeni*, *Cochlea domus*, a Snaile shell.
*Osyris*, *vel Osyrias*, wilde Flaxe.
*Othonium*, *Chelidonium maius*, Celandine the greater.
*Oxalis*, *vulgo Acetosa*, Sorrell.
*Oxalis aruensis*, *Oxalis minor*, *tenuifolia vernecina*, the lesser Sorrell.
*Oxalis gallica*, or *Oxalis rotunda*, round Sorrell.

*Oxalis satiua*, tame Sorrell.
*Oxyacantha Galeni*, *Officinis Berberis dicitur*, the Berbery tree.
*Oxyacanthites*, Berbery wine.
*Oxyarcentis*, the greater Iuniper tree.
*Oxycraton*, *siue Oxycratum*, water and vineger togither, called *Posca* in Latine.
*Oxycroceum*, *vide Emplastrum Oxycroceum*.
*Oxygonum*, *Papauer erraticũ*, the red corne rose.
*Oxydrus Theophrasti*, *Iuniperus minor*, the Gooseberry tree.
*Oxylapathũ Dioscoridis*, *Lapathũ acutũ*, Docks.
*Oxylapathũ Galeni*, *Lapathum acidum*, Sorrell.
*Oxymalon persicon Laconi*, *Prunum*, a Prune.
*Oxymel siue Oxymel simplex*, Syrupe made of Vineger and Hony.
*Oxymel compositum*, *Oxymel diureticum*.
*Oxymel de radicib.* a kind of cõpounded sirupe.
*Oxymel Scillinum*, *siue Scilliticum*, a sirupe of sea Onions, Vineger and Hony.
*Oxymel simplex*, *vide Oxymel*.
*Oxymyrsine*, *Ruscus*, Knœholme.
*Oxyphœnica*, *Palmulæ Indicæ*, *Tamarindi*, the fruite of the tree *Oxyphœnix*.
*Oxyrrhodinum*, *Oleum rosaceum aceto dilutum*, Dyle of Roses and Vineger togither.
*Oxysaccharum*, *Officinis Oxysacchara*, a sirupe so called.
*Oxysaccharum compositum*, a compounded sirupe of Vineger and Sugar.
*Oxytriphyllum*, *Asphaltium*, Wode Sorrell.
*Ozæna*, *siue Ozena*, a sore in the nose causing a stinking sauour.
*Ozilete officinarum*, or *Ozylete*, perfuming candles.
*Ozimum*, *Ocimum*, or *Ozymum*, Basill.
*Ozimum aquaticum*, water Basill.
*Ozimum Cariophyllatum*, or *Ozimum minus*, the lesser Basill.
*Ozimum crispum*, crisped Basill.
*Ozimum minus*, *vide Ozimum Cariophyllatum*.

## P.

*Pabulum anserinum*, *Alsine*, Chickweede.
*Pabulum camelorum*, *Scœnanthum*, *Squinanthum*.
*Pabulum cerui*, *Elaphoboscum*, a kind of Sage.
*Pæderos*, and *Pæderotes*, *Acanthus*, Beares sote.
*Pæderotes*, *vide Pæderos*.
*Pæonia*, Piony.
*Pæonia alba*, white Piony.
*Pæonia fœmina*, Piony the female.
*Pæonia fœmina altera*, red Piony.
*Pæonia mascula Plinij*, *Pæonia ꝑmiscua*, the same.
*Pæonia mascula Dioscoridis*, *Pæonia alba*.
*Pæonia multiplex*, double Piony.
*Pæonia promiscua*, *vide Pæonia mascula Plinij*.
*Pæonium Apuleij*, *idem quod Pæonia*, Piony.
*Pæsede*, *Pæonia*, the same.
*Pala marina Barbarorum*, *Balla marina officinarum*, sea balles.
*Palimpissa*, *Pix excocta*, Pitch twise sod.
*Palatium leporis*.
*Palma Phœnix*, the Date tree.
*Palma Christi*, a tree so called.
*Palma Christi minor*, *Satyrium Basilicum minus Herbariorum*, three leafed Gandergrasse, Ragwort, or Dogstones.
*Palma veneris*, *Satyrium Basilicum*, the same.
*Palma virginea herbariorũ*, *Peruinca*, Peruincle.
*Palmos*, the panting of the hart.
*Palmulæ*, *Dactyli*, *Phœnices*, Dates.
*Palmulæ acidæ*, *Palmulæ indicæ*, *Palmulæ nigræ Tamarindi*, sower Dates.
*Palmulæ Indicæ*, *vide Palmulæ acidæ*.
*Palmulæ nigræ*, *vide Palmulæ acidæ*.
*Palmula veneris*, *Satyrium regium minus*, a kind of Ragwort.
*Palpitatio cordis*, the panting of the hart.
*Palpebra*, *gena*, *Blepharon*, an eye lid.
*Paludapiũ*, *Eleoselinum*, wild parsly, Smallage.
*Pampinula*, *Pimpinella*, Pimpernell.
*Panaritium Barbarorum*, *Paronychia*, a disease often breeding in ones fingers.
*Panada*, *Panatella Practicorum*, a pap made with bread.
*Panacea*, *Ligusticum verum*, Louage.
*Pancarpos*, Wilkethistle.
*Pandionia radix*, *Chelidonium maius*, Celandine the greater.
*Pancranum*, *Thapsia*, a kinde of Turbith.
*Panicum*, Panick.
*Panicum Indicum*, Indian Panick.
*Panigo*, *Panicum*, Panick.
*Panion*, *Satyrium*, Dogs stones.
*Panis alcarit Barbarorum*, *Cyclaminus*, Sowes bread.
*Panis bis coctus*, *Panis nauticus*, Bisket.
*Panis ciconiæ*, *Colchicum*, Hermodactiles.
*Panis cuculi*, *Trifolium acidum*, Cuccoebread, wood Sorrell.
*Panis fauni Barbarorum*, *Cyclaminus*, Sowes
*Panis Diui Iohannis*, *Carrubia*, *Siliqua*. (bread.
*Panis nauticus*, *vide Panis bis coctus*.
*Panis terræ herbariorũ*, *Ciclaminus*, Sowes bread
*Panthiceratos*, *Pæonia*, Piony.
*Papauer*, *Mecon*, Poppy.
*Papauer album*, white Poppy.
*Papauer caninũ*, *Papauer erraticũ*, wild Poppy.

*Papauer caducum*, red Poppy.
*Papauer erraticum*, *vide Papauer caninum.*
*Papauer erraticum minus*, the leſſer red Poppy.
*Papauer fluidum Gazæ*, *Papauer rhœas*, the ſame.
*Papauer ſatiuum*, white Poppy.
*Papauer hortenſe*, the ſame.
*Papauer paluſtre*, *Nymphæa*, the white water Lilly, or Roſe.
*Papauer nigrum*, black Poppy.
*Papauer puniceum*, *Papauer rubrum*, red Poppy.
*Papauer rhœas*, *vide Papauer fluidum.*
*Papauer rubrum*, *vide Papauer puniceum.*
*Papauer ſylueſtre Dioſcoridis*, *Papauer nigrum*, wilde Poppy.
*Papaueralis*, red Poppy.
*Papaueralis minor*, the leſſer Poppy.
*Papaueris caput*, *Codia*, the tops of Poppy.
*Paralius*, *Tithymalus marinus*, a kind of Spurge.
*Paralyſis*, *paraphlegia*, *neruorum reſolutio*, a diſeaſe called the Palſie.
*Paralytica*, or *Paralytica herba*, Cowſlips.
*Paralytica*, *Alpina*, Sanicle.
*Paralyticus*, one that hath the Palſie.
*Paraphlegia*, *vide Paralyſis.*
*Paraphora*, *Delirium*, *vide Mentis error.*
*Pardaliaches*, a kinde of Wolfewort.
*Parietalia*, the temples of the head.
*Perietaria*, and *Parietaria minor*, *Perdicium*, Pellitory of the wall.
*Paron Italorum*, *Iliaca*, a paine in the guts.
*Paronychia*, *Panaritium Barbarorum*, a diſeaſe growing in the fingers.
*Parotes*, *Abſceſſus ſecus aures*, an impoſtume behinde the eares.
*Parthenium*, *Cotula fœtida*, Feuerfew, or Motherwort.
*Paſaphan Italorum*, a powder ſo called.
*Paſcanthemũ Herbariorũ*, *Bellis minor*, Daiſies.
*Paſpale Hippocratis*, *Milium*, Millet.
*Paſtinaca*, a Parſenep.
*Paſtinaca alba*, a white Parſenep.
*Paſtinaca ceruina*, *Elaphoboſcum*, a kinde of Parſenep.
*Paſtinaca erratica*, *Paſtinaca vera*, wilde or yellow Parſenip.
*Paſtinaca nigra Theophraſti*, *Paſtinaca rubra*, a Carrote.
*Paſtinaca lutea*, *Carotis lutea*, yellow Carrote.
*Paſtinaca ſylueſtris*, *Paſtinaca vera*, wilde Parſeneps.
*Paſtinaca maior Athenæi*, *Careum*, Comin.
*Paſtillum*, *Iſatis*, Woade.
*Paſtus Camelorum*, *Soœnanthum*, Squinanth.
*Paſſulæ officinarum*, *Vuæ paſſæ*, Raiſons.
*Paſſulæ Chemeſinæ*, *Paſſulæ ſine nucleis*, Cozans.
*Paſſulæ corinthiacæ*, *vide Paſſulæ ſiliciæ.*
*Paſſulæ Damaſcenæ*, *Vuæ Zizibæ*, *vel Zibebæ*, a kinde of Raiſons.
*Paſſulæ minores*, Cozans.
*Patientia*, the herbe Patience.
*Pauerina Italorum*, *Alſine*, Chickweede.
*Pauonaria Herbariorum*, Arſeſmart.
*Pectis Apuly*, *Sympheitum magnum*, Comfrey.
*Pedalium Apuleij*, *Polygonum*, Knotgraſſe.
*Pedicularia.*
*Pelaſgum Plinij.*
*Penidia*, *Penidiorum.*
*Pentapetes*, *quinque folium*, fiueleafed graſſe.
*Pentapleuron*, Hounds rib, or the leſſer Plantaine.
*Pentaphyllon*, Cinckefoyle.
*Pentorobon*, *Pæonia*, Piony.
*Pentadactylon*, *Ricinus*: *Palma Chriſti.*
*Peplion*, wilde Purſlaine.
*Pepo*, *Pepon*, a kind of Melons called Põpeons.
*Pepo muſcatellinus*, a kind of Pompeons.
*Pepo ſaccharinus*, another kind of Pompeons.
*Pepo ſaracenicus*, a kind of Pompeons.
*Pepo Turcicus*, the ſame.
*Pera paſtoris*, *Burſa paſtoris*, Shepherds pouch.
*Perdicium*, Pellitory of the wall.
*Perfoliata*, Thorough wax.
*Perforata officinarum*, S. Johns wort.
*Pericardium*, the ſkin that compaſſeth the hart.
*Periclymenum perfoliatum*, *vide Periclymenum Italicum*, *ſiue Periclymenũ perforatum*, Woodbinde, or a kinde of Honyſuckle.
*Periclymenum*, *Periclymenus*, Honyſuckle.
*Periſterion*, *Columbaria*, Verueine.
*Peripneumonia*, an inflammation or impoſtume in the Lungs, with a vehement feuer.
*Periſteropodium*, *Pes columbinus*, Stocks bill.
*Perla*, *Margarita*, a kinde of pretious ſtone.
*Perſicaria Herbariorum*, Arſeſmart.
*Perſicum*, a Peach.
*Perſicus*, and *Perſica malus*, a Peach tree.
*Perſites*, *Tithymalus dulcis*, a kinde of Spurge.
*Perſonatia*, or *Perſonata*, Clote, or great burre.
*Peruinca*, Periuincle.
*Pes Alexandrinus*, *Pyrethrum*, Bartrame, or wilde Pellitory.
*Pes columbinus Herbariorum*, Pincknedle, Shepherds bodkin, or Stocks bill.
*Pes gallinaceus*, Hartwort.
*Pes Leporinus*, Hares foote.
*Pes Leonis*, Pedelion, or Lions foote.
*Pes vituli*, a kind of Cuckowpinte.
*Peſtilentia*, *Peſtis*, a Peſtilence, or Plague.
*Peſtis*, *vide Peſtilentia.*
*Petralæon*, *Petroleum*, an oyle ꝑ naturally runneth

neth out of a ſtone.
*Petroſelinũ*, a kind of parſly growing on ſtones.
*Petroſelinum Alexandrinum, Herbariorum*, ſtone Parſly.
*Petroſelinum Cilicum, Petroſelinum Alexandrinum*, the ſame.
*Petroſelinum Macedonicum*, the ſame.
*Peuce, Abies nigra*, a Firre trée.
*Peucedanum*, dog fenell.
*Phagedæna*, a running canker, or pock.
*Pharmacon Suidæ, Petræleon*, an oyle naturally running out of a ſtone.
*Phaſganum, Gladiolus*, Sedge, or Gladen.
*Phaſelus, ſiue Phaſeolus*, a kind of pulſe or long peaſe.
*Phaſiolus, Phaſelus*, the ſame, a turkiſh beane or peaſe.
*Pheminalis, Phlomus*, a kind of Primroſe.
*Philanthropus, Aparine*, a kinde of burres that cleaue to mens coates.
*Philonium, ſiue Philonium Romanum*, a confection ſo called.
*Philonium perſicum*, a confection ſo called.
*Philomedium, Chelidonium maius*, Celandine the greater.
*Phlegma*, the humor in the body called fleume.
*Phlegmone, Inflammatio*, an Impoſtume, or bloud inflamed.
*Phlogion, Viola Trinitatis*, hearbe Trinitie, or Harts eaſe.
*Phlomis, Verbaſculum*, Cowſlips.
*Phlomos, Melanophyllos, Verbaſcum nigrum*, Longwort, Woolblade, or Torch herbe.
*Phlomos agrios, Verbaſcum ſylueſtre*, wild Woolblade.
*Phlox*, flower gentle.
*Phœnix, Palma*, a Date trée.
*Phœnicites, Lapis Iudaicus*, Jewes ſtone.
*Phrenitis*, a phrenſie.
*Phrycodes, vide febris phrycodes.*
*Phrygius lapis*, Amber.
*Phthiriaſis, Morbus pedicularis*, the louzie euill.
*Phthirioctonum, Pedicularia*, Licebane.
*Phthiſis*, a kinde of conſumption.
*Phthiſicus*, one that hath a conſumption.
*Phu*, Valerian.
*Phu ponticum*, the ſame.
*Phyleteria, ſiue Phyleterium, Dictamus alba*, a certaine herbe ſo called.
*Phylira, Tilia*, the Linden, or Tillet trée.
*Phyllitis, Lingua ceruina*, Harts tong.
*Phyllon, ſiue Phyllon Indicum*, an Indian leafe, *vide Malabathrum.*
*Phyllopharis, Marrubium*, Horehound.
*Phyltrum*, Louewœde.
*Phyrania, Fermentum*, ſower dowe.
*Phyſalis, Halicacabus*, Alkakengy.
*Pia mater*, a little ſkinne that couereth the braines, *vide Meninges.*
*Pica citta, Malacia*, a diſeaſe of longing vnnaturally in women with childe.
*Picea, Abies nigra*, a Pitch trée.
*Picibitumen, Piſſaſphaltum*, Pitch, and the lime called Bitumen mingled together.
*Pilula, Catapotium, Barbaris Pillula, per duplex L.* Pilles.
*Pilula cypariſſi, Nux cupreſſi*, a Cipreſſe nut.
*Pilulæ Alephanginæ Arabum, Pilulæ aromaticæ*, a kinde of pilles.
*Pilulæ aromaticæ, vide Pilulæ Alephanginæ.*
*Pilulæ aureæ*, a kind of pilles.
*Pilulæ de agarico*, pilles of Agaricus.
*Pilulæ Aſſaiereth*, pilles ſo called.
*Pilulæ de Aloë lota*, pilles of waſhed Aloes, or Sengrene.
*Pilulæ aggregatiuæ officinarum, Pilulæ Polychreſtæ*, pilles ſo called.
*Pilulæ de Lapide Armeniaco*, pilles of a ſtone ſo called.
*Pilulæ de Bdellio*, pils made of ỹ gum *Bdellium.*
*Pilulæ benedictæ*, certaine pils ſo called.
*Pilulæ cochiæ*, pils that purge the head.
*Pilulæ communes, Pilulæ Ruffi, Pilulæ ſine cura, vide Pilulæ peſtilentiales.*
*Pilulæ de Cynogloſſa*, pils of Hounds tong.
*Pilulæ de Euphorbio*, pils of the gum called Euphorbium.
*Pilulæ fœtidæ*, pils of *Aſſa fœtida.*
*Pilulæ de Hiera*, pils of Aloes.
*Pilulæ de Hiera compoſita*, pils of Aloes, and other things.
*Pilulæ de fumo terræ*, pils of Pigeons Chermill, or Fumitory.
*Pilulæ de Hermodactylis*, pils of Hermodactiles.
*Pilulæ iliacæ*, pils for the colick, or paine in the ſmall guts.
*Pilulæ Indæ*, pils of Indian Mirobalans.
*Pilulæ de Hiera cum agarico*, pils ſo called.
*Pilulæ de lapide Lazuli officinarum, Pilulæ de lapide Cyaneo.*
*Pilulæ maſtichinæ*, pils of maſtick.
*Pilulæ de mezereo officinarum*, pils of Lorell.
*Pilulæ de Chameleæa*, the ſame.
*Pilulæ ophthalmicæ*, pils for the eyes.
*Pilulæ de quinque generibus Mirobalanorum*, pils of fiue kinds of Mirobalans.
*Pilulæ de Opopanaco*, pils of the gum Opopanacum.
*Pilulæ polychreſtæ, vide Pilulæ aggregatiuæ.*
*Pilulæ peſtilentiales, Pilulæ Ruffi*, pilles againſt the Plague.

*Pilulæ ruffi, vide Pilulæ communes,* and *Pilulæ Pestilentiales.*

*Pilulæ de Sarcocolla,* Pils of a gum called Sarcocollum.

*Pilulæ sine quibus, siue, sine quibus esse nolo,* Pils so called, which some call *Pilulæ sine cura,* because they may be taken or vsed without all feare.

*Pilulæ de Sandaracha,* pils of the gum of a Iuniper tree.

*Pillulæ de Serapino,* pils of the gum Serapinum.

*Pillulæ de succino,* pils of white Amber.

*Pillulæ de tribus, Pillulæ pestilentiales.*

*Pillulæ de Rhabarbaro,* pils of Rubarbe.

*Pillulæ sine cura, vide Pillulæ Alephanginæ, Pillulæ pestilentiales, Pillulæ communes, Pillulæ sine quibus esse nolo.*

*Pillulæ Stomachicæ,* pils for the stomack.

*Pimpinella crispa, Pimpinella petræa, Pimpinella minor,* Burnet, or Pimpinell, Pimpinell the lesser.

*Pimpinella Hircina,* a kind of Pimpinell.

*Pimpinella Italorum, Sanguisorba,* Pimpinell.

*Pimpinella maior,* the great Pimpinell.

*Pimpinella minor, vide Pimpinella crispa.*

*Pinaster, Pinus syluestris,* the wilde Pine tree.

*Pinestella, Pinestellum,* dog Fennell.

*Pinea officinarum, Nux Pinea,* the fruite of the Pine tree.

*Pingue lactis, Pinguedo lactis,* Creame.

*Pinguitudo succidarum Lanarum, Oesypus,* the oyle that breedeth in the flancke, or neck of a sheepe.

*Pinus,* a Pineapple tree.

*Pinus syluestris, vide Pinaster.*

*Pinus pumila,* a kinde of Pine tree.

*Pinula, Trichomanes,* Mayden haire.

*Piper,* Pepper.

*Piper album,* white Pepper.

*Piper agreste, Vitex, Agnus Castus.*

*Piper Aquaticum, Hydropiper,* water Pepper, Arsenick, Kilridge, or Culrage.

*Piper caninum,* the same.

*Piper Eunuchorum, Piper Monachorum, Agnus castus, vide Agnus castus.*

*Piper longum,* long Pepper.

*Piper monachorum, vide Piper Eunuchorum.*

*Piper montanum,* Lorrell.

*Piper nigrum,* black Pepper.

*Piperitis, Lepidium,* Indish Pepper, Alecoste.

*Pira muscatellina,* muske Peares.

*Piraster,* wilde Peare tree.

*Pirola, siue Pirula,* or *Pirola pratẽsis,* wild Bëetes.

*Pissa hygra, Pix liquida,* Tarre.

*Pissasphaltum, Picibitumen,* Pitch, and the lime called Bitumen mingled together.

*Pissasphaltum Arabũ, Mumia officinarũ,* the same.

*Pissasphaltum Græcorum, Pissasphaltum natiuum,* the same.

*Pistaceum, siue Pistacium, Pistachium,* a kinde of nuts commonly of the Apothecaries called *Fistici.*

*Pistaceus,* a kind of nut tree.

*Pistachium,* or *Pistacium, vide Pistaceum.*

*Pisum,* a Pease.

*Phititis, Papauer nigrum,* black Poppy.

*Pituita, Phlegma,* Fleume.

*Pityides, Pineæ nuces,* the fruite, or nuts of the Pine tree.

*Pityusa, Esula maior officinarum, Esula,* Spurge.

*Pix, Pissa,* Pitch.

*Pix arida, Pix concreta, Pix excocta,* hard, or stone Pitch.

*Pix Brutia, Pix græca,* a kind of Pitch.

*Pix Fluida, Pix Liquida,* Tarre.

*Pix naualis, Pix radulana,* ship, or saylers pitch.

*Plantago,* Plantaine, or Waybread.

*Plantago acuta, siue Lanceolata,* sharp Plãtaine.

*Plantago Aquatica, Plantago Palustris,* water Plantaine.

*Plantago lata Apulei, Plantago latifolia,* broade leafed Plantaine.

*Plantago lanceolata, Plantago acuta,* prickle leafed Plantaine.

*Plantago latifolia minor, Plãtago trineruia, Plãtago syluatica,* the lesser broad leafed Plãtaine.

*Plantago maior,* the great Plantaine.

*Plantago media Herbariorum, Plantago minor Dioscoridis,* Waybread, or Ribgrasse.

*Plantago minor Dioscoridis, vide Plantago media.*

*Plantago acuta, vide suprà.*

*Plantago rubea, Plantago maior,* red Plantaine.

*Plantago trineruia, vide Plantago latifolia minor.*

*Plantago rosea,* a kind of Plantaine.

*Planta leonis, Alchimilla,* Ladies mantle.

*Platagoniũ, Folium papaueris,* the leafe of Poppy.

*Platanella, Spondylium,* Beares swte.

*Platanus,* a Plane tree with broad leaues groing in Italy, whom some do take for *Opulus.*

*Platyophthalmon Plinij, Stimmi,* a kinde of purging glasse, called *Stibium.*

*Pleuritis,* the Pluriſie.

*Plectronia, siue Pelethronia Apuleij, Centaureum magnũ,* Sentory the greater, *vide Rapontica.*

*Plectranthemum, Consolida regia,* Larkespurre.

*Pleuriticus,* one that hath the Pleurisie.

*Plumbago Plinij, Persicaria maculata,* a kinde of Arsmart.

*Plumbum,* Leade.

*Plumbum vstum,* burnt Leade.

*Podagra,* the Gout.

*Podagra lini Herbariorum, Cassyta,* Bindeweede.

*Podex,*

*Podex*, an Arſehole.
*Polemonia, ſiue Polemonium, vide Diptamus.*
*Pollen*, Mealeduſt.
*Polyanodynos, Cicuta*, Hemlocke.
*Polyanthemõ Plinij, Ranunculus multiplex*, a kind of Butter flower.
*Polycarpon, Polygonum*, Knotgras.
*Polycraton Hippocratis, ſiue Polycriton*, Arſe-ſmart.
*Polygonoides, peruinca*, Perwinckle.
*Polygonatum, Sigillum Salomonis*, Salomons ſeale.
*Polygonatum anguſtifolium, Polygonatum minus Herbariorum*, Salomons ſeale the leſſer.
*Polygonatum latifolium, Polygonatum platyphyllon*, the great Salomons ſeale.
*Polygonatum maius*, the ſame.
*Polygonatum minus, vide Polygonatum anguſtifolium.*
*Polygonatum platyphyllon, vide Polygonatum latifolium.*
*Polygonum, multinodia*, Knotgras.
*Polygonum Heraclium Herbariorum, Polygonum mas*, Knotgras the male.
*Polygonum fœmina, Hippuris minor*, Knotgras the female or Horſe tayle.
*Polygonum maſculum, vide Polygonum Heracleum.*
*Polygonum minus, vulgo ruella*, the leſſer Knotgras.
*Polyneuron*, broade Knotgras.
*Polyominon, Perdicum, Parietaria.*
*Polypodium, Felicula*, Polypody.
*Polypus*, a certaine impoſtume in the noſe.
*Polytrichon officinarum, Trichomanes*, Payden hayre.
*Polytrichum Apuleij*, the ſame.
*Polytrichum Dioſcoridis, Polytrichum verum*, a kind of Uenus haire.
*Polytrichum aureum Herbariorum*, the ſame.
*Polytrichum verum, vide Polytrichum Dioſcor.*
*Pomada, ſiue Pomata*, a ſweete ſmelling ſalue made of Apples.
*Pomata, vnguentum Pomatum, vide Pomada.*
*Pomelæa Herbariorum*, Lungwort.
*Pompholyx nigra*, gray Tutty.
*Pompholyx*, Tutty.
*Pomum Arangiæ, Pomũ Nerantziũ*, an Orenge.
*Pomum Lemonium, ſiue Limonium*, a Limon.
*Pomum ſylueſtre*, a Crab or wild Apple.
*Poplitis vena*, the vaine of a mans ham behind the leg.
*Populago, Bechium*, Folefote, Alhoſe, or Horſe-hoſe.
*Populeum officinarum, Vnguentũ populeum*, Poplar ſalue.
*Populus*, the Poplar tree.
*Populus humilis, ſiue Populus pumila*, a kind of Poplar.
*Porcellana, Herbariorum, Andrachne*, Purſlaine.
*Poros*, that matter which cõſolidateth the broken bones within.
*Porrum*, a Leeke.
*Porrum aricinum, Porrum Capitatum*, headed Leekes.
*Porrum ſectile, ſiue Porrum ſectiuum*, Leekes.
*Porrum Tarentinum*, Leekes.
*Porrum ſylueſtre, ſiue Porrum vineale, ſeu Ampelopraſum*, wild Leekes.
*Portentilla Herbariorum, Argemone altera*, Wilde Tanſie, or Siluer herbe.
*Poſca, Oxycraton*, a kinde of ſmall houſholde wine, mixed with water in the preſſe: *vide Oxycraton.*
*Præmorſa Herbariorum, Morſus Diaboli*, Deuils bit.
*Praſitis gemma*, a kinde of Saphyre.
*Praſſium, Marrubium*, Horehound.
*Priapeion, Viola nigra*, a kind of Violets.
*Priapiſcon, Satyrium Erythronium*, a kind of Gandergras.
*Priapiſmus, ſatyriſmus, ſatyriaſis, ſatyriaſmus*, a diſeaſe wherby the priuie member of a man ſtandeth alway, without appetite or luſt of generation.
*Priapus Cerui*, Piſſle of a Hart.
*Primula veriſtora Herbariorum, ſiue Primula veris*, Primroſe, or Cowſlips.
*Probatium, Plantago*, Plantaine.
*Proetium, Veratrum nigrum*, blacke Neeſewort.
*Proſerpinaca*, Knotgras.
*Proſopium, ſiue Proſopis*, the great Burre.
*Protopium*, wine new preſſed out of the Grape.
*Protea Apuleij, Nymphæa*, the white water Lilly
*Pruneola, Pruna ſylueſtris*, Sloes.
*Prunella Herbariorum*, Selfeheale.
*Prunidactyla*, Damaſke Prunes.
*Pruna Auenaria*, a kind of Sloes.
*Pruna Aſinaria*, or *Pruna Aſinina*, great Prunes.
*Pruna Cerea, ſiue Cerina*, a kind of Prune.
*Pruna Cerina, ſiue Cerea maiora*, great Italian Prunes.
*Pruna Damaſcena*, Damaſke Prunes.
*Pruna Hiberica, Pruna Hiſpanica*, Spaniſh Prunes.
*Pruna hordearia*, white Prunes.
*Pruna equina*, Horſe plumbes.
*Pruna Syriaca, vel Pruna Syriacuſana*, Damaſke Prunes.
*Pruna Nana*, harueſt Prunes.
*Pruna ſylueſtria*, Sloes.

*Prunum*, a Prune.
*Prunum passum*, a dried Prune.
*Prunus*, a Plumtree.
*Prunus syluestris*, a Sloe tree.
*Prurigo, Prurigus*, Itche.
*Pseudoacorus, Gladiolus luteus*, swéete Cane.
*Pseudaristolochia, Capnos, Chelidonia*, Swallows herbe.
*Pseudoligusticum*, Louage.
*Pseudomelanthium*, Cozne rose.
*Pseudonardus, Spica hortulana, & Lauendula*, Spike.
*Pseudopastinaca*, a Parsnep.
*Pseudoroyrtus, vitis Idæa*.
*Pseudoparthenium*, Mother wozt.
*Pseudorhaponticum, Centaureum magnum*, great Centozy.
*Pseudosantalum*, false Saunders.
*Psiadium Herbariorum, Alchimilla, Sinnau*.
*Psittachium Nicandri, Pistaceum*, a kind of nuts so called.
*Psilothrum, Vitis alba*, Bryonie.
*Psora Ætij, Scabiosa*, Scabious.
*Psora Plinij, fera scabies*, a certaine kinde of scruuie Itche so called.
*Psyche, Tripolium*, a kind of Turbith.
*Psychotrophon, Betonica*, Betony.
*Psychnacos, Perdicium*, Parietary.
*Psyllium*, Fleawozt.
*Psymmithium, Cerussa*, white Lead.
*Ptela, Vlmus*, oz
*Ptelea*, an Elme tree.
*Pteris, Filix*, Ferne, herbe Osmund, oz Brake.
*Pterygophoron Dioscoridis, Licurium, Electrum*, Amber.
*Ptisana, Cremor hordei*, a decoction of Barley, Drgemond.
*Pugio Gazæ, Gladiolus*, Flowerdeluce.
*Pulegium*, Pennyroyall, oz pudding grasse.
*Pulegium martis, Dictamum Creticum*.
*Pulegium agreste sine syluestre*, wilde Pennyroyall.
*Pulicaria, sine*
*Pulicaris*, Fleawozt.
*Pulmonaria*, Lungwozt.
*Pulmonaria arborea, Lichen arboreus*, a kinde of Lungwozt, that groweth on trées like Mosse.
*Pulmonaria maculata*, Sage of Ierusalem.
*Pulmonaria Gallica, Auricula muris maior*, the greater Mouseare.
*Pulmonaria Vegetij*, wild Nétlewozt.
*Puluis Montagnanæ contra pestem*, a certaine powder foz the Plague.
*Puluis nihili officinarum*, Tuttie.
*Puluis Sennæ præparatus*, the powder of Sene prepared.
*Pyon, pingue lactis*, Creame.
*Pyra Apiana*, oz
*Pyra Muscatellina*, oz
*Pyra hordearia Plinij*, a kind of swéete Peare.
*Pyra chya*, the same.
*Pyrama, Ammoniacum impurum*, the foule and impure gum Ammoniacke.
*Pyraster, sine*
*Pyrus syluestris*, a wilde Peare tree.
*Pyrene Plinij, Tecolithus lapis*, the stone called *Lapis Iudaicus*.
*Pyretrum*, Pellitozy of Spaine.
*Pyretos febris*, a burning ague.
*Pyrites, Pyrethrum*, Pellitozy of Spaine.
*Pyrites lapis, lapis luminis, Marchasita*, the Pine of Brasse.
*Pyrola, sine*
*Pyrula*, wild Béetes, oz winter gréene.
*Pyrola pratensis, sine*
*Pyrula pratensis*, wild Béetes.
*Pyrum*, a Peare.
*Pyrum Cidoneorum*, a Quince.
*Pyrus*, a Peare tree.
*Pythonium Apuleij, Dracunculus maior*, Dragons.
*Pythonium Dioscoridis, Hyoscyamus*, Henbane.
*Pyxacantha*, oz.
*Pyxacanthus, Chironius Plinij*, the Barberry tree
*Pyxos, Buxus arbor*, the Boxe tree.

## Q.

*Quassamus barbarorum, Cyclaminus*, Swines bread.
*Quartana*, a Quartaine ague.
*Quercula, Trixago, Chamedrys*, Germander.
*Quercus*, an Oake oz an Akozne tree.
*Quinquefolium*, Cinquefoile.
*Quinqueneruia, Plantago minor*, the lesser Plantaine.
*Quotidiana*, a Quotidian oz dayly Ague.

## R.

*Radicula, Raphanus*, a Radish.
*Radix, Raphanus*, a Radish.
*Radix barbarica, Rhabarbarum*, Rubarbe.
*Radix concaua Herbariorum*, Hartwozt.
*Radix colophoniæ*, Scammonie.
*Radix consecatrix, Iris*, Flouredeluce.
*Radix pandeonia*, Celandine.
*Radix pontica, Rhaponticum*.
*Radix Scammonia*, the rote of Scammony.

*Radix Scythica, Glycyrrhiza,* Licorice.
*Radix violacea vulgo dicta,* the Flouredeluce.
*Ramex varicosus,* a rupture of swollen vaines.
*Ranunculus,* Crowfote.
*Ranunculus multiplex, Polyanthemon,* Batchelers buttons.
*Ranunculus rotundus, Flammula,* the lesser Golden knap or Butter flower.
*Rapa, siue*
*Rapum,* the Rape rote.
*Rapaneolus Herbariorum, genus Rapi sylvestris,* a wilde Rape.
*Raphanus condimentarius, siue*
*Raphanus obsoniorum,* an Horseradish.
*Raphanus sylvestris aromatica,* a wild Radish.
*Rapocaulis Herbariorum,* Rapecolewoorts.
*Raponcellus, siue Rapontium.*
*Rapontium, vide Raponcellus.*
*Raponcellus,*
*Rapuntium, seu*
*Rapunculum Herbariorum,* the same.
*Rapuntium sylvaticum,* the wilde.
*Rapontium Alopecurum Herbariorum,* the same.
*Rapum porcinũ Herbariorũ, Cyclaminus,* Sowes bread.
*Rapum sylvestre,* wild Rape rote.
*Regulitia Barbarorum, Glycyrrhiza,* Licorice.
*Repletio,* fulnesse of the body.
*Res non naturales.*
*Resina,* Rosin.
*Resina pinus, siue resina pinea.* Gum of the Pine tree, or the Rosin of the Pine.
*Resina Laricis, siue Larigna,* the common Turpentine.
*Resina Lentiscina, Mastiche, Mastix,* Mastick.
*Resina Therebentina,* Venetian Turpentine.
*Rha, Rheon, Rheum, Rhaponticum.*
*Rhabarbarum, Rhebarbara,* Rubarbe.
*Rhabarbarum ponticum Herbariorum,* herbe patience.
*Rhaçoma Plinij, siue Rhecoma,* the same.
*Rhapontica, siue Rhaponticum,* the same.
*Rhaponticum, siue Rhaponticum officinarum,* the rote of the greater Centory.
*Rhœa, siue Rhoa,* the Pomegranate tree.
*Rhagadia, siue Rhagades,* Chaps and clefts in the hands, and other parts of the body.
*Rhagoides,* the third rinde or skin that compasseth the eye.
*Rhaspe Nicolai Myrepsi, Rhaspatitium vinum.*
*Rhecoma Plinij, siue Rhacoma.*
*Rheon, vide Rha.*
*Rheon Barbaricon, siue Rheon Barbarũ,* Rubarb.
*Rheuma,* a rheume or distillation of humors.
*Rheum barbarum Monachorum, Rumex sativus,* Monkes Rubarbe, Patience.
*Rhododendrũ, siue Rhododendrum Nerion,* Oleander.
*Rhodionarcissus, Narcissus Roseus,* red Narcissus.
*Rhododaphne, Laurus rosea, Nerion,* a kinde of Oleander.
*Rhodon, Rosa,* a Rose.
*Rhodinum, Oleum rosarum,* oyle of Roses.
*Rhodosantalon, Santalum rubrum,* red Saunders
*Rhoodes, vide Febris Rhoodes.*
*Rhopalon Apuleij, Nymphæa,* white water Lilly.
*Rhyte, Ruta,* Rue.
*Rhyte montana, Ruta montana,* a kind of Rue.
*Ribes officinarum,* Raspes.
*Ricinus, Cici, Palma Christi.*
*Risum, vel Rizum,* Rice.
*Rob Arabum, est succus medicatus qui conis calore densatur, Latinis sapa dicitur, Anglis,* a certaine confection, which the Arabians call *in plurali numero, Robub,* which is *Sapa,* the iuice of any herbe or fruit defecate.
*Rob de agresta, succus medicatus de Omphacio,* Veriuice.
*Rob de Berberibus officinarum, succus medicatus ex Baccarum Oxycaanthæ succu,* a confection of Berberies.
*Rob Cornorum, siue rob de Cornis,* a Confection made of Dogtree.
*Rob de Cydonijs, siue rob Cydoniorum,* a Confection of the iuice of Quinces without Sugar.
*Rob granatorum, succus medicatus ex succo malorum Punicorum,* a Confection made of the iuice of the Pomegranate without Sugar.
*Rob mororum officinarum, Diamoron,* the iuice of Mulberies.
*Rob nucum officinarum, Diacaryon, siue Diacarydion,* a certaine confection made of the iuice of a kinde of Nut, with Sugar sodden with it till it be a thicke sirupe.
*Rob de ribibus officinarum,* the iuice of a certain berry with Sugar sodden togither like a sirupe.
*Rob Vuarum,* a Confection of Grapes with sugar sodden lik a sirupe.
*Robertaherba, siue Robertiana,* a kind of Crowfote.
*Robertiana, vide Robertaherba.*
*Robub, Sapa, vide Rob.*
*Robus Columellæ, Triticum,* Wheate.
*Ropertiana,* Crowfote.
*Rorastrum Apuleij, Vitis alba,* Bryony.
*Ros Syriacus, Manna,* Hony dew, or Manna.

*Rosa, Rhodon*, a Rose.
*Rosa Ægyptia*, a yellow Rose.
*Rosa Alabandica Plinij*, a kinde of Rose so called.
*Rosa alba*, a white Rose.
*Rosa Africana*, a yellow Rose.
*Rosa Aruensis, siue Rosa Auenaria*, a kinde of Corne rose.
*Rosa Autumnalis*, a winter Rose.
*Rosa Alexandrina*, a kind of Rose so called.
*Rosa Basilica, vide Pæonia.*
*Rosa benedicta, vide Pæonia.*
*Rosa Asinorum Auerrhois, Pæonia*, Pyonie.
*Rosa canina*, Brier bush, or Hep tree, or Bryer tree.
*Rosa Campestris*, a wild or field Rose.
*Rosa Cinnamomina vel Cinnamomea*, a kinde of Rose so called.
*Rosa Caroneola*, a Damaske Rose.
*Rosa Diuæ Mariæ*, Ladies rose, some there are that take it to be Rose of *Iericho, vide Rosam Hierichuntis.*
*Rosa Damascena*, a Damaske rose.
*Rosa Satiua, Pæonia*, Pyony.
*Rosa Hierichuntis, siue rosa Diuæ Mariæ*, Rose of Jericho.
*Rosa hyemalis*, Winter rose.
*Rosa incarnata Herbariorum*, Carnation rose.
*Rosa Iunonis, siue Rosa Iunonia*, a white Lilly.
*Rosa lutea*, a kind of yellow Rose.
*Rosea milesia Plinij*, purple Rose.
*Rosa muscata, siue Moschata*, Muske rose.
*Rosa purpurea officinarum*, purple Rose.
*Rosa palustris*, a water Rose.
*Rosa punicea*, a kinde of Rose.
*Rosa regia, Pæonia*, Pyony.
*Rosa pumila*, a field Rose.
*Rosa rubra*, a red Rose.
*Rosa sancta, Pæonia*, Pyonie.
*Rosa Syriaca*, a Muske rose.
*Rosa Trachinia Plinij, Rosa rubra*, the red Rose.
*Rosa vulpina*, a yellow Rose.
*Rosago, Nerium*, Oleander.
*Rosarum apices*, the yellow séede which is within the Rose.
*Rosata nouella*, a Confection of Roses so called.
*Rosea arbor, Rhododendrum*, Oleander.
*Rosella Herbariorum, Papauer erraticum*, wilde Poppie.
*Rosmarinum, siue Rosmarinus, seu Rosmarinũ Coronarium*, Rosemary.
*Rosmarinum Coronarium*, Rosmary.
*Rosmarinum Mauritanorum, Sticas Arabica*, French Lauender, or Lauander gentle.
*Rostrum Ciconiæ*, Storkes bill.
*Rubia, Erythrodanum*, Madder.
*Rubia tinctoria siue tinctorum, seu rubia Infectoria*, a kind of Madder.
*Rubinus, Gemma*, a Ruby, or precious stone.
*Rubrica armena, Bolus armenus*, Bolearmoniacke.
*Rubrica lemnia, Rubrica sigillata, Terra lemnia, Terra sigillata*, Sealed earth.
*Rubus*, the Bramble, Blackberry, or Bryer bush.
*Rubus Ceruinus, Rubus Idæus*, a kind of Bramble.
*Ruella, Polygonum minus*, a kinde of Swines grasse.
*Rucula Aquatica, siue Rucula marina*, Rocket.
*Ructus*, a belching or breaking of winde vpward.
*Rumex*, Sorrell.
*Rumex aquaticus, siue palustris, Hydrolapathum*, a kind of water Sorrell.
*Rumex palustris, vide Rumex aquaticus.*
*Rumex satiuus, Rhabarbarum Monachorum*, Monkes Rubarbe, Patience.
*Rupertiana, Herba ruperti*, Storkes bill.
*Ruscus*, a certaine rough and pricking shrub so called, Butchers broome, or Pettigreiwe.
*Ruta*, Rue.
*Ruta montana*, a kinde of Rue so called.
*Ruta muraria, Adiantum candidũ*, Venus, Maiden, or our Lady hayre.
*Ruta syluestris*, wild Rue.
*Ruta solis, Hypericum*, S. Johns wort.
*Rutinalis, Spondylium*, Beares sote, or Beares clawe.

## S.

*Sabina, Sauina*, the herbe called Sauine.
*Sacchar, Saccharon, vel Saccharum*, Sugar.
*Saccharum Cantium, Candum, siue Candidum*, Sugar candie.
*Saccharum Cibale*, common kitchin Sugar.
*Saccharum Canarienſe*, Canary sugar.
*Saccharum Christallinum*, white Sugar Candye.
*Saccharum finum, seu refinatum, siue Saccharum Valentinum*, fine Sugar.
*Saccharum Maltanum, siue Melitæum*, kitchin Sugar.
*Saccharum Maderienſe, siue Mederienſe*, a kind of Sugar so called.
*Saccharum Miscellaneum*, a kinde of Sugar.
*Saccharum Penidium*, a kind of Sugar so called.

*Saccharũ Tabartzet Arabũ, Saccharũ puriſſimũ, & albiſſimum, Saccharũ finum*, fine Sugar.
*Saccharum Thomaſinũ, ſiue Thomæum, Saccharũ rubrum officinarum*, S. Thomas ſugar.
*Saccharũ ſeu Conſerua florum Caryophyllæa*, a cõſerue of Gillofers.
*Saccharum, Florum Lauendulæ*, a conſerue of Lauander flowers.
*Saccharũ florum Meliſſæ*, a conſerue ſo called.
*Saccharum Bugloſſatum*, a conſerue of Bugloſſe.
*Saccharum Borraginatum*, conſerue of Borage.
*Saccharum florum Hyſſopi*, Conſerue of Hyſſope.
*Saccharum florum Nymphæa*, conſerue of water Roſes.
*Saccharũ florum Pſeudonardi*, conſerue of Spike
*Saccharum florum Perſici*, a conſerue ſo called.
*Saccharum Roſatum*, Conſerue of Roſes.
*Saccharum florũ Roſmarini*, Conſerue of Roſemary.
*Saccharum Saluiatum*, Conſerue of Sage.
*Saccharum Trifolij accidi*, conſerue of Cuckoes bread.
*Saccharũ florũ verbaſculi*, conſerue of Cowſlips
*Saccharũ Violarũ, Ioſaccharõ*, cõſerue of Violets.
*Sacerdotis Virile, Arum*, Cuckopit.
*Sacra herba, Verbena*, Verueine.
*Sagapenum Serapinũ officinarum*, a certaine kind of ſtinking gum growing in *Syria*, which the Apothecaries call *Serapinum*.
*Saggina Italorum, Sorgum*, an herbe ſo called.
*Sahafaran Arabum, Crocus*, Saffron.
*Sal Ammoniacus, ſiue ſal Hammoniacus*, a kinde of Salt, the which hath heretofore bẽn digged out of the ſand in *Africa*, and hath bẽn brought hither, which as yet is vſed amongſt vs.
*Sal Armoniacum officinarum*, a certaine compounded ſalt of the Alchymiſts, the which of ſome men hath falſly bẽn taken for the right ſalt of *Africa*, and is called Salarmoniacke.
*Sal Chriſtallinus. Sal natiuus, Sal Foſſitiuus*, fine & cleere or chriſtall ſalt.
*Sal fuſilis*, melting Salt.
*Sal gemmæ officinarum, Sal gemmeus*, Chriſtall ſalt.
*Sal Indus*, a kind of Sugar.
*Sal marinus*, ſea ſalt.
*Sal popularis*, common ſalt.
*Sal paluſtris*, ſea ſalt.
*Sal ſaxeus*, ſtone ſalt.
*Sal Abſinthites*, Wormewood ſalt.
*Salicaria, Lyſimachia Dioſcoridis, ſiue ſalicaria lutea*, yellow water Willow or loſeſtrife.
*Salicaria Cornuta Herbariorum*, a kind of water Willow.
*Salicaria punicea, ſiue purpurea, Lyſimachia Plinij, ſeu ſalicaria Spicata Herbariorum*, a kinde of browne Loſeſtrife or water Willow.
*Saliua ſiderum Plinij, Manna*, Hony dewe or Manna.
*Saliunca, Spica, Celtica, vide Spica Celtica.*
*Salix, Itea*, the Sallow trẽ.
*Salix Amerina, Salix marina*, ſea Sallowe trẽ.
*Salix marina, vide Salix amerina.*
*Saltus leporis*, an herbe ſo called.
*Saluatella*, the Liuer vaine.
*Saluia, Eleliſphacos*, Sage.
*Saluia auriculata, Saluia acuta, ſaluia minor, Saluia nobilis, Saluia cruciata*, the leſſer or eared Sage.
*Saluia acuta, vide Saluia auriculata.*
*Saluia Boſchi, ſeu Boſchi ſaluia herbariorũ*, wild Sage.
*Saluia cruciata, vide ſaluia auriculata.*
*Saluia maior*, great Sage.
*Saluia ſylueſtris*, wild Sage.
*Saluiauita, ſiue Saluia vitæ, Adiantum album*, Venus, Maiden, or our Lady hayre.
*Sambucus*, Elder or Bometræ.
*Sambucus Aruenſis, Sambucus humilis, ſiue ſambucus pumila, Ebulus*, wilde Elder.
*Sambucus humilis, vide Sambucus Aruenſis.*
*Sambucus pumila*, wilde Elder.
*Sampſychus, Maiorana*, Marioram.
*Sanamunda*, Auence.
*Sanctonicum officinarum, Santonicum*, a kinde of Southernewood.
*Sandaracha Græcorum, Auripigmentum rubeum*, red Arſenicke.
*Sandaracha Vitruuij, minium ſecundarium*, Sinople, red Lead, or Vermilion.
*Sandaracha Arabum, Gummi Iuniperi Sandarax*, the gum of a Juniper trẽ.
*Sandarax Arabum, vide Sandaracha Arabum.*
*Sandalum, Sandalus*, the ſpice called Saunders.
*Sandalum album*, white Saunders.
*Sandalum Citrinum officinarum, Sandalum flauũ*, yellow Saunders.
*Sandonicum officinarum, Santonicum*, a kinde of Southernwood.
*Sanguinalis mas, Polygonum mas*, the male Knotgraſſe.
*Sanguinalis fœmina, Polygonum fœmina*, the female Knotgraſſe.
*Sanguinalis minor, Ruella*, Knotgraſſe the leſſer.
*Sanguinaria*, Knotgraſſe.
*Sanguinaria maſcula*, the ſame.
*Sanguinaria fœmina*, the female Knotgraſſe,

or Horsetayle.

*Sanguinarius lapis, Hæmatites,* the Blodstone.

*Sanguis Draconis, Lachryma Draconis,* Dragōs blod.

*Sanguis Draconis herba,* an herbe so called.

*Sanguis Herculis Apuleij, Centaureum magnum,* great Centory.

*Sanguis Herculis Dioscoridis, Crocus,* Saffron.

*Sanguis milui Apuleij, Scordiū,* a water Lēke.

*Sanguisorba,* the herbe Burnet.

*Sanguisuga,* a Horsleache.

*Sanies vini,* Wine lees.

*Sanicula, Diapensia,* Sanicle.

*Sanicula Alpina Herbariorum.*

*Sanicula cathartica Herbariorum, Sanicula fœmina.*

*Sanicula fœmina, vide Sanicula Cathartica.*

*Sanicula quinquefolia, siue sanicula vitiginea Herbariorum.*

*Sanicula maior, Alchimilla.*

*Sanicula vitiginea Herbariorum, vide sanicula quinquefolia.*

*Sanilum, Scammonium,* Scammony.

*Santalum, santalus,* Saunders.

*Santalum album,* white Saunders.

*Santalum Aromaticum, Santalum flauum,* yellow Saunders.

*Santalū machosiri, vel mazahari, seu marchazari, Arabum, santalum flauum,* the same.

*Santalum machazari Arabum, vide Santalum machozari.*

*Santalum machaziri, vide Santalum machusiri.*

*Santalum odoriferum, Santalum flauum.*

*Santalum rosaceum, Santalum rubrū,* red Saunders.

*Santalum rubrum, vide Santalum rosaceum.*

*Santalum Spurium, Santalum adulterinum, Pseudosantalum,* bastard Saunders.

*Santonicum, Absinthium santonicum, siue marinū,* sea Wormewood.

*Santolina Herbariorū, Abrotonū fœmina,* Southernewood the female.

*Sapa,* new wine boyled to the third part.

*Sapana, Anagallis,* Chickwēde.

*Saphea, Saphena Barbarorum,* the wombe vaine or the vaine of the Matrice.

*Saphena Barbarorum, vide Saphea.*

*Saphirus, vide Sapphirus.*

*Sapo, Smegma,* Sope.

*Saponaria,* Fullons grasse, or Crowesope.

*Sapphirus, Saphirus,* a Saphire stone.

*Sapphirus aureus, Chrysites,* a yellowe Saphire.

*Sapphirus candidus,* a white Saphire.

*Sapphirus cæruleus, siue*

*Sapphirus Cyaneus,* a blew Saphire.

*Sapphirus Chrysitis, Sapphirus aureus,* a yellowe Saphire.

*Sapphirus prasitis, vel*

*Sapphirus viridis,* a grēne Saphire.

*Sarcocolla, gluten carnis, Carniglutinum,* a kind of Glewe.

*Sarcotica,* Incarnating salues.

*Sarda, vel*

*Sardius lapis, Corneolus,* a hard red stone.

*Sardonia herba,* Crowfote.

*Sardonyx, Sardius onychinus,* a stone of the colour of the naile of a mans hand.

*Sarmentum,* a branch of a Vine growing on the trēe.

*Satyrion,* Dogges stones, Gandergrasse, or Ragwort.

*Satyrion basilicum, Satyrium regium,* Ragwort the male.

*Satyrium basilicum maius mas,* the greater male Ragwort.

*Satyrium basilicum maius fœmina, lachryma Mariæ,* the greater Ragwort female.

*Satyrium basilicum minus,* the lesser male Ragwort.

*Satyrium Erythron,* or

*Satyrium Erythronium,* red Ragwort.

*Satyrion Triphyllon,* or

*Satyrium trifolium,* Ragwort.

*Satyrium odoratum,* a kind of Ragwort.

*Satyrium regium, vide Satyrium basilicum.*

*Satyrium regium minus, Satyrium odoratum,* a kind of Priests pintle or Ragwort.

*Satyriscus Apuleij, Satyrium erythronium,* redde Ragwort.

*Satyrismus,* a disease whereby the priuie members of a man standeth alwaies.

*Satureia, siue*

*Saturegia,* Sauory.

*Sauchromatum, Dracontium,* Dragons.

*Sauina, sabina,* the Sauine trēe.

*Saxifragia, siue*

*Saxifraga,* Saxifrage.

*Saxifraga alba,* white Saxifrage.

*Saxifraga lutea,* yellow Saxifrage.

*Scabies,* a scab, or itche.

*Scabies Hispanica,* the Pore.

*Scabiosa,* Scabious.

*Scala cœli, sigillum Salomonis,* Salomons seale.

*Scamboniaradix,* Scammony.

*Scammonia, siue*

*Scammonium,* Scammony.

*Scammonea præparata,* prepared Scammony.

*Scandulaca,* Ropewēde, or windwēde.

*Scariola officinarum, Seriola,* Endiue.

*Scarlea Herbariorum, Gallitricum,* Clary.
*Scarlea syluestris,* wilde Clarie.
*Scebram maius Mesues, Tithymalus maior,* the greater Spurge.
*Scebram minus Mesues, Tithymalus minor,* the lesser Spurge.
*Sceiles,* the vaines of the Milt or Spleene.
*Scelerotes barbarorum,* or
*Scelerotes Græcorũ, Durities, schirrus,* a hard impostume, kernel, or swelling, which yeeldeth not being prest, and is commonly called *Schirrus*.
*Schœnanthum, Squinanthum,*
*Schœnoprasum, porrum sectiuum,* Garlicke.
*Schœnostrophon, Cannabis,* Hempe.
*Schœnus, Schœnanthum, Squinanthum,*
*Scinus, Lentiscus,* the Mastick tree.
*Scinus Plutarchi,* sea Dinions.
*Scia Barbarorũ, Ischias,* an ache in the Hip.
*Scingus, Ruscus,* Knæholme.
*Scincus, Cracodilus terrestris, vide Stincus.*
*Scincus herba, Ruscus,* Knæholme.
*Scilla, Cepa marina,* sea Dinion.
*Scioscbina, Stœchas,* Lauander gentle.
*Sclarea Herbariorum, Scarlea,* Clary.
*Sclarea syluestris,* wild Clary.
*Scleros, Durus, in hoc libro pro scirro intelligitur.*
*Sclerotes, scirrus.*
*Scolibrochon Apuleij, Trichomanes,* Maiden haire
*Scolopendria, siue Scolopendrium,* Harts tong.
*Scolopẽdria vera,* or *Scolopendria minor,* the herbe called Ceterach.
*Scolopendrion maius, Lonchitis altera,* the greater Harts tong.
*Scolopendrium syluestre Herbariorum,* a kinde of Harts tong.
*Scolymus, Cinara,* the Artichocke.
*Scordiastrum Herbariorũ, Scordotis Plinij,* Marsh Garlicke or water Germander.
*Scordiana Herbariorum,* or
*Scordonia,* or *Scoridiana Herbariorũ, Saluia syluestris,* wild Sage.
*Scordium Apuleij, Scordiũ, Chamædrys aquatica,* water Germander.
*Scordium, Trixago palustris,* marsh Garlicke.
*Scordium alterum Plinij,* a kind of marsh Garlicke.
*Scordium maius,* the same,
*Scordium minus,* the lesser marsh Garlicke.
*Scordium Plinianum, vide Scordium alterum.*
*Scoria ferri,* the refuse of iron.
*Scordotis, marrubium palustre,* marsh Garlicke.
*Scorodon, Allium,* Garlicke.
*Scorpinaca Apuleij,* Knotgrasse.
*Scorpio,* a Scorpion.
*Scorpion,* a kind of Spurge.
*Scotomia,* or
*Scotoma,* a giddinesse of the head.
*Scrophularia, siue Scrofularia, &*
*Scrophularia maior,* the greater Celandine, or the greater Figwort.
*Scrophularia minor, Chelidonium minus,* the lesser Figwort or Pilewort.
*Scrotum,* the cod or skin wherein be the stones of a man.
*Scrupeus humor,* the Gowt.
*Sebel Arabum,* the skin of the ruddy eies.
*Sebeste, siue*
*Sebestena Arabum, Myxaria,* the fruit also called *Mixa*.
*Secale, Briza,* Rye.
*Secundina,* the secundine or skin wherein the child is wrapped in the wombe.
*Sedum, Semperuiuum,* Houseleeke.
*Sedum minus, Crassula minor,* Prickmadame.
*Sedi tertium genus Dioscoridis, Illecebra,* little Thrift or Stonecrop.
*Segatolis, Gladiolus aruensis,* Flags.
*Selinastrum Herbariorum, Ranunculus aquaticus,* water Crowfote.
*Selinitis, Corona terræ,* Alehofe.
*Selinoides, Brassica crispa,* wrinckled Cabbage.
*Selinon, siue*
*Selinum, Apium,* Smallage.
*Selinophyllon Apuleij, Trichomanes Dioscoridis* Mayden haire.
*Selinusia,* the lesser Cabbage.
*Semen simplex, Zea monococcos,* Bere-barley, or Spelt.
*Semen Alexandrinum officinarum, alias Semencina, Sementina, siue semenzina,* wormeseede.
*Semencina officinarum, vide semen Alexandrinũ.*
*Semen leoninum, milium solis,* Gromill.
*Semen lumbricorum, officinarum, semen Absinthij marini,* Wormeseede.
*Semen de papaga, Auerrhoi dicitur Cartami semẽ, alijs semen papagalli, & semẽ psittaci,* Wild Safron seede.
*Semen sanctum officinarum,* Wormeseede.
*Semen Zedoariæ officinarum, semen Absinthij marini,* sea Wormewood seede.
*Seminalis Apuleij, Polygonum masculum,* Knotgrasse.
*Seminalis minor Herbariorum, Ruella,* a kind of Knotgrasse.
*Semperuiuum, Aizoum,* Houseleeke.
*Semura, Pseudomelanthium,* red Poppy.
*Sena, Senna,* Sene.
*Senæ infusio, vide Infusio Senæ.*
*Sena Ægyptiaca, Syriaca, Alexandrina, Orientalis,*

*lis*, the lesser Sene, or Alexandrian Sene.
*Sena Florentina, Italica prouincialis*, common or great Sene.
*Senecta Viperæ, Exuuium Viperæ*, the skinne of a Viper.
*Senicula, Snaicula*, Sanicle.
*Septefolium, Tormentilla*, Tormentill.
*Septineruia, Plantago maior*, the greater or broad Plantaine.
*Serapion Apuleij, Orchis serapias*, a kind of Gandergrasse.
*Serapium, vide Syrupus.*
*Serapium officinarum, vide Sagapenum.*
*Serica, Zizipha*, a kinde of fruite so called.
*Seriphium, seu Seriphon, Absinthium marinum*, a kind of Wormewood growing in the sea.
*Seris, Cichorium*, Cicory or Endine.
*Seris satiua angustifolia*, the lesser Endiue.
*Seris satiua minor*, the same.
*Seris somnifera, siue Seris vrinaria*, a kind of Endiue.
*Serpentaria Dioscoridis, Dracontium*, Dragons.
*Serpentaria officinarum, Bistorta*, Dragons.
*Serpentaria minor*, the lesser Dragons: of some it is also called *Aron, Serpentaria minor.*
*Serpentaria rubra Herbariorum, Bistorta*, Dragons.
*Serpentaria minor, Numularia*, Siluergrasse, or Dragons.
*Serpillum, siue Serpillus*, wild Thyme.
*Serratula maior Herbariorũ, Betonica*, Betony.
*Serratula minor, Chamedrys*, Germander.
*Serta Campana, Catonis, Sertula Campana Dioscoridis, Melilotus*, Melilote.
*Serum*, Whay.
*Sesamum, Sesama*, it is an vnknowen sæde, for the which the Apothecaries vse the sæde of *Camelina.*
*Sesamum officinarum, Camelina.*
*Sesamum agreste, Sesamum agrion, Ricinus, Palma Christi.*
*Seseli, Seselium, & Seselis*, Siluermountain sæde
*Seseli Æthiopicum*, blacke Siluermountaine.
*Seseli Æthiopicum herbaceum*, the same.
*Seseli ceruinum albũ, Seseli Peloponnesiacũ*, white Siluermountaine.
*Seselinm, Seseli*, Siluermountaine.
*Seseliũ Peloponnesiacũ, vide Seseli ceruinũ album.*
*Seseli Cyprion, Palma Christi.*
*Setanias, siue setanium*, a kind of Wheate.
*Setialis, Viola maria*, a kind of Violet.
*Seutlomalache, siue Seutlomalachon, Spinachea*, Spinage.
*Seutlon Beta*, Bætes.
*Sicla officinarum, Beta, Sicula*, Bætes.
*Sicys, Sicyos, Cucumis*, a Cucumber.
*Sicys agrion, Cucumer syluestris, Cucumer asininus*, a wilde Cucumber.
*Sideritis, Magnes*, the loadstone.
*Sidia, malus punica*, the Pomegranate træ.
*Sidion, Malicorium*, the Pomegranate huske.
*Sief Arabum, Collyrium, vel Collyrium siccum, dicitur latinis, Græcis Xerocollyrium*, a medicine for the eyes.
*Sief de Fellibus, Collyrium de Fellibus*, a medicine for the eyes made of Gals.
*Sief de Plumbo, Collyrium de Plumbo*, a medicine for the eies made of Lead.
*Sief de Rosis, Collyrium de Rosis*, a medicine for the eyes made of Roses.
*Sief de Thure, Collyrium de Thure*, a medicine for the eies made of Frankincense.
*Sief viride, Collyrium viride*, a medicine for the eies of a græne colour.
*Sigillum Christi Herbariorum, Herba paris*, a kind of Liberts or Wolfs bane.
*Sigillũ lemnium, Terra sigillata*, sealed earth.
*Sigillum Salomonis, Polygonatũ*, Salomons seale
*Sigillum Veneris, Herba Paris*, Wolfes bane.
*Signigialum*, Dragons.
*Siler, Salix pumila, Salix aquatica*, a kind of Willow or Wythie Osier.
*Silermontanum officinarum, Seseli Massilienſe*, a kind of Siluermountaine.
*Silex*, a Flint stone.
*Sili Hippocratis, Sili, vel Seselis Plinij*, Siluermountaine.
*Sili Plinij, Sili Hippocratis.*
*Silicia Plinij, Fœnum græcum*, Fenegræke.
*Silicula Varronis, Fœnum græcum*, the same.
*Silphanthemũ, Amaranthus luteus*, Cudwæde or Chaffewæde.
*Sili Cyprion Herodoti, Ricinus, Palma Christi.*
*Siliqua Arbor*, the Siliche træ.
*Siliqua Ægyptia, Cassia fistula*, round Cinnamom pipes.
*Sinapi, vel Snapis*, Mustarde.
*Sinapi Persicum, Raphanus marinus*, a kinde of Mustard.
*Singultus*, yering or sobbing.
*Spinalus, Carbunculus Candidus*, a kind of Carbuncle.
*Siselos officinarum, Seseli*, Siluermountaine.
*Sisarum, vel Siser*, the Skirret, the white Carrot, or yellow Parsnep.
*Siser, vide Sisarum.*
*Sirupus, vide Syrupus.*
*Sisymbrium*, water Mints.
*Sisymbrium aquaticum*, the same.
*Sitanium*, Saint Peters wheate.

*Smilax, Taxus*, Bindwæde, or Iuie.
*Smilax lævis*, Ropewæde, or Wædebinde.
*Smyrna, Myrrha*, Myrrh.
*Smyrnium*, Louage.
*Soda Arabum, Capitis Dolor*, headach.
*Solanum, Styrchnus*, Nightshade, or deaths hearbe.
*Solanum satiuum*, the same.
*Solanum vesicarium, Halicacabus*, winter Cherry, or Alkakengie.
*Solanum rubeum*, the same.
*Solatrum officinarum, Solanum*, Nightshade.
*Solatrum rubrum, Halicacabus*, Alkakengie.
*Solbastrella, siue Sorbastrella*, Pimpernell.
*Soldana, siue Soldanella officinarum, Volubilis marina*, Sea cole.
*Solidago, Consolida*, Wallwort.
*Solidago media*, Sengræne.
*Solsequum Aureum*, a Marygold.
*Solidago saracenica*, a kind of Wallwort.
*Solutio continuitatis*, a dissoluing of that which necessarily belongeth to another.
*Sonchus, Cicerbita*, Sowthistle.
*Sonchus aspera, Sonchus syluestris*, wilde Sowthistle.
*Sorbum, Sperba*, the Seruis træ.
*Sorbus*, the same.
*Sorgum, siue Sorghum*, Millet of Indy.
*Sophia, Thalictrum*.
*Spanachia, Spinacea*, Spinage.
*Sparagus officinarum, Asparagus*, Sparage.
*Spasmus, Conuulsio*, the Cramp.
*Spatula odorata, Iris*, the Flower deluce.
*Species Diambræ*, a powder of Ambergræce.
*Species Dianisi*, a powder of Annis sædes.
*Species Dianthus, siue Dianthos*, a powder of the flowers of Rosemary.
*Species Aromatici Rosati*, a power of Roses.
*Species Aromatici Caryophyllati*, a powder of Cloues.
*Species Diacalaminthon*, a powder of wilde Mints.
*Species Diacroci, siue Species Diacurcumæ, siue Diacrocomæ*, a powder of Saffron so called.
*Species Diacosti*, a powder so called.
*Species Diacymini*, a powder of Comin.
*Species Diatragacanthi frigidi & Calidi*, a powder so called.
*Species Diacinnamomi*, a powder of Cinnamome.
*Species Cordiales*, a powder for the hart.
*Species Ducis*, a powder so called.
*Species Diagalangæ*, a powder of Galangall.
*Species de gemmis frigidæ*, a powder so called.
*Species de gemmis Calidæ*, a powder so called.
*Species de gemmis Temperatæ*, a powder of tempered Pearles.
*Species Hieræ simplicis*, a powder so called.
*Species Diairis, siue Diaireos*, a powder of Flower deluce.
*Species Iustinæ*, a powder so called.
*Species Dialaccæ*, a powder so called.
*Species Lætificantes*, a powder whereby the hart is made glad and ioyfull.
*Species lætitiæ Galeni*, the same.
*Species lithontribon*, a powder so called.
*Species Liberantes*, a preseruatiue powder.
*Species Diamargariton frigidæ*, a very cooling powder made of Pearles.
*Species diamargariton Calidæ*, a warming powder made of Pearles.
*Species Diamenthæ*, a powder of Mints.
*Species Diamosci amari, & Dulcis*, a powder so called.
*Species Neræ*, a powder so called.
*Species Diaolibani*, a powder of Frankinsence.
*Species de Papauere*, a powder of Poppy.
*Species Diapenidij*, a powder so called.
*Species Diapæonij*, a powder of Piony rootes.
*Species Diaphœnicon, vide Diaphœnicon*.
*Species Philanthropon*, a powder so called.
*Species pliris Arcoticon officinarum, siue Species Diapliris arcoticon*, a powder so called.
*Species Diaprassij*, a kind of powder.
*Species Diarhodon Abbatis*, a powder of Roses.
*Species Electuarij de succo Rosarum*, a powder of the sap of Roses.
*Species Rosatæ nouellæ*, a powder of Roses.
*Species de seminibus*, a powder of certayne sædes.
*Species Diatrionpipereon*, a powder of thræ kinds of Pepper.
*Species Triasandalon*, a powder so called.
*Species Diaturbith*, a powder of Turbith.
*Species Bartholdi*, a powder so called, which is vsed to be eaten with Fish, and with cold Hens and Capons.
*Species Diaxuloaloes*, a powder so called.
*Spelta, Sea*, Spelt.
*Sperma Balenarum*, the spawne of a Whale.
*Sperma ceti*, the same.
*Speronella, Aparine*, Goeshart.
*Sphacelus Theophrasti*, a kind of Sage.
*Sphæra marina, Sphæra Thalassia*, sea balles.
*Sphærion, Sphæritis, Nux Cypariss*, a Cypresse Nut.

Mut.
*Sphagnon, Muscus arborum,* Mosse.
*Sphecle,* leese of wine.
*Sphocle,* the same.
*Sphondilium,* Bearebrech, or Beares claw.
*Sphragis, Sigillum lemnium,* Sealed earth.
*Spica Celtica, Spica Romana, Spica Gallica,* the long Spikenard.
*Spica hortulana,* a kinde of Lauender.
*Spica indica, Nardus indica,* a kinde of Spikenard.
*Spica Romana, vide Spica Celtica.*
*Spicantum Herbariorum, Lonchitis altera,* an herbe so called.
*Spinacea, Spinaceum, Spinachia,* Spinage.
*Spina Dina Mariæ,* a kinde of Rose so called.
*Spina Buxea, Pyxacantha,* the Berbery tree.
*Spina murina, Spina vespertilionis,* Butchers broome.
*Spinalus, Carbunculus candidus,* a Carbuncle.
*Spinus Vergilij, Prunus sylvestris,* a wilde Plumtree, or Slotree.
*Spiritus vitales,* the liuely breath.
*Splenium,* Harts tong.
*Splen, Lien,* the Milt.
*Splenetica,* the Milt paine.
*Spodium græcorum, Pompholix nigra,* a kinde of sote.
*Spolium Viperæ,* the skin of a Viper.
*Spongiola, Rosæ caninæ, Spondogos Marcelli, Bedegar,* that groweth on a swæte bryer or other trees like a spunge.
*Spondylia,* ridge bones.
*Spongites, Lapis spongiæ,* Sponge, or Iewish stone.
*Spuma auri,* yellow Lithargie.
*Spuma argenti,* Siluer drosse, or white Lithargie.
*Spuma Batauæ martialis, Luxiuium,* Lye.
*Spuma Caustica martialis, Lixiuium,* Lye.
*Spuma maris,* sea foame, or froth.
*Spuma Plumbi,* Lithargie or white Leade.
*Squinanche, & Squinantia Barbarorum,* the inflammation of the muscle of the inner gargill, the Squince, *Alias Angina.*
*Squilla,* and *Squylla officinarum,* a certayne herbe so called.
*Stachyites, Tripolium,* a kinde of Turbith.
*Stacte, styrax liquidus,* the flower of Myrrh, *vide Storax liquida.*
*Stæchas Galeni, stichas Dioscoridis,* French Lauander, or Lauander gentle.
*Stæchas citrina herbariorum, Amarantus luteus,* Maudlenwort, Cudwæde, or Chaffewæde.
*Stafis agria officinarum, staphys agria,* Staueacre, or Licebane.
*Stagonitis,* a certaine herbe in Syria, from the which the gumme *Galbanum* commeth, *vide Galbanum.*
*Staphylinus, Pastinaca,* a Parsenep.
*Staphylinus albus, Pastinaca alba,* a white Parsnep.
*Staphylinus erraticus, Pastinaca vera,* a wilde yellow Parsenep.
*Staphylinus luteus, Pastinaca lutea,* a yellow Parsenep.
*Staphylinus ruber, Pastinaca rubea,* a kinde of red Parsenep.
*Staphylodendrum,* a kinde of Nuts so called.
*Staphydes, Vuæ passæ,* Raysons.
*Staphys agria,* Staueacre, or Licebane.
*Staturnaria Apuleij, Polygonum,* Knotgrasse.
*Stear, Viscum,* Mistleto.
*Stella Attica, Bubonium,* Codwort.
*Stella Massiliotica, Bubonium Massilioticum,* a kinde of the same.
*Stelladia Italorum,* an Hypocrasse drinke in Italy called *Stelladia.*
*Stellaria Herbariorum, Alchimilla,* Ladies mantle.
*Stelephuros Theophrasti, Plantago Angustifolia,* narrowleafed Plantaine.
*Stemphyla, Vuarum expressarum retrimenta,* pressed, or dryed Grapes.
*Stercus caninum album, Vulgo album græcum dicitur,* the white dung or ordure of a dog.
*Stercus Diaboli officinarum, Assa fœtida,* a stinking gumme.
*Stergetron, Sedum,* Houseleeke.
*Sternutatio,* Sneesing.
*Stibi, Stibium, Antimonium,* a kinde of glasse so called.
*Stichas Dioscoridis, Stæchas Galeni,* Lauender gentle.
*Stichas Arabica,* Arabian Lauender.
*Stichas Citrina herbariorum, Amarantus luteus,* Maudlenwort, Cudwæde, or Chaffewæde.
*Stichas Gallica,* a kinde of Lauender gentle so called.
*Stichas montana,* Italian Lauender gentle.
*Stimmi, siue Stimium,* a glasse so called.
*Stincus officinarum, Scincus, crocodilus terrestris,* an earth Crocodile. Our doting fooles vse the water Cuet for it, which is as like it, as an Apple is like an Oyster.

*Stypho-*

*Stiphonia, siue Styphonia*, a kinde of Lauender gentle.
*Stomachus*, the stomack.
*Stomoma, Chalybs*, Steele.
*Storax officinarum, & Storax Calamintha, Storax, siue Styrax Calamitis*, a certaine odoriferous and well smelling gum, proceeding of a tree also called Styrax.
*Storax liquida officinarum, Styrax liquidus*.
*Stacte*, a sweete smelling iuice of Myrrh.
*Strangulatio*, strangling, choking, or stopping.
*Strangulator medicorum, Vulgo angina*, the Squince.
*Stranguria, Vrinæ stillicidium*, the Strangurie.
*Stratiotes, Millefolium*, Milfoyle, Yarrow, or Noseblæde.
*Strobilus, Conus*, a Pine appletree.
*Strobili, nuclei Pini*, a Pine apple.
*Strobilus, Cinara*, an Artechoke.
*Struthiomelum, Struthium*, Burit, herbe Philip, Fullons grasse, or Crowsope.
*Struthium, vide Struthiomelum*.
*Strutos, Passer*, a Sparrow.
*Strichnum, siue Strichnus, Solanum*, Nightshade.
*Stupefactiua*, a dismaying medicine.
*Stupor, Paraplexia*, sodaine priuation or lacke of sense of feeling.
*Suber, Phellus*, Corke.
*Subeth Arabum, Charos*, a kinde of sleeping disease.
*Subuersio ventriculi*, the turning vpside downe of the Mawe.
*Succinum, Electrum*, Amber.
*Succinum Orientale, Ambarum*, Amber.
*Succio Macobij, Persicum*, a Peach.
*Succisa, Morsus Diaboli*, Deuils bit, or Remcope.
*Sucotachos, Perditium*, Pellitory of the wall.
*Succus malorum Punicorum, siue vinum malorum punicorum*, the sap or iuice of a Pomegranate.
*Succus medicus, Succus Syriacus, Assa fœtida*, a stinking gumme.
*Suffusio fellis, Suffusio bilis, Ictterus*, the yellow Iaundise.
*Sulphur, Sulfur*, Brimstone.
*Sulphur viuum*, Sulfer vife.
*Sulphur mortuum, Sulphur factitium*, Brimstone.
*Sulphur factitium*, the same.
*Sumach Arabum, Rhus Græcorum*, a kinde of sæde which of the Apothecaries is called *Sumach*.
*Supercilium terræ, Adiantum*, Venus, Mayden, or our Ladie haire.
*Supercilium Veneris, Millefolium*, Millefoyle.
*Suppositorium officinarum, & Barbarorum Glans, Balanus*, a Suppository.
*Suppressio nocturna, Ephialtes, Incubus*, a disease in ones sleepe when one is almost stifeled, and cannot well fetch his breath, nor speake. The Mare.
*Sutura capitis*, the seame in the skull.
*Sycaminum, Morum*, the Mulbery tree.
*Sycodes, Ficus*, the Emerrhoides.
*Syluæ mater Scriboni*, Honysuckle.
*Symphytum alterum, Symphytum minus*, Wallwort, Asse eare, or Comfrey.
*Synciput*, the fore part of the head.
*Syncopalis fames*, an extreame or cutting hunger.
*Syncope*, a sowning for feblenesse.
*Syncliopa, Stœchas*, French Lauender.
*Syndesmi, Ligamenta*, Bonds.
*Synochus*, an ague so called.
*Syræum, mustum ad tertias coctum*, new wine or must thrise sodden.
*Syreon Plinij, Tortyle, siue Tordylium*, the sæde of the herbe *Seselis*.
*Syrium, Minium secundarium*, Sinople, red Leade, or Vermileon.
*Syrtites, Saphirus lapis*, a Saphire.
*Syrupus, sirupus, serapium*, and of *Nicolaus Myrepsius* it is called *Drosatum*, a Syrupe.
*Syrupus de Absinthio*, sirupe of Wormewood.
*Syrupus Acetosæ, Syrupus de succo Oxalidis*, Sirupe of sower Docks.
*Syrupus acetosus simplex officinarum, syrupus acetatus simplex*, sirupe of Vineger.
*Syrupus acetatus simplex, syrupus acetosus simplex*.
*Syrupus acetosus compositus officinarum, vel syrupus acetosus de radicibus, syrupus acetatus compositus de radicibus, syrupus acetatus diureticus*, a kinde of sirupe so called.
*Syrupus acetosus compositus*.
*Syrupus acetosus de Cythonijs officinarum, syrupus acetatus de Cydonijs*.
*Syrupus acetatus de radicibus, vide syrupus acetosus compositus*.
*Syrupus acetatus diureticus, vide syrupus acetosus compositus*.
*Syrupus acetatus de Cydonijs, vide syrupus acetosus de Cydonijs*.
*Syrupus acetatus Diarhodon, vide syrupus acetosus Diarhodon*.
*Syrupus acetosus Diarhodon, syrupus acetatus Diarhodon,*

*Diarhodon*, Sirupe of Vineger and Roses.
*Syrupus adiantinus, vide syrupus de Capillis Veneris.*
*Syrupus de Arantijs, sive Arantiorum*, Sirupe of Oranges.
*Syrupus de Artemisia*, Sirupe of Mugwort.
*Syrupus de Berberibus, syrupus de Oxyacantha*, Sirupe of Berberies.
*Syrupus de Betonica*, Sirupe of Betony.
*Syrupus de Byzantijs, syrupus Danarij, syrupus Byzantinus*, a Sirupe so called.
*Syrupus de Boragine*, Sirupe of Burrage.
*Syrupus de Buglossa*, Sirupe of Bugloss.
*Syrupus de Calamintha*, Sirupe of Calamint.
*Syrupus de Cichorea, sive de Cichorio*, Sirupe of wilde Cicorie.
*Syrupus de Cichorio cum Rhabarbaro*, Sirupe of Cicorie and Rubarbe.
*Syrupus Capillorum Veneris, syrupus Adiantinus*, Sirupe of Venus, Mayden, or our Ladies haire.
*Syrupus de corticibus Citri*, Sirupe of the shels of a Citron.
*Syrupus de Cucurbita, syrupus Cucurbitinus*, Sirupe of Gourds, or Pompeons.
*Syrupus Cydoniorum, Mina Cydoniorum*, Sirupe of Quinces.
*Syrupus de Endinia, syrupus de Intybo*, Sirupe of Endiue.
*Syrupus de Epithymo.*
*Syrupus de Eupatorio, syrupus de Agrimonia*, Sirupe of Agrimony.
*Syrupus Danarij, Vide syrupus de Byzantijs.*
*Syrupus de Agrimonia, vide syrupus de Eupatorio.*
*Syrupus de Fumaria, syrupus de Fumo terræ*, Sirupe of Fumitory.
*Syrupus de fumo terræ, vide supra.*
*Syrupus de Glycyrrhiza, officinis syrupus de liquiritia dici*, Sirupe of Liquorice.
*Syrupus granatorum, syrupus ex succo malorum Punicorum*, Sirupe of Pomegranates.
*Syrupus de Hyssopo*, Sirupe of Hyssope.
*Syrupus de Intybo*, Sirupe of Endiue.
*Syrupus de Irios officinarum, syrupus de Iride, syrupus Irinus*, Sirupe of the Flower deluce.
*Syrupus de Iuiubis, syrupus Iuiubinus, syrupus Zyzyphorum*, or *Zyzyphinus*, a Sirupe so called.
*Syrupus de Lemonibus, sive syrupus aciditatis Lemoniorum*, Sirupe of Limons.
*Syrupus de Lupulo, syrupus Lupulorum*, Sirupe of Hops.
*Syrupus de Mentha*, Sirupe of Mints.
*Syrupus de Myrto, sive syrupus Myrtinus*, Sirupe of Myrtles.
*Syrupus Malorum Nerantziorum*, Sirupe of Oranges.
*Syrupus condituræ Mirobalanorum*, Sirupe of the confection of Mirobalans.
*Syrupus de Nenuphare officinarum, vide syrupus de Nymphæa.*
*Syrupus de Nymphæa, syrupus de Nenuphare officinarum*, Sirupe of water Lillies.
*Syrupus de Papauere, sive syrupus Papauerinus*, Sirupe of Poppy.
*Syrupus de Omphacio, vide syrupus de Agresta.*
*Syrupus de Oxyacantha, vide syrupus de Berberis.*
*Syrupus de succo Oxalidis, syrupus de succo Acetosæ.*
*Syrupus Persicorum*, Sirupe of Peaches.
*Syrupus de Plantagine*, Sirupe of Plantaine.
*Syrupus de Pomis*, Sirupe of Apples.
*Syrupus de Pomis Saboris Regis.*
*Syrupus de Portulaca*, Sirupe of Purslaine.
*Syrupus de Prassio*, Sirupe of Horehound.
*Syrupus de Pyris*, Sirupe of Peares.
*Syrupus de radicibus, vide syrupus de quinque radicibus.*
*Syrupus de duabus radicibus*, Sirupe of two rootes.
*Syrupus Ribium*, Sirupe of Raspeles.
*Syrupus infusionis Rosarum, syrupus Rosarum*, Sirupe of Roses.
*Syrupus rosarum, vide syrupus infusionis rosarum.*
*Syrupus rosarum solutiuus, sive Syrupus incarnatarum rosarum*, a laxatiue Sirupe of Roses.
*Syrupus de rosis siccis, sive Syrupus rosarum siccarum*, Sirupe of dryed Roses.
*Syrupus rosarum albarum*, Sirupe of white Roses.
*Syrupus Saboris Regis, sive Syrupus de pomis Saboris Regis*, a certaine kinde of Sirupe so called.
*Syrupus Senæ, sive syrupus Seniticus*, a Sirupe of Sene.
*Syrupus de liquiritia officinarum, vide syrupus de Glycyrrhiza.*
*Syrupus de Stachade*, Sirupe of Lauender gentle.
*Syrupus de Thymo*, Sirupe of Tyme.
*Syrupus Violarum*, Sirupe of Violets.

## T.

*Tabes, Phthisis*, a consuming and wasting of the bodie.

*Talus Leporis.*
*Tamarindi,* lower Dates.
*Tamariscus officinarum,* a Tamariske tree.
*Tamarix,* the same.
*Tamarus, Vitis nigra,* black Bryony.
*Tamnus, siue Tamus,* the same.
*Tanacetum,* Tansie.
*Tanacetum syluestre herbariorum, Anserina,* wild Tansie.
*Tapsus Barbatus,* Woolblade.
*Tarantula, Phalangium,* a kinde of Spiders.
*Taraxacon Arabum, Cichorea, Intybus syluestris,* Cicorie.
*Taraxacon officinarum, Aphaca Theophrasti,* the same.
*Tarbelodathirum Dioscoridis, Plantago,* Plantaine.
*Tarum Plinij, Agallochum Græcorum,* a sweete wood so called.
*Tartarus,* the lees of wyne.
*Taxus, Smilax,* a tree like Firre, a kinde of Yew.
*Tecolithus, Lapis Iudaicus,* Jewes stone.
*Telephium,* an herbe so called.
*Telephium Album,* a kinde of white Orpine.
*Telephium purpureum,* a kinde of Orpine.
*Telis,* Fenegreeke.
*Tembul, siue Tembulum Arabum, folium Indum, vide Malabathrum.*
*Tendones,* the cords or sinnewes.
*Teneſmus, Tineſmus,* a disease so called.
*Terbentina officinarum, resina Terebinthina.*
*Terebinthina,* Turpentine.
*Terebinthus,* the Turpentine tree.
*Terbintinha resina,* Turpentine.
*Terebinthizusa,* a kinde of yellow Jasper stone.
*Tereniabin, siue Tergebin Arabum, Manna liquida,* Honny dewe, or Manna.
*Terpentina officinarum, Resina Terebinthina,* Turpentine.
*Terra figularis Columellæ, Argilla,* Potters earth.
*Terra lemnia, Terra sigillata,* sealed earth.
*Terra sigillaria Ciceronis, Argilla,* Potters earth.
*Terra viridis,* Borasse.
*Terra Sancti Pauli,* an earth so called.
*Tertiana,* a Tertian Ague.
*Tertiana exquisita,* a right Tertian Ague.
*Tertiana extensa,* a Tertian Ague of fortie howers.
*Tertiana duplex,* a double Tertian Ague, which is also mixed with a Quotidian Ague.
*Tertiana notha, siue Tertiana spuria,* a bastard Tertian Ague.
*Testiculus, siue Testiculus Canis, Orchis,* Dog stones.
*Testiculus leporinus, Satyrion,* three leafed Gandergrasse.
*Testiculus sacerdotis, Chelidonium minus,* the lesser Celandine.
*Testiculus odoratus,* a kinde of dog stones.
*Testiculus Satyri, Satyrium erythronium,* a kinde of three leafed Gandergrasse.
*Testiculus vulpis, Satyrion,* a kinde of Ragwort.
*Testidunaria, Cyclaminus,* Sowes bread.
*Teucrium,* great Germander.
*Teutlomalache, Spinacea,* Spinage.
*Teuthalis, Polygonum,* Knotgrasse.
*Teutlis, siue Teutlon,* Beetes.
*Tetanus,* a kinde of Cramp.
*Thalictrum,* Sophia.
*Thapsia,* a kinde of Turbith.
*Thaumastos, Iris,* Flower deluce.
*Thelpide, vel Thalpide, Iris,* the same.
*Thelyphonum,* an herbe so called.
*Thelyphtorium, Abrotonum,* a kinde of Sothernwood.
*Theriaca,* Treacle.
*Theriaca Andromachi,* a kinde of the best Treacle.
*Theriaca Diatessaron,* common Treacle.
*Theriaca magna,* another kinde of the best Treacle.
*Theriacaria, Phu verum,* a kinde of Valerian.
*Theriophonum Apuleij, Dracontium,* Dragons.
*Theriophonum Dioscoridis, Pardaliances,* Libards baine.
*Theriophonum Aconitum, Pardaliances.*
*Therium Apuleij, Dracontium,* Dragons.
*Thermæ sulphurææ,* Brimstone bathes.
*Thermus, Lupinus,* Lupines.
*Thesarica, Plantago,* Plantaine.
*Thion apyron, sulphur fossile, seu ignem non expertum,* a kinde of Brimstone.
*Thlaspi Crateuæ, Thlaspi alterum Dioscoridis, Raphanus marinus,* Rayfort, treakle Mustard, boures or dith Mustard.
*Thorax,* the Brest.
*Thrausma, siue Thrauston Plinij, Ammoniacum, Thymiama,* a certaine kinde of gum Armoniake, *vide Ammoniacum Thymiama.*
*Thridax, Lactuca,* Lettice.

*Thridax agraria, Lactuca syluestris*, wilde Lettice.
*Thronon Homeri, Rosa*, a Rose.
*Thryalles*, the leaues of the herbe called rose Campion.
*Thus Olibanum*, Frankinsence.
*Thus Corticosum*, the refuse of Frankinsence.
*Thus adulterinum*, bastard Frankinsence.
*Thus granulosum*, crombed Frankinsence.
*Thus masculum, Thus testiculatum*, White Frankinsence.
*Thus terræ Plinij*, *Chamepitys*, Yeath, or dwarfe Cypres.
*Thylacitis, Papauer album*, white Poppy.
*Thymiama, Narcaphtum officinarum, Thymiama*, blacke Frankinsence.
*Thymiama herbariorum, Thymum*, Tyme.
*Thymum Candidum, Thymum Capitatum, Thymum Creticum, Thymum siccatum, Thymum Aromaticum*, white Tyme, or Tyme of *Creete*.
*Tilia, Philyra*, the Teyle tree.
*Tilia fœmina, Tilia satiua*, the Linden tree.
*Tilia mascula, Tilia syluestris*, the wilde Teylet tree.
*Tilphantemum*, Gold flower.
*Timoron, Cicuta*, Hemlock.
*Tithymalus arboreſcens*, wilde Spurge.
*Tithymalus Characras*, a kinde of Spurge.
*Tithymalus Caryites*, a Spurge so called.
*Tithymalus Cobius*, wilde Spurge.
*Tithymalus Cometes*, the same.
*Tithymalus Cupreſſinus*, or *Tithymalus Cyparissias*, Pine spurge.
*Tithymalus Dendrodes, siue Dendroides*, stone spurge.
*Tithymalus fœmina*, the female Spurge.
*Tithymalus leptophyllos*, stone Spurge.
*Tithymalus latifolius*, broade leafed Spurge.
*Tithymalus myrtifolius, siue myrtiphyllos*, or *Tithymalus myrtaceus*, a certaine spurge so called.
*Tithymalus masculus*, Wolfs milke.
*Tithymalus petræus*, stone spurge.
*Tithymalus paryphyllos*, a certaine spurge so called.
*Tithymalus soliſequius, siue solſequius*, Wert grasse, or Wertwort.
*Tithymalus tenuifolius*, narrow leafed Spurge.
*Tithymalus vallaris*, wilde Spurge.
*Tonsillæ*, the kirnels growing within the mouth.
*Topiaria*, Italian Bearebræch, or Beares claw.
*Tordylium, Tordylion, Seseli Creticum*, Siluer mountaine of *Candy*.
*Tormentilla*.
*Tormina*, fretting or wringing in the belly or guts.
*Torpor*, a debilitation or feebleneſſe of the minde.
*Tota bona herbariorum*, a kinde of Spinage.
*Toxicum*, a kinde of venim or poyson, wherewith the heads of arrowes are poysoned.
*Trachea*, the weſin or pipe of the lungs, the windepipe.
*Tragacantha, Tragacanthum*, a kinde of gum.
*Tragea, Tragema*.
*Tragorigamum, siue Tragoriganus*.
*Tragonatum, Caryophyllus Aruensis*, Corne rose.
*Tragonia, Tarragon*.
*Tragoselinum herbariorum*, *Pimpinella alba*, white Pimpernell.
*Tragoselinum maius, Pimpinella maior*, the greater Pimpernell.
*Tragoselinum minus*, the lesser Pimpernell.
*Tremor*, quaking, trembling, or great feare.
*Triapharmacum officinarum*, *Emplastrum triapharmacum*.
*Trisantali, Triasandalon officinarum*, Loke *Diatrisandalon* in the letter *D*.
*Tribulus aquaticus*, *Tribulos enydros*, water Chesnut.
*Tribulus marinus officinarum, Tribulus aquaticus*, the same.
*Trichomanes*, Maydens haire.
*Tridactylum, Vitex, Agnus castus*.
*Trifolium, Triphyllon*, three leafed grasse.
*Trifolium acidum, siue Acetosum*, sower Trifoly, or Woodsower.
*Trifolium acutũ Columellæ Asphaltium*, prickled Trifoly.
*Trifolium album*, white Trifoly.
*Trifolium felinum, Lagopus*, Hares foote, Hares cummin, Trinitie grasse, or herbe Trinitie.
*Trifolium græcum*, Fenegræke.
*Trifolium incarnatum Herbariorum*, a kinde of Trifoly.
*Trifolium odoratum Vergerij, Asphaltium*, garden Clauer.
*Trifolium pratense*, three leafed grasse, or Trifoly the red.
*Trifolium purpureum*, the same.
*Trifolium syluestre*, wilde Trifoly.
*Trifolium Trinitatis, Lagopodiũ*, Trinitie grasse.
*Trifolium vrsinum Herbariorum, Lotus syluestris*, wilde

wilde Melilote.
*Trimithos Nicandri, Terebinthus*, the Turpentine tree.
*Trinitatis herba*, hearbe Trinity, or Hartes ease.
*Trionpiperion officinarum, vide Diatrionpipereon.*
*Triorchis Æginetæ, Orchis serapias Dioscoridis*, Gandergrasse.
*Tripetalon, Callimachi, Trifolium pratense*, a kind of Trifoly.
*Trifera magna*, a confection so called.
*Trifera fœnonis*, a certaine confection.
*Trifera Persica*, a confection so called.
*Trifera Saracenica*, a certaine confection.
*Tripolium, Turpetum Serapionis*, a kind of Turbith.
*Trissago, Chamedrys, Chamedryos.*
*Trissago aquatica, sive Palustris, Chamedrys aquatica, vide Teucrium.*
*Trissia, vide Trisca.*
*Trithales*, a kinde of Hollocke.
*Triticum silvestre, vel Triticum terrestre, Chelidonium minus*, the lesser Celandine.
*Tritum Apuleij, Tithymalus dulcis*, a kinde of Spurge.
*Trixago, Trissago*, Germander.
*Trixago palustris, vide Teucrium.*
*Trixis Plinij, Palma Christi.*
*Trociſci paſtilli : Officinæ nonnihil depravata Apellatione Trociſcos nominant ſine aſpiratione*, a certaine kinde of round cakes, which are prepared for medicines.
*Trociſci Adulphi, vide Trociſci de ſulphure.*
*Trociſci de Abſinthio*, little cakes of Wormewood.
*Trociſci de Agarico*, cakes of Agarick.
*Trociſci de Alhandel, Trociſci de Colocyntide*, little cakes of Coloquintida, or wilde Gourds.
*Trociſci de Alkakengi, Trociſci de Halicacabo.*
*Trociſci de Berberis, ſive de Berberibus, Trociſci de Oxyacantha*, little cakes of Berberies.
*Trociſci de Bolo Armeno*, cakes of fine Bolus.
*Trociſci de Camphora*, cakes of Camphire.
*Trociſci de Capparibus, ſive Trociſci Capparum.*
*Trociſci de Charabe, ſive Trociſci de ſuccino*, cakes of Amber.
*Trociſci de Chelidonia*, cakes of Celandine.
*Trociſci de Colocyntide, vide Trociſci de Alhandel.*
*Trochiſci de Corallijs*, cakes of Corrall.
*Trochiſci de Crocoma, vide Trociſci de Lacca.*
*Trochiſci de Eupatorio*, cakes of Agrimony.
*Trochiſci de Lacca*, cakes of *Lacca*, *ſive Trochiſci de Crocoma.*
*Trochiſci de Halicacabo, vide Trochiſci de Alkakengi.*
*Trochiſci de Gallia Moſcata.*
*Trochiſci de Diarhodon*, Roſecakes which do retayne the name *Diarhodon*, or cakes of *Diarhodon.*
*Trochiſci de Myrrha*, cakes of Myrrh.
*Trochiſci de Olibano*, cakes of Frankinſence.
*Trochiſci de Oxyacantha, vide Trochiſci de Berberis.*
*Trochiſci de Rhabarbaro.*
*Trochiſci de Roſis*, Roſe cakes.
*Trochiſci de Sandalis*, cakes of *Lignum Aloes.*
*Trochiſci de Sulphure, ſive Trochiſci Adulphi.*
*Trochiſci de Spica*, cakes of Spikenard.
*Trochiſci de Spodio*, cakes made of a kinde of ſote so called.
*Trochiſci de Terra ſigillata.*
*Trochiſci de Violis*, Violet cakes.
*Tricophyes Apuleij, Trochomanes*, Mayden haire.
*Trichnus, Solanum*, Nightshade.
*Trymphalites, Cyclaminus*, Sowes bread.
*Turbetum, Turpetum*, the Turbit rote.
*Turbit*, the same.
*Turpetum Actuarij duplex, nigrum, & album*, white and black Turbith.
*Turpetum album, Alypum*, white Turbith.
*Turpetum Alexandrinum, Turpetum Orientale*, the same.
*Turpetum Cineritium, Thapsia*, a kinde of Turbith.
*Turpetum Serapionis, Tripolium Dioscoridis*, a certaine kind of Turbith so called.
*Tussilago, Bechium*, Foles sote.
*Tussis*, the Cough.
*Tutia Arabum, Pompholyx nigra*, gray Tutty.
*Tutia officinarum, Cadmia fornacia*, Tutty.
*Tutia factitia*, Tutty counterfeited.
*Tuuesca, vocabulum vngaricum, Pruna Passa*, dryed Prunes.
*Tympania, ſive Tympanites*, the Timpany.
*Typhodes*, a kinde of continuall ague.
*Typhonium Dioscoridis, Apolinaris*, Henbane, or Henquaile.
*Typhonium Apuleij, Dracuntium*, Dragons.
*Typha Theophrasti, Typha aquatica, Typha palustris*, Cats tayle, or water torch.
*Tyrus, Vipera*, a Viper.

## V.

*Vaccinum, Vitis Idæa Theophrasti*, a blackbery.
*Valeriana, Marinella*, Valerian.
*Varices*, broken vaines in the legs, or in any other

other part of a mans body.
*Vena*, a Vayne.
*Vena Caua*, the great Iyuer vayne.
*Vena Citrina, Cyperus Indicus*, a kinde of Cypreſſe roote.
*Vena communis*, the Hedian vaine.
*Vena corporalis*, the ſame.
*Vena manifeſta*, the mother vaine.
*Vena nigra*, the median vaine.
*Vena pulſatilis*, the pulſe vaine.
*Vena tinctoria, rubia infectoria*, Madder.
*Vena vniuerſalis, Mediana*, the Hedian vaine.
*Venæ quietæ*, the bloud vaines.
*Ventriculus*, the ſtomacke.
*Veratrum adulterinum*, *Pulmonaria Vegetij*, wilde Nęſewort.
*Verbena, ſiue Verbenąca*, Uerueine.
*Verbaſculum*, Cowſlips.
*Verbaſculum album*, white Cowſlips.
*Verbaſculum odoratum*, Cowſlips.
*Verbaſculum multiplex*, double Cowſlips.
*Verbaſcum, Phlomus*, Longwort, or Woolblade.
*Verbaſcum album, Verbaſcum fœmina*, Woolblade the female.
*Verbaſcum ſaluifolium, ſiue Verbaſcum ſylueſtre*, wilde Woolblade.
*Vermes terreni, Inteſtina terræ*, a long worme breeding in the earth.
*Vermicularis, craſſula minor*, the leſſer Houſleeke.
*Vernilagium, ſiue Vernilago, Chameleon niger*, the common Thiſtle with a great long ſtalke.
*Vernix Sandaraca*, the gumme of the Juniper tree.
*Veronica*, Paules Betony.
*Verrucales, Hæmorrhoides*, the Pyles or Hemorrhoides.
*Verrucaria quorundam*, Marygolds.
*Vertebræ, Spondylia*, the ioynts or knots of the backbone, the Spondiles.
*Vertex*, the top or crowne of the head.
*Vertigo*, a giddineſſe of the head.
*Veſicaria, Halicacabus*, winter Cherries.
*Veternus, Lethargus*, a drouſie diſeaſe cauſing a continuall ſleepe.
*Vetonica, ſiue Betonica*, Betony.
*Vicia*, a Uetch.
*Victorialis.*
*Victorialis longa.*
*Victorialis maſcula.*
*Victorialis fœmina, ſiue Victorialis rotunda.*
*Vinca peruinca officinarum*, Perwinkle.
*Vincetoxicum, Aſclepias*, Swallow wort.
*Vinciboſcum Herbariorũ, Periclymenum*, Woodbinde, or Honyſuckle.
*Vineago, Perdicium*, Pellitory of the wall.
*Vini roſa*, a kinde of wilde roſe or Eglentine ſmelling like Cinamome, a Cinamome roſe.
*Vinum ex Abſinthio*, Wormewood wine.
*Vinum aquoſum vinum oligophorũ*, a ſmall wine.
*Vinum ardens, vinum ſublimatum, Aqua vitæ.*
*Vinum arauſium*, Malmeſey.
*Vinum Apianum*, Muſcadine.
*Vinum atrum*, thicke red wine, Aligant.
*Vinum Bugloſſatum, vinum ex Bugloſſa*, Bugloſſe wine.
*Vinum Ceraſorum*, Cherry wine.
*Vinum Chium*, Malmeſey.
*Vinum Claretum*, Hippocras.
*Vinum ex floribus, Cariophylleæ*, wine of Gilloflers.
*Vinum Creticum*, Malmeſey.
*Vinum Coactum*, a kinde of Muſk.
*Vinum dilutum*, water and wine mixed together.
*Vinum Hippocraticum*, Hippocraſſe.
*Vinum Iuniperinum*, Juniper wine.
*Vinum mellitum*, Honyed wine.
*Vinum maluaticum*, Malmeſey.
*Vinum Multiferum*, ſtrong wine.
*Vinum Granatorum*, Pomegranate wine.
*Vinum Maluiſianum*, Malmeſey.
*Vinum mulſum*, ſweete wine.
*Vinum malorum punicorum*, Pomegranate wine.
*Vinum Muſcatellum, ſeu Muſcatellinum*, Muſcadine.
*Vinum Maruefianum*, Malmeſey.
*Vinum Muſteizn*, Muſk.
*Vinum Muriceum*, a kind of wine ſo called.
*Vinum Monenbaſiaticum*, Malmeſey.
*Vinum Nenupharinum*, wine of water Lillies.
*Vinum Oenodes, ſiue vinoſum*, ſtrong wine.
*Vinum polyphorum, Vinum multiferum*, the ſame.
*Vinum pauciferum, Oligophorum*, ſmall wine.
*Vinum ex Pæonia, ſiue Pæonites*, Piony wine.
*Vinum ex floribus Pſeudonardi*, Spikenard wine.
*Vinum ruffum, rubrum, vel rubeum*, red wine.
*Vinum rubellum*, reddiſh wine.
*Vinum raſpatitium*, wine of whole Grapes.
*Vinum ſublimatum, Aqua vitæ.*
*Vinum Saluiatum*, Saged wine.
*Vinum Seniticum, Vinum ex ſena confectum*, wine of Sene.
*Vinum temperatum, ſiue vinum dilutum*, wine mixed with water.
*Viola*, a Uiolet.
*Viola alba Dioſcoridis*, white, yellow, & browne Uiolets.
*Viola alba Theophraſti*, a kinde of winter Gilloflers.
*Viola alba multiplex*, white double violets.
*Viola Canina*, a dog Uiolet.

*Viola fatua*, a wilde Violet.
*Viola Martia*, a March Violet.
*Viola Martia alba*, a white March Violet.
*Viola mortuorum, Peruinca*, Perwinkle.
*Viola muraria*, March Violets.
*Viola nigra*, the same.
*Viola purpurea, idem quod Viola nigra.*
*Viola purpurea multiplex*, double Violets.
*Viola Quadrageſimalis*, March Violets.
*Viola ſylueſtris*, wild Violets.
*Violaria*, March Violets.
*Vipera, Tyrus*, a Viper, or kind of Adder.
*Virga Cerui, Priapus Cerui*, the Pille of a Stag.
*Virga aurea, Solidago ſaracenica.*
*Virga paſtoris*, Taſſell.
*Viride æris, Ærugo*, Verdigreaſe.
*Viſnago Hiſpanorum, Gingidium*, Spaniſh Cheruill.
*Viſcum, Ixos, Aſtylis*, Miſſletoe, or Miſſleden.
*Viſcum quercinum*, Miſſleden of the Oake.
*Viſcum, viſcus proglutine Aucupum, gluten Auiarium*, Birdlime.
*Vitalis, Sedum*, Houſleeke.
*Vitealis*, leſſer Ropewæde.
*Vitex, Agnus*, Chaſt tree.
*Vitis, ſiue Vitis vinifera*, a Vine.
*Vitiligo, Morphea alba Barbarorum*, a foulenesse of the body with ſpots of diuers colours.
*Vitis alba, Bryonia*, white Bryony.
*Vitis chironia, Vitis nigra*, a black Vine, or black Bryony.
*Vitis Idæa, Vaccinium*, a Blackberry.
*Vitis Veneris.*
*Vitis ſylueſtris*, a wild Vine.
*Vitis ſylueſtris flos*, the bloſſomes of the wilde Vine.
*Vitriola, Parietaria*, Pellitory of the wall.
*Vitriolum, Chalchantum*, blew Vitriol.
*Vitriolum Romanum*, Romiſh Vitrioll.
*Vitriolum vſtum*, burned Vitrioll.
*Vitulipes, Arum*, Cuckoepit.
*Vlcus*, an vlcer, or Byle.
*Vlmus*, an Elme.
*Vlmus campeſtris*, a wild Elme.
*Vlmus Montanus, Montiulmus*, a kinde of Elme.
*Vlophonum, Chameleon niger*, a kinde of Thiſtle.
*Vmbilicus veneris, Cyclaminus*, Sowes bread.
*Vndimia Chirurgorum, Oedema*, an impoſtume ſo called.
*Vnefera, ſiue vnephera*, Centory the great, *Rapontica.*
*Vngula alces,*
*Vngula caballina, Bechium*, Fole foote, or Coltes foote.
*Vngula odorata, Blatta byzantia, vide Blacca Byzantia.*
*Vnguis muris, Polygonum*, Knotgraſſe.
*Vnguis Aromaticus*, the ſame that *Vngula odorata* is.
*Vnicordia, Clematis daphnoides*, Perwinckle.
*Vnicornium, Cornu monocerotis*, the Unicorne.
*Vnguentum Ægyptiacum*, a Egyptian ſalue.
*Vnguentum Agrippæ, Agrippaes* ſalue.
*Vnguentū Altheæ*, a ſalue of marſh Mallowes.
*Vnguentum album, vnguentū de Ceruſa*, a ſalue of white leade or Ceruſe.
*Vnguentum album Camphoratū*, a ſalue of white Lead and Camfere.
*Vnguentum Anodinum*, a ſalue which eaſeth any paine.
*Vnguentum Apoſtolorum*, a ſalue ſo called.
*Vnguentum Aragon*, a ſalue ſo called.
*Vnguentum Aurantiorum*, a ſalue of Orenges.
*Vnguentum Alabaſtrinū*, a ſalue of Alablaſter.
*Vnguentum mundificatiuum de Apio*, a ſalue of Smallage.
*Vnguentum de Atrhanita, vnguentum de Cyclamine*, a ſalue of Sowes bread.
*Vnguentum baſilicon*, a ſalue of Baſill.
*Vnguentum de Ceruſſa, vide vnguentum album.*
*Vnguentum de Ceruſſa Meſues*, a ſalue of Ceruſe after the deſcription of *Meſues.*
*Vnguentum Citrinum*, a ſalue of Citrons.
*Vnguentum Comitiſſæ*, a ſalue ſo called.
*Vnguentum infrigidans Galeni*, a coling ſalue.
*Vnguentum de Gallia*, a ſalue ſo called.
*Vnguentū ex Gammaris*, a ſalue of ſea Creuiſſe.
*Vnguentum fuſcum*, a ſalue for wounds being yellow.
*Vnguentum marciatum*, a ſalue ſo called.
*Vnguentum mercuriale*, a ſalue for the Pore.
*Vnguentum neruinum officinarum*, a ſalue for the ſinewes.
*Vnguentum nihili officinarum*, a ſalue ſo called, good for blearing eyes.
*Vnguentū de Pompholuge*, a ſalue made of aſhes which the Apothecaries call *Nyl.*
*Vnguentum pectorale*, a ſalue for the breaſt.
*Vnguentum Populeon*, a ſalue of Poplar.
*Vnguentum Roſatum*, an oyntment of Roſes.
*Vnguentum Rhodinum*, the ſame.
*Vnguentum Sandalinum, vel Santalinum*, an oyntment of Saunders.
*Vnguentū Sericinū, vel Siricinū*, a ſalue ſo called.
*Volubilis*, Rope wæde, or Woodbind.

*Volubi-*

*Volubilis Antiochena, siue volubilis Colophonia*, an herbe so called.
*Volubilis magna*, Hops.
*Volubilis media*, Woodbinde.
*Volubilis Mesues*, Hops.
*Volubilis Syriaca*, an herbe so called.
*Volucrum maius, Caprifolium*, Woodbind.
*Volualus, Iliaca passio*, a paine in the guts, or a Colicke in the vppermost gut.
*Vrania, Iris*, the Flouredeluce.
*Vrceolaris, Helxine*, Pellitory of the wall.
*Vreteres*, the water pipes or cõduits, by which the vrine passeth from the rains to the bladder.
*Vrinæ profluuium*, the ouerflowing of vrine.
*Vrsus*, a Beare.
*Vrtica*, a Nettle.
*Vrtica fœmina, vrtica Romana, Italica*, the Romish Nettle.
*Vrtica fœtida*, a stincking Nettle.
*Vrtica Herculana, siue Herculea*, a kind of dead Nettles.
*Vrtica Italica, vide Vrtica fœmina.*
*Vrtica iners, Vrtica labeo, vrtica mortua*, dead Nettles.
*Vrtica lactea*, Wormenettles.
*Vrtica labeo, vide vrtica iners.*
*Vrtica mascula, vrtica maior*, the great sharpe and stinging nettles.
*Vrtica minor*, the lesser Nettles,
*Vrtica mortua, vide vrtica iners.*
*Vrtica odorata*, a kind of swéete smelling Nettle.
*Vrtica hortulana*, Romaine Nettles.
*Vrtica Romana, vide Vrtica fœmina.*
*Vrtica Scarlata*, a kind of dead Nettles.
*Vrtica syluatica*, wild Nettles.
*Vrtica syluestris*, the same.
*Vsnea, Muscus arborum*, Mosse.
*Vterus*, the wombe of a woman.
*Vulgago, siue vuluago*, Alarabacke.
*Vulpes*, a Fore.
*Vulua, vterus*, the wombe of a woman.
*Vultur*, a certaine grædy creature so called.
*Vua*, a grape.
*Vua acerba, vua immatura*, an vnripe grape.
*Vuæ acerbæ conditæ*, vnripe Grapes confited.
*Vua anguina, vua serpentina, vitis alba*, Bryonie.
*Vuarum expressarum retrimenta*, the huskes of pressed Grapes.
*Vua immatura, vide vua acerba.*
*Vua Lupi, vua Vulpis*, Nightshade.
*Vua serpentina, vide vua anguina.*
*Vua Taminia, vitis nigra*, blacke Briony.
*Vua Vlpis, vide vua Lupi.*
*Vuæ passæ*, Raisons,
*Vuæ Damascenæ, Zibeben*, great Raisons.
*Vuæ passæ Ciliciæ, siue Corinthiacæ, seu minores*, Currans.
*Vuæ passæ Corinthiacæ, vide vuæ passæ Ciliciæ.*
*Vuæ passæ Damascenæ, vide Vuæ Damascenæ.*
*Vuæ passæ maiores*, great Raisons.
*Vuæ passæ Massiliotice*, a kinde of great Raisons.
*Vuæ Zibebæ*, great Raysons.
*Vuea tunica*, a certain part of the eye.
*Vuula*, a little peece of flesh in the rofe of the mouth.
*Vuularia*, Horse tong.

## X.

*Xanthium Arabum, Tithymalus*, a kinde of Spurge.
*Xerocollyrion, vide Collyrium.*
*Xylon, Gossipium*, Cotton.
*Xyphium*, Flouredeluce.
*Xyphium aquaticum*, the small blewe water Flowerdeluce.
*Xyphium Aruense*, Flouredeluce.
*Xyloaloe, Xyloaloes, Xylumaloes, Lignum Aloes*, a kinde of swéete wood so called.
*Xyloaloes, vide Xyloaloe.*
*Xylobalsamum*, the wood whereof Baulme naturally commeth.
*Xylocassia*, a kind of flower so called.
*Xylocaratta officinarum, Xylocerata*, S. Johns bread.
*Xylocolla*, a kind of Lyme.
*Xylon, Santalon*, Saunders.
*Xylophyton*, wild Comin.
*Xylum aloes, vide Xylaloe.*

## Z.

*Zaduar, Zaduara, Zadura, Zadera, siue Zador*, a kind of Seduary.
*Zaduara, vide Zaduar.*
*Zadera, vide Zaduar.*
*Zador, vide Zaduar.*
*Zaffranum Barbarorum*, Saffron.
*Zastranum fatuum, siue fatuorum*, wilde Safron.
*Zapetium, Zibetum*, Ciuet.

Spencer Smith sale 1878

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